

# WORLD DISCO SOUP DAY



SLOW FOOD  
YOUTH NETWORK

OUR  
RECIPE  
FOR CHANGE

INGREDIENTS: FOOD SCRAPS  
AND PULSES

MAY 7TH



Join us at the Salvation Suppers Kitchen in Burlington VT on May 7th to help process vegetables to support the Salvation Army Free Suppers Program and to reduce food waste.

## PROGRAM

**2-5PM** *At the Burlington Salvation Suppers Kitchen | 64 Main Street, Burlington, Vermont 05401*

**Join the party, dance, have fun and chop veggies to support the Salvation Suppers Free Meal Program. All the vegetables are donated by Salvation Farms. Stay for as long as you want.**

- 2-2:30 Knife skills tutorial and food saving tips with Jennifer and Giacomo from Trenchers Farmhouse.

**5-6PM** *At the Burlington Salvation Suppers Kitchen | 64 Main Street, Burlington, Vermont 05401*

**Community Dinner open to everyone.**

**REGISTER at [slowfoodvermont.org/events](http://slowfoodvermont.org/events)**

*Walk-ins are welcome. Please bring your own knife, peeler and cutting board*

In partnership with

