



Healthy Eating Workshops with Toronto Public Health

For Parents and Caregivers of
Children 6yrs and under

During the workshops, participants will learn about making healthy foods choices, how to introduce complementary foods, feeding relationships and how to build skills for shopping and cooking.

Presented by Fatuma Ahmed,
Toronto Public Health Community Nutrition Educator

Drop in! Maximum 10 adult participants. Children are welcome.

10:30-12pm on the following dates:

Wednesday, March 19th - Complementary Food and Making Baby Food

Wednesday, March 26th - Toddlers and Preschoolers

Wednesday, April 2nd - Healthy Lunches and Snacks

Wednesday, April 9th - Eating Healthy on a Budget

Wednesday, April 16th - Mealtime Environments and Feeding Relationships

Wednesday, April 23rd - Food and Mood

Wednesday, April 30th - Canada's Food Guide

Wednesday, May 7th - Using Food Labels

St. Clair/Silverthorn Library

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