



GETTING YOUR COMMUNITY ENGAGED IN HEALTHY EATING

JULY 12, 2018
10:00 – 11:00

The Alberta Nutrition Advisory Team at the First Nations and Inuit Health Branch will be presenting two nutrition resources for community-based workers:

- 1.) *The Grocery Store Tour Manual* – a guide to running a grocery store tour in your community
- 2.) *The Food Demo Manual* – a guide to running a healthy food sampling event in your community

These resources will help you teach people in your community to shop for available and affordable healthy foods, as well as how to make some easy and delicious healthy recipes. They help make the healthy choice the easy choice! If you don't have a grocery store available to you, this training includes some ideas about other ways that you can use these resources.

Handouts for this session will be posted 1 week prior to this session.

Participants are encouraged to print off the handouts and bring them to the session.

This session will be recorded and will be available for future viewing on the First Nations Telehealth Network Portal (www.firstnationsth.ca)

A wide range of nutrition information can be found on the First Nations Telehealth Portal under the Nutrition Series page. Here you can find previously recorded videos, handouts and additional resources.

HOW TO REGISTER
www.firstnationsth.ca

1-888-999-3356

vchelp@firstnationsth.ca