

Nutrition During Pregnancy

August 17th, 2022

11:00-13:00

This session provides a general overview of nutrition during pregnancy. It is aimed to assist health workers to provide nutrition in pregnancy information to their CPNP clients. Topics include: healthy eating during pregnancy, weight gain during pregnancy, important nutrients in pregnancy, and food safety.



Learning Outcomes:

- Understanding nutrition's role before/during/after pregnancy
- Develop a basic understanding of the roles and sources of key nutrients during pregnancy
- Gather resources for distributions to patients/clients to use throughout pregnancy

Speakers:

Hailey Josephson is a fifth year science student studying at the University of Alberta. She is finishing up her Bachelors of Science with Dietetics Specialization. Hailey is currently working on her population and community health rotation with the First Nations and Inuit Health Branch. Hailey comes from Gibsons, British Columbia and is a member of Snuneymuxw First Nations.



Target Audience: CPNP workers in First Nations communities

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