

# Healthy Eating Series



## Healthy eating for your children from birth to 6 years



- Learn about healthy foods
- Build skills for shopping and cooking
- Make new friends and share experiences
- Attend programs offered in many languages to cultural and Indigenous communities
- Child minding available and TTC tokens provided (if needed)

All parents welcome. FREE program supported by Registered Dietitians.

**Where:** Toronto Public Health  
Crossways Community Kitchen (1st floor)  
2340 Dundas St. West, Toronto

**When:** Wednesdays, April 10, 17, 24; May 1, 8 & 15, 2019

**Time:** 11:00 am to 1:00 pm

Register at [tphbookings.ca](http://tphbookings.ca)

PH1803551530

416.338.7600 [toronto.ca/health](http://toronto.ca/health)

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