

Healthy Eating Series

Parents and caregivers of children, birth to 6 years
are invited to a 5-week Nutrition Program

Topics include:



- Improving food selection,
and developing basic food skills
- Safe food handling and budgeting
- Reading labels
- Making healthy family meals and snacks
using Canada's Food Guide and more

When: Tuesday, October 1, 8, 15, 22 and 29, 2019
1:00pm-3:00pm

Where: TNO-EarlyON Child and Family Centre
45 Overlea Blvd. Unit 108A

Culturally specific

Childminding is available for 18 months & up

For more information call 416.421.8997