

# Nutrition and Healthy Living



**October 5, 2022  
4:00 pm - 5:00 pm**

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**Registration Information:  
Zoom – Registered clients will  
receive an invitation, a day  
prior to the date of the on-line  
session**

**It is important to take care of your health and nutrition after moving to a new country. Join this information session and learn more about:**

- Simple tips for healthy snacks
- Strategies for healthy eating
- How to eat healthy food on a budget
- Am I eligible to access food bank services?
- What if I have special dietary requirements?



**Client Eligibility:  
Permanent Resident, Convention Refugee**



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

*All of our programs & services including childcare  
are available at no cost to eligible clients.*