

SPECIAL EVENTS AT NAFSA REGION IV CONFERENCE

Cooking Class at the Wallace House. Registration is limited!

Wednesday, October 28th, 2015

7:00 p.m. – 9:00 p.m.

Cost: \$45

For workshop attendees and early arrivers, join a small group of NAFSAns to celebrate the joy of cooking with fresh, locally produced ingredients. The event will last approximately 2 hours and includes dinner. The Henry Wallace House is a historic building located in Des Moines. It was the home of Henry Wallace who was an advocate for agricultural improvement and reform. The Wallace Centers of Iowa also provide educational programs & community services, grow organic produce, and offer locally sourced meals.

Location: The Cooking Class will be held at the Wallace House in Sherman Hills, near the conference hotel. Transportation will be provided.

Exploring Food Justice and Community Building through Service

Friday, October 30th, 2015

5:15 p.m. - 7:30 p.m.

Cost: \$55

Meals from the Heartland is a non-profit, largely volunteer-based, organization that brings diverse communities – such as businesses, schools, individuals, organizations, churches, and families – together in an effort to provide food to the hungry around the world. They've packaged over 50 million meals since they began in 2007. Join us in this hands-on experience to package meals for the hungry, and learn more about tying this event to service learning on your campus. This event will also include light hors d'oeuvres and a drink.

Location: The Meals from the Heartland event will be held in the conference hotel.

Des Moines Farmers' Market

Saturday, October 31st, 2015

7:45 a.m. – 9:00 a.m.

The Des Moines Farmers' Market is one of the top ranked markets in the nation, receiving accolades from *The Huffington Post*, *The Daily Meal*, Rachel Ray, *Midwest Living Magazine*, and more. Support local agriculture and buy direct from Iowa farmers while exploring the Downtown Farmers' Market. Local producers will be offering fresh fruit, vegetables, an endless selection of baked goods, farm fresh eggs, local wines, a delicious assortment of cheeses, and many varieties of Iowa raised meats. Join us for the last Farmers' Market of the year!

Location: The Farmers' Market is approximately 5 blocks from the conference. We will walk to the Farmers' Market at 7:45 a.m. to be there when they open at 8:00 a.m. We will head back to the conference at 8:45 a.m. to return in time for the 9:00 a.m. sessions.