

# Emergency Preparedness - Focus on Food

June 4, 2024

1:30-3:00pm MST

This session will offer participants information on how to prepare food in an emergency situation. The session will cover how to make an emergency food box and provide tips on how to make food when relocated.



## Learning Outcomes:

- Increase awareness surrounding emergency preparedness with a focus on food
- Learn how to prepare an emergency food box
- Learn how to prepare simple meals when relocated

## Speakers:

Gio Rizzuto, First Nations and Inuit Health Branch, Dietetic Intern. Gio is from Fort McMurray and was evacuated during the 2016 Fires. She offers her lived experience as she shares tools to help ease the stress of emergency situations.



Target Audience:  
Community staff interested  
in emergency preparedness

Please register for session at:  
<https://fntn.ca/Home/Registrar-VC?eid=21384>

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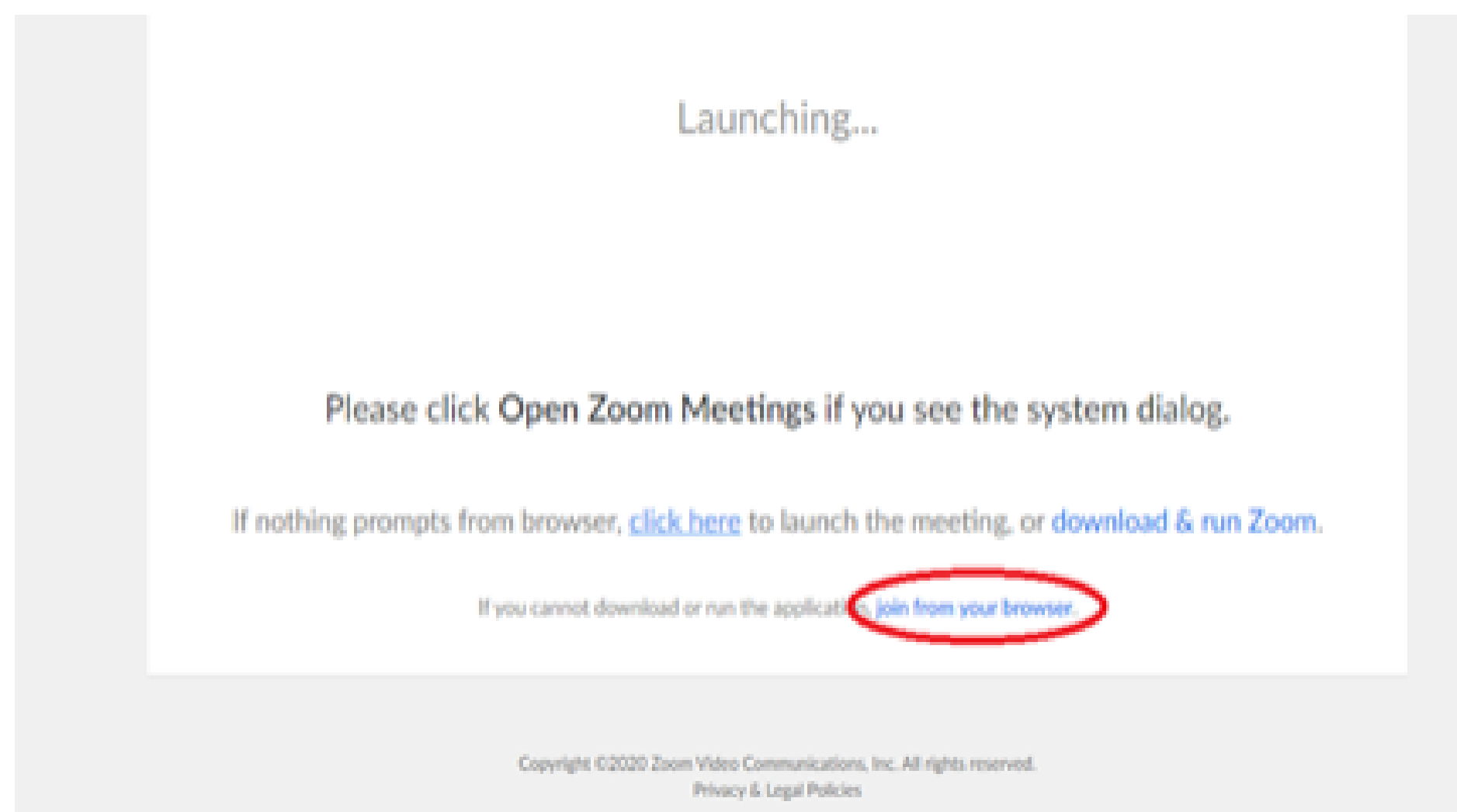
4. Click the option "click here" ( See image below)

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