

Bellies to Babies and Beyond

A program for pregnant women and parents of infants

Where: Princess Royal Family Centre, 80 Chapel St.

When: Mondays 10:00 am—12:30 pm

Starting: April 9, 2018



Who can join: pregnant women and parents of infants and toddlers (up to age 3)

Program Information

- Try our 10 week cooking program
- Learn about making healthy food for baby and you
- Learn safe food handling tips
- Try new foods
- Take home food for your family
- Prepare healthy snacks for toddlers
- Learn about first foods for baby
- Child minding is available
- Bus tickets are available

Group members need to know:

- Everyone helps with cooking and clean up
- If I miss a session, the group will expect me to call and let them know
- Phone 250-753-7470 to leave a message or anita.nck@shaw.ca
- www.nanaimocommunitykitchens.org



Bellies to Babies and Beyond

REGISTRATION FORM



Name:

Address:

Telephone or daytime message number:

There are _____ adults & _____ children in my home

Children's ages _____

I will need child minding for _____ children.

I am pregnant and my due date is _____

I will come to Princess Royal Family Centre by: Walking _____

Driving _____ Bus _____

Please list any allergies _____

I heard about the program at _____

Here are some ideas for what I would like to make:

Please speak with Anita at Nanaimo Community Kitchens if you have any questions: 250-753-7470 or anita.nck@shaw.ca

