Child Care Menu Planning with Canada's Food Guide

April 3, 2025
1:30-3:00pm MDT

Many preschool aged children spend time in a child care program and may eat one or more meals and snacks while they are there. Come and learn how to use Canada's food guide to plan meals for child care programs.

Learning Outcomes:

- Learn to use Canada's food guide to plan menus for child care programs
- Learn tips for planning and buying food
- Understand how to use ingredient lists and food labels to buy food
- Understand how to store, prepare and serve food safely

Speakers:

Cyndi Adams - Registered Dietitian (Public Health), Alberta Health Services (AHS)

Annette Li - Registered Dietitian (Public Health), Alberta Health Services (AHS)

Target Audience: Childcare workers

Please register for session at: https://fntn.ca/Home/Register-VC?eid=21995

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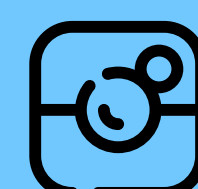Passcode: 930687

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