



A nationwide celebration and movement
for healthy, affordable, and sustainable food

October 24 • 11am to 2pm

Advocate Sherman Hospital Lake Level & Cafe

Collect recipe cards at each Food Day station
for a chance to win a \$50 gift certificate
to Sherman's Tree House Gift Shop!

Downtown Elgin Harvest Market

Vendors from this farmers market will be on site with local
produce, meat, baked good and more!

Sherman Cafe

Our chefs will be cooking up items from the official Food
Day cookbook and sharing the recipes.

Sherman Natural Prairie & Community Garden & University of Illinois Master Gardeners

Learn how to start your own garden - it's easier than
you think!

Shared Harvest Co-Op

Learn about this new member-owned grocery
cooperative forming in Elgin.

Food for Greater Elgin

Learn more about how you can support this local Client
Choice food pantry that serves 1200 families a month.

Advocate Sherman Hospital Dietitians

Our expert dietitians will share benefits and tips on
incorporating fresh foods into your diet.



*This event is free and open to the public.
For more information, contact
Advocate Sherman Public Affairs
& Marketing at 224.783.8700.*