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

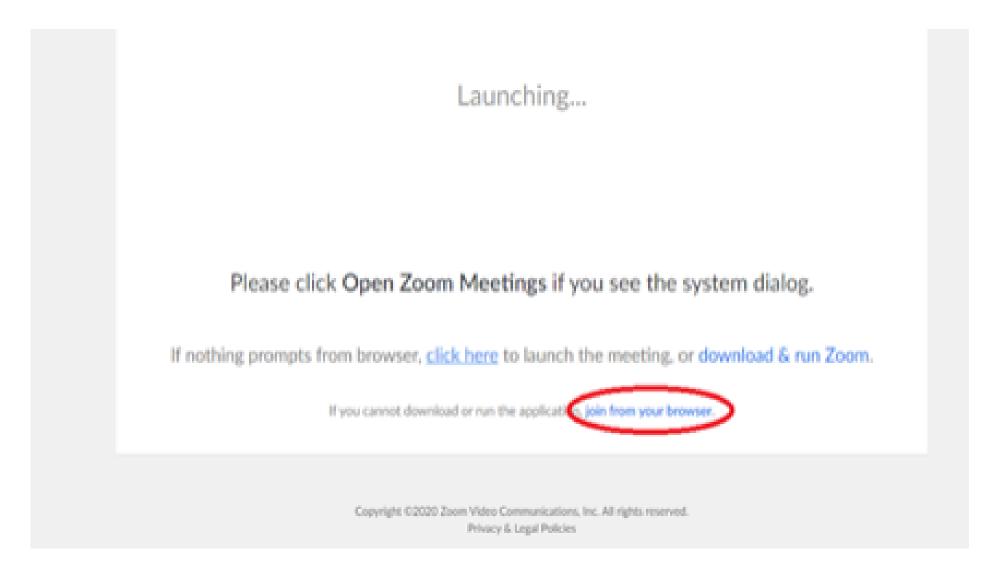
- Please click the link below to join the webinar: <u>https://fntn.zoom.us/join</u>
- 2. Enter Meeting ID: 826 9381 2384
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- 4. Click the option "click here" (See image below)

Launching...

Please click Open Zoom Meetings if you see the system dialog.



5. Another option will show up on the bottom, please click "join from your browser" (See image below)



6. You will now join the webinar, by default all attendees of the webinar are muted.

To join Via Zoom apps:

1. Please click the link below to join the webinar:

https://fntn.zoom.us/join

- 2. Enter Meeting ID: 826 9381 2384
- 3. Passcode: 194300
- 4. Choose "download and run Zoom"
- 5. An executable file will be download, please run the file
- 6. After the file has been installed, you will be ask to enter your "email" and your "name"
- 7. You will now join the webinar, by default all attendees of the webinar are muted.