



家和專業輔導中心

CHINESE FAMILY SERVICES OF ONTARIO

229-3330 Midland Ave, Scarborough, ON M1V 5E7 T: 416-979-8299 F: 416-979-2743 E: info@chinesefamilyso.com

## Healthy Eating Workshop for Parents (6 sessions)

### 兒童營養知識講座 (6 節課)

For parents with children  
6 years old and under

- Nutrition Education
- How to make healthy and affordable meals for your family
- How to be a Smart Consumer
- Learn healthy ways of cooking
- Make new friends and share experiences

\*TTC tokens will be provided to eligible participants

對象:擁有 0 歲至 6 歲  
兒童的家長或保姆

- 營養教育
- 為家人準備健康及價廉物美的食物
- 如何做個精明消費者
- 學習健康烹調技巧
- 結交新朋友分享下廚經驗

\*參加者可獲 TTC tokens 補助

日期 Date: May 21<sup>st</sup> – June 25<sup>th</sup> 2019 (Every Tuesday for 6 sessions)

5 月 21 日 – 6 月 25 日 (每週二, 共 6 節)

時間 Time: 1:00pm – 3:00pm

語言 Language: Mandarin 國語

地點 Address: 3330 Midland Ave, Suite 238, Scarborough (Finch/Midland)

查詢或報名 Inquiry/Registration: (416)979-8299 ext.260

All are welcome. For newcomers, please bring your valid Permanent Resident card or landing document for registration.

歡迎有興趣人士參加, 未入籍人士請出示楓葉卡或移民紙以作登記。

Funded by:

Financé par :



Immigration, Refugees  
and Citizenship Canada

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et Citoyenneté Canada

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