

Family/Parent Assistance

**Parent/adult must
accompany each
child!**

Nutrition

Family Nutrition

Come hear about healthy food choices for you and your family. Find out why nutrition is important and the simple tips to make healthy eating part of your everyday routine. Learn about healthy portion sizes for all ages.

Location:

St. Bede
10537 - 44 Street

Date and Time:

October 5, 2010
6:00 to 8:00 pm



To register, please call:

Early Learning

780-638-6810

Menu Planning

Planning meals ahead can save you time, money and also help you and your family eat healthier. Come and learn the steps to plan a healthy menu for your family. This session will provide you with materials to get you started with weekly menus.

Location:

St. Bede
10537 - 44 Street

Date and Time:

November 9, 2010
6:00 to 8:00 pm

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Nutrition



Healthy Snacks

Children need to eat often throughout the day to have enough energy, to grow and to learn. Need snack ideas to keep your kids fuelled? This session will provide recipes and hands-on snack preparation for you and your children.

Location:

St. Bede

10537 - 44 Street

Date and Time:

January 11, 2011

6:00 to 8:00 pm



Lunch Time Blues?

Preparing the same lunches everyday can be boring for you and your kids. Come and learn new quick and healthy lunch ideas that your kids will love. You will leave with some great cost-saving tips and recipes.

Location:

St. Bede

10537 - 44 Street

Date and Time:

February 23, 2011

6:00 to 8:00 pm

To register, please call:

Early Learning

780-638-6810

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Eating Out

Busy schedules may force families to eat out on a regular basis. Eating out can be quick AND healthy. This session will give you the tools to make healthy choices when eating away from home.

Location:

St. Bede
10537 - 44 Street

Date and Time:

April 5, 2011
6:00 to 8:00 pm

To register, please call:

Early Learning

780-638-6810



Come Shopping with Us

Do you struggle with understanding what's on a food label? How much fat, sugar or salt you should have in one day? Many of the foods we buy today come in packages. Label reading is one of the best tools you can use to choose healthy foods. This session will provide you with tips on how to quickly read food labels and determine what are the healthiest foods to choose. You will also learn where to find all the healthier foods and best buys in a virtual grocery store tour.

Location:

St. Bede
10537 - 44 Street

Date and Time:

May 10, 2011
6:00 to 8:00 pm

Family/Parent Assistance

Home Visits

Family School Liaison Workers (FLSWs) can meet families in their own home, upon request and/or at school. They can provide counseling support and link the child and family members to appropriate resources and services in the community.

FSLWs can support the family in developing parenting strategies and behavioural techniques. They can help the family and school identify issues that impact the child's performance at school and facilitate communication between home and school.



Parents can access Family School Liaison Worker's support through their child's classroom teacher.





EARLY LEARNING

2010-11

T: 780-638-6810

F: 780-471-1481

