



## ABORIGINAL ARTS: BANNOCK MAKING

**Instructor:** Helena Wood

**Ages:** 13+

**Location:** Kitchen, Steinbach Cultural Arts Centre

**Date:** Saturdays, January 27 & February 24

**Time:** 10:00am – 12:00pm

**Class Fee:** Students - \$15; Adults - \$20

Learn how to make a traditional Aboriginal recipe – bannock! This simple bread was a staple food for many Indigenous groups during the 18<sup>th</sup> and 19<sup>th</sup> centuries, and remains an important part of their culture to this day. During this workshop, you will learn a basic bannock recipe, as well as explore different ways to spice it up!

Want more information about the history of bannock? Start here: <https://ueat.utoronto.ca/a-history-of-bannock/>

**Cancellations/Refunds** – Full refunds are given only when you cancel two weeks prior to start date of class/workshop. There will be no refunds provided once the classes have started. If not enough registrants are received for a specific class, there is the possibility that the class will have to be cancelled. If this were to happen the student would receive a full refund.

**Membership fees are non-refundable.**

One week prior to the class, a reminder phone call will be given to let you know the class is coming up, direction to the centre, and location of the classroom along with dates and time of class.

If you have any questions or concerns, please feel free to call 346-1077.