

Planning Meals and Snacks for Early Learning and Child Care

January 18th, 2023

10:00-11:30

Do you plan menus for your Early Learning & Child Care?
Join AHS public health dietitians for a FREE and interactive online session!



Objectives:

- Learn to plan menus using Canada's food guide
- Share meal and snack ideas
- Receive a menu planning resource, menu template, and menu ideas
- Find online resources for your program

Speakers:

Louise Seguin - Public Health Dietitian at AHS

Shelley Cooper - Public Health Dietitian at AHS

They are both passionate about promoting health in the early years and have worked with Early Learning and Child Care programs in their communities for many years.



Target Audience: Early Learning and Child Care

Please register for session at:
<http://WWW.FNTN.CA>

To access this session from zoom:
<https://fntn.zoom.us/join>
Meeting ID: 826 9381 2384
Passcode: 194300

To access this session from an audio line:
1-587-328-1099
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To join via internet browser

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4. Click the option "click here" (See image below)

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