

THE NEW **CANADA** **FOOD GUIDE**

WHEN

Tuesday, May 7th, 2019
1pm - 3pm

WHERE

EarlyON Child and Family Centre
45 Overlea Blvd. Unit 108A
(south side of Mall)

Childminding is available for 18 months & up.

FOR MORE INFORMATION
CALL 416.421.8997

**FREE PARENT
WORKSHOP**
No pre-registration
required

**WHAT DO THE FOOD
GUIDE CHANGES
MEAN TO YOUR
FAMILY?**

Discuss:

- **How we make food choices**
- **The theme of the new food guide**
- **Learn mindful eating habits**
- **How to read food labels**
- **How to enjoy food**