

Dangerous food explored at Lifetree Café

Hints and strategies for healthy eating will be discussed at the next session of Lifetree Café this coming Wednesday (Jan. 8). The program, entitled *Dangerous Food: Is Your Supermarket Killing You?*, will feature the filmed story of Joel Salatin, author of several books including *Everything I Want to Do Is Illegal: War Stories From the Local Food Front* and *Holy Cows and Hog Heaven: The Food Buyer's Guide to Farm Friendly Food*.

Between contaminated eggs and genetically engineered food, people are wondering if their supermarkets are killing them, observed Lifetree representative Craig Cable.

Special resources will offer help in locating healthy food sources, and participants will discuss the role the government should play in deciding food choices.

The session will run from 7 to 8 p.m. Admission is free. Snacks and beverages will be available.

Lifetree Café is at St. James' Anglican Church, 6025 Old Church Rd., Caledon East.

Lifetree Café is a place where people gather for conversation about life and faith in a casual coffeehouse-type setting. Questions about Lifetree may be directed to Mark Tiller at 905-584-8506 or mark.lifetree@gmail.com