

# 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: September 10, 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](mailto:anita.nck@shaw.ca)
- [www.nanaimocommunitykitchens.org](http://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](mailto:anita.nck@shaw.ca)

