

Menu Planning

July 16, 2026

1:30-3:00pm MT

Join us for this engaging session on effective menu planning. You'll learn how to create well-balanced meals, understand appropriate portion sizes, and apply practical strategies to plan meals that will meet client needs. You'll also be able to design a complete day's menu that supports overall health. Don't miss this opportunity to build essential skills that will make a positive impact in your community!



Learning Outcomes:

- Explain the importance of planning a balanced and nutritious menu
- Demonstrate how to create a balanced plate
- Apply practical strategies for effective menu planning
- Develop a one-day menu

Speakers:

Julia Zanon, Dietetic Intern - Julia is a student completing her Bachelor of Science with Dietetics Specialization at the University of Alberta, and is currently interning with the Nutrition Team at Indigenous Services Canada (ISC).



Target Audience: Cooks working in Alberta First Nations and others who may be interested in attending

Please register for session at:
<https://fntn.ca/Home/Registrar-VC?eid=22954>

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