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# Food trucks will serve up unique fare at H5 show

By **PHIL GRAVELLE**  
*Special to the IFP*

Mobile food will be making a pitstop at the Halton Hills Health, Home and Happiness (#H5) Show, on May 2-3.

It's all happening at the Mold-Masters SportsPlex in Georgetown, sponsored by the Halton Hills Chamber of Commerce and *The Independent & Free Press*.

Food trucks will be in the parking lot, along with displays from local car dealers, big trucks from the Town, and classic cars.

"It's food on the move—real gourmet food," said Matt Donohoe of The Co-operators in Georgetown. The company has about 50 food truck operators as clients, offering them a package of vehicle and business insurance.

"A real culture has grown around it in Hamilton and especially Toronto," he said. Operators use social media such as Twitter and Facebook to let customers know exactly when and where they will be selling their food.

There are mobile apps that track food truck schedules, map their locations and allow users to tap into operators' Twitter feeds. The Eat St. TV show that follows the trend across North America is into its fourth season on the Food Network.

The Gorilla Cheese truck will be at Mold-Masters SportsPlex on Saturday only, serving up variations on the grilled cheese sandwich. Their Lumber-



Matt Donohoe of The Co-operators is bringing in some of his food truck clients to provide nourishment at the Health, Home and Happiness Show.

jack has cheddar, bacon, sliced Granny Smith apples and maple syrup, while the Gorilla Sarducci has mozzarella, tomatoes, red onions, fresh basil and a balsamic glaze.

Other trucks scheduled to come are The Flying Potato and Blue Donkey Stretery for Friday, and Gorilla Cheese (grilled cheese), Blue Donkey Stretery and "La Loteria (Mexican).

Focused on the theme of "Small Town Living At Its Best," the H5 Show will showcase more than 100 local businesses and is expected to draw more than 3,000 visitors. Check the Events page at [www.haltonhillschamber.on.ca](http://www.haltonhillschamber.on.ca) for more details. For more on food truck trends, go to [torontofoodtrucks.ca](http://torontofoodtrucks.ca).

## Health Zone will be interactive

By **PHIL GRAVELLE**  
*Special to the IFP*

Kids will have a chance to try out two popular non-competitive sports programs at the Halton Hills Health, Home and Happiness (#H5) Show.

On Saturday, May 3 at the Mold-Masters SportsPlex in Georgetown, there will be Sportball from 10 a.m. to noon, and Monkeynastix from 2 pm to 5 pm. It is part of the Interactive Health Zone at the show.

Sportball develops skills by teaching the basics of eight popular sports: baseball, football, basketball, golf, hockey, soccer, tennis and volleyball. The high energy program builds balance, strength, coordination and social skills.

Monkeynastix uses child-friendly equipment to promote confidence and a positive self-image, while teaching a range of warm-up, stretching and movement activities.

"We will also have a variety of staff from the various sectors in Recreation Services including camp, children and youth programs, adult and seniors who will be available to share information and answer questions," said Samantha Kleinschmidt, the Town's Manager of Recreation Services.

In addition, Chiropractor Amelia Fratnik will be providing free posture analysis during the show, using the Spinal Analysis Machine.

Naturopathic Doctor Julia Fountain will be doing a short talk entitled, "The five most common nutrient deficiencies in health conscious people."



Attendance is expected to exceed 3,000 at the May 2-3 show, sponsored by the Halton Hills Chamber of Commerce and the Independent & Free Press (IFP). Admission is free with a coupon on the Chamber's website, [www.haltonhillschamber.on.ca](http://www.haltonhillschamber.on.ca) or The IFP website, [www.theifp.ca](http://www.theifp.ca)

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