

# Bellies to Babies and Beyond

A program for pregnant women and parents of infants

**Where: Princess Royal Family Centre**

**When: Mondays, 9:30—12:00**

**Starting: January 9, 2012**



**Who can join: pregnant women and parents of infants and toddlers (up to age 3)**

## **Program Information**

- Try our 10 week cooking program
- Learn about making healthy food for baby and you
- Learn safe food handling tips
- Try new foods
- Take home food for your family
- Prepare healthy snacks for toddlers
- Learn about first foods for baby
- Child minding is available
- Bus tickets are available

Group members need to know:

- Everyone helps with cooking and clean up
- If I miss a session, the group will expect me to call and let them know
- Phone 250-753-7470 to leave a message



# Bellies to Babies and Beyond

## REGISTRATION FORM



Name:

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Address:

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Telephone or daytime message number:

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There are \_\_\_\_\_ adults & \_\_\_\_\_ children in my home

Children's ages \_\_\_\_\_

I will need child minding for \_\_\_\_\_ children.

I will come to Princess Royal Family Centre by: Walking \_\_\_\_\_

Driving \_\_\_\_\_ Bus \_\_\_\_\_

Please list any allergies \_\_\_\_\_

I heard about the program at \_\_\_\_\_

Here are some ideas for what I would like to make:

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Please speak with Anita at Nanaimo Community Kitchens if you have any questions: 250-753-7470

