

Pulse Café



PRESENTED BY

Debra McLennan



SERIES SESSIONS

Date	Time
March 23, 2022	1:00 PM - 3:00 PM



LOCATION

SAPDC Learning Suite OR Zoom online meeting - 2219 14 Ave S (Located in Our Lady of Assumption School)

FEE

\$0.00

QUESTIONS?

Contact Us:

403-381-5580

REGISTER ONLINE

Visit our website to register:

sapdc.ca

Program

Let's talk PULSES! Everything you wanted to know about beans, peas, lentils, and chickpeas!

With the new Canada's Food Guide and increased demand for plant-based sources of protein, there is a lot of interest in pulses like beans, peas, lentils, and chickpeas! Did you know we grow them right here in Alberta? Join registered dietitian Debra McLennan from Alberta Pulse Growers (APG) for this interactive food demonstration and discover more about the pulse industry in Alberta, how to prepare pulses and get some ideas to help you incorporate pulses into your class curriculum.

Elementary school teachers will be given information about the Pulse Café program and coordinating resources designed to meet curriculum outcomes in health/wellness, science, social studies, and math. Junior/Senior high school teachers will be given information about APG's Classroom Support Program and copies of the Pulses: from Farm to Table workbook and coordinating resources designed to meet curriculum outcomes in a variety of Foods classes.

APG is a not-for-profit organization that represents the 6500 pulse farmers in Alberta. Resources created and provided by APG are available at no cost to teachers to facilitate the incorporation of pulses into classroom curriculum.

Anyone who registers and attends will be entered to win a Ninja Pro Blender!

Debra will feature:

- Pina Colada White Bean Smoothie
- Chickpea Hummus
- Lentil Salsa
- Masala Chickpea, Mango & Spinach Salad
- Beans & Rice Master Mix

People can have samples if they attend in person. Debra will also be bringing resources that teachers can take with them. For elementary school teachers, there is the Pulse Café program and for Junior/Senior High, there is the Pulses: from Farm to Table program.

Presenters

Debra McLennan

Debra McLennan is a Registered Dietitian with over three decades of experience in health care, education and industry. Debra now brings her passion for food and nutrition to her role as Food & Nutrition Coordinator with Alberta Pulse Growers where she enthusiastically encourages everyone to add tasty Alberta pulses to their meals every day!

Registration Notes

This session is possible through funding from Alberta Education



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