



## NEST Nutrition and Cooking Program

**DATES (Tues) May: 23, 30 June: 6,13,20,27**

**TIME: 1-3PM**

**COST: Gold coin donation – goes towards Ozharvest**

### TOPICS COVERED

- Balancing your diet
- eating food for long-lasting energy
- The truth about fats, oils and sugars
- Budgeting
- Healthy eating for young children and parents
- Reading food labels
- Planning and storing food
- Strategies to reduce waste



### REGISTRATION ESSENTIAL

Only 10 spaces available

Commitment required for six weeks

**DIXON HOUSE NEIGHBOURHOOD CENTRE INC.**

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