

# Sustainability

Wisconsin Association of Family and Consumer Sciences

Region 5 Fall Meeting—Thursday, October 4, 2012

**4:30-5:15 p.m. House of the Future Tour (Mount Horeb)** <http://resourcerobin.com/house-of-the-future>

This “sustainable housing for sustainable living” home incorporates the best building standards, products, and ideas to create a new house standard. The goal of the developer was to make this “green” house fun, relevant, and repeatable. In the end, they built a house “Connected to Nature, Enhanced by Technology, and Designed for All.” Join us for a guided tour from the homeowner! [Additional information and detailed directions will be sent to all tour participants.]

**5:30-6:00 p.m. Registration & Social (Fitchburg)** <http://www.city.fitchburg.wi.us/departments/seniorCenter/index.php>

Fitchburg Senior Center  
Stoner Prairie Dining Room  
5510 Lacy Road  
Fitchburg, WI 53711  
608-270-4285



**6:00-7:00 p.m. Dinner by Fit Fresh Cuisine**

A light supper (assorted wraps, salad, fruit, veggies, bar or cookie, and water or coffee) will be provided by Fit Fresh Cuisine [www.fitfreshcuisine.com](http://www.fitfreshcuisine.com), a healthy eatery paired with the Hybrid Fitness Center, which offers well balanced homemade meals created by a registered dietitian that emphasize fresh, local, and organic ingredients. In partnership with REAP food group's “Buy Fresh, Buy Local” program, their motto is “Fit Never Tasted So Good.”

**7:00-8:00 p.m. Speaker Ellen Barnard, FEED Kitchen Project Chair**

Ellen Barnard will present the model, vision, and target audience for the new FEED Kitchen planned for Madison’s north side. With luck, ground will have been broken on this shared-use food processing kitchen and food business incubator designed to help aspiring entrepreneurs start and grow local food businesses, as well as train potential bakery and food service workers to develop new marketable job skills.

**8:00-8:30 p.m. Region 5 Business Meeting**

Your valuable input is needed to establish a program of work and elect a new president.

Questions? Contact Region 5 President Sue Simon at [suesmn@gmail.com](mailto:suesmn@gmail.com) or 608-819-6235.

**YES, count me in for this valuable professional experience and networking opportunity!**



Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City, State, ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Cost: \$16.50

Send registration form and \$16.50 postmarked by September 18 to:

Vera Riley, CFCS

8260 Stagecoach Road

Cross Plains, WI 53528

Please make checks payable to “WAFCS.”

YES, I will attend the house tour.

NO, I am unable to attend the house tour.