

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. Pius X
12214 - 128 Street

Date and Time:

October 12, 2011
6:00 to 8:00 pm



To register, please call:
Early Learning
780-638-6810



Menu Planning / Shopping

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. Pius X
12214 - 128 Street

Date and Time:

November 2, 2011
6:00 to 8:00 pm

Family/Parent Assistance

**Parent participation
is mandatory for all
sessions!**

**Pre-Registration
is required. Please call
780-638-6810**

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. Pius X

12214 - 128 Street

Date and Time:

November 23, 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. Pius X

12214 - 128 Street

Date and Time:

December 8, 2011

6:00 to 8:00 pm

Healthy Drinks

What you drink is as important as what you eat. This session will explore all the hidden sugar, and even fat, that are in many of the drinks we have every day. Find out what drinks we should have and what we should limit.

Location:

St. Pius X

12214 - 128 Street

Date and Time:

Feb 8, 2012

6:00 to 8:00 pm

Family/Parent Assistance

Collective Kitchen

Finding it tough to stretch your budget with rising food prices? Come talk about healthy eating and check out some new recipes with our Collective Kitchens Consultant. We'll try out some of the recipes and make meals together for families to take home!

Each session will start with a home cooked meal. The children will help with meal preparation and then will have some of their own activities for part of the evening.



**Parent participation
is mandatory for all
sessions!**

**Pre-Registration is
required. Please call
780-638-6810**

Three Sessions:

Date: Mar 8, 15, 22, 2012
Time: 5:30 to 7:30 pm
Location: **Genesis**
10537 - 44 Street

Family/Parent Assistance

Parents Supporting Parents

Come share your experience as a parent, explore community resources, learn how to support your partner, play through the eyes of a child. Join the Early Learning Team as each week we facilitate exploration and discussion on topics of interest to you.

Each week we will begin our group with a family meal followed by an interactive play session with your child and a parent support group.



Childcare is provided during the presentation!

To register, please call:

Early Learning

780-638-6810

Block 1:

Thursdays: Oct 6, 13, 20, 27, Nov 3, 10, 2011
6:00 to 8:00 pm

Location: Genesis
10537 - 44 Street

Block 2:

Wednesdays: Jan 11, 18, 25, Feb 1, 8, 15, 2012
6:00 to 8:00 pm

Location: Genesis
10537 - 44 Street

Block 3:

Thursdays: Apr 5, 12, 19, 26, May 3, 10, 2012
6:00 to 8:00 pm

Location: Genesis
10537 - 44 Street

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.

FLSWs 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 or school principal.

Nutrition 2011-12

October

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November

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27	28	29	30			

December

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18	19	20	21	22	23	24
25	26	27	28	29	30	31

January

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15	16	17	18	19	20	21
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29	30	31				

February

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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

St. Pius X

12214 - 128 Street

Family Nutrition

Menu Planning / Shopping

Healthy Snacks

Lunch Time Blues?

Healthy Drinks

6:00 to 8:00 pm

6:00 to 8:00 pm

10:30 to 12:30 pm

6:00 to 8:00 pm

6:00 to 8:00 pm



EARLY LEARNING

2011-12

T: 780-638-6810

F: 780-638-6844

