

Healthy Food and Families

Toddler Nutrition

\$7.50

October 4-5, 2011

- October 4 - Toddler Nutrition Presentation
6:00-8:00 pm
Penticton Community Centre
325 Power St.**
- October 5 - Toddler Nutrition Tour
6:00-7:30 pm
Save On Foods**



Do you have a picky eater at home? Do you struggle to make healthy food choices for your family? On October 4, a Registered Dietitian will discuss toddler nutrition and healthy food relationships for you and your toddler. On October 5, there is a tour of Save on Foods with a dietitian to show you how to read labels and understand food choices.

For registration: Call 250-490-2426 or

Online at www.penticton.ca (Recreation guide)