



## Monday, March 10, 2025

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### March Break at the Museum

Date and Time: Monday, March 10 10:00 am - 12:00 pm

Address: 1932 Welland Canals Parkway

This March Break, we are exploring the History of Food. Get ready for a fun and educational experience with a variety of exciting daily hands-on activities for all ages!

Discover the fascinating discoveries that have transformed the way we eat in our Great Canadian Food Lab demonstrations! From the making of maple syrup to why bread rises, you'll gain a whole new appreciation for the history of food in our community.

Best for kids aged 6-12 accompanied by an adult. All activities are available to the public by donation. No registration required.

#### Event Schedule and Details

##### **The Great Canadian Food Lab, Monday- Friday 10:00-10:50 AM with Abbey**

Join us in the [Great Canadian Food Lab](#) for hands on food-based experiments that showcase the discoveries that changed the way we eat in St. Catharines and across Canada. Each day features three new food experiments that provides participants with hands on examples of the historic scientific discoveries that have changed the way we eat.

##### **Maple Syrup and More! Monday-Friday 11:00 AM- 12:00 PM with Sean**

Nature's food lab! This activity series runs daily, exploring where our sugar comes from, past and present. Participants will have the opportunity to explore the maple tree's significance to Canadian culture, learn how to tap a tree, and collect the day's sap! Once the work is done, each day participants will learn about a different kind of sugar and complete a craft to take home!

##### **March Break Adventure Book, Monday-Friday 9AM-5PM**

Leave time for some self discovery through the Museum with our March Break Activity booklet. Available in the Museum Lobby during opening hours, be sure to pick up your copy.

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# Wednesday, March 12, 2025

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# **Friday, March 14, 2025**

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