

FOOD...  
- SAFETY?  
- SECURITY?

HOW TO

# Eat Well AND Save Our Planet



## An evening with ... **Joel Salatin:**

- second generation owner of Polyface family farm ([www.polyfacefarms.com](http://www.polyfacefarms.com))

- Author of 6 books, including...

"Holy Cows and Hog Heaven: A Food Buyer's Guide to Farm Friendly Food" and

"Everything I Want To Do Is Illegal: War Stories from the Local Food Front"

- Featured in Michael Pollan's book "The Omnivore's Dilemma"

**MUST  
SEE,  
Nov. 18**

## Tue. Nov. 18

7:30 pm

Education Auditorium  
University of Regina

*on bus routes & free parking - lot 15 area M*

Tickets \$10, available at the door and ...

Book & Brier Patch • Eat Healthy Foods • The Willow  
on Wascana • Cafe Orange • U of R Bookstore

[local.food@uregina.ca](mailto:local.food@uregina.ca)



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