



Healthy Eating and Lifestyles for Newcomers to Canada

A program for pregnant women and parents of young children who have come to Canada in the last year.

Where: Princess Royal Family Centre, 260 Irwin Street

When: Tuesdays 9:30 am—12:00 pm

Starting: May 16, 2017

Program Information

- Try our 6 week cooking program
- Learn about making healthy food for your family
- Learn safe food handling tips
- Try new foods
- Share your cultural food experiences
- Take home food for your family
- Prepare healthy snacks
- Learn about other community supports
- Child minding (babysitting) is 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



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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 baby is due _____

Please list any allergies or food requirements _____

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

