

CULINARY STAGE



SATURDAY

11:15 am

Celebrate Flavour!

Kathy Van der Meer

Round Box Foods Dessert Sauces

12:00 pm

**Meal Prepping Hacks to Save
You Time and Money**

Allyson Kirchner

Tupperware with Realize Dreams

12:45 pm

**Cooking Easy Recipes with Dainty Rice
and GF Baking mixes**

Jonathan Cheung

Dainty Foods Inc

1:30 pm

Jollof Rice (A Staple Food in Africa)

Adebola Esan

Flavours

2:15 pm

**3 Healthy High Protein Breakfasts For
Muscle Building and Health**

Amita Massey

Glow Body

3:45 pm

Honey and Bees

Katie Merchant

The Honey Merchants

4:30 pm

Quick Crowd Pleasing Appetizer

Andrea Sale

Pampered Chef



SUNDAY

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Times and topics are subject to change.