

Nutrition and Healthy Living



**August 13, 2025
4:00pm - 5:00pm**

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

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

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?



Immigration, Refugees
and Citizenship Canada

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