

# Registration Form: Bellies to Babies and Beyond

**A 10-week at-home cooking program for those who are pregnant and parents of young children**

This is a free program and is offered to those who would like to improve their cooking skills and are pregnant or have at least 1 child under the age of 3 at home. With this program, you will gain food skills, learn new recipes, and have fun connecting virtually with others. Each Monday, a healthy meal kit will show up at your door with a recipe card and all the ingredients to make dinner that evening. You will have the option to connect with a cooking facilitator over zoom as you make your meal. Weekly emails with topics related to healthy eating will be sent to you. Space is limited, so please register so that you don't miss out.

Date: \_\_\_\_\_ Name: \_\_\_\_\_

Address: \_\_\_\_\_ Home number: \_\_\_\_\_

Email: \_\_\_\_\_ Cell #: \_\_\_\_\_

There are \_\_\_\_\_ adults & \_\_\_\_\_ children at my home.

Children's ages \_\_\_\_\_ I am pregnant and my due date is \_\_\_\_\_

Please list any allergies or dietary restrictions in your family:

\_\_\_\_\_

How did you hear about the program?

\_\_\_\_\_

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

I'm interested in learning more about : \_\_\_\_\_

True /False I find healthy eating financially challenging and consider myself low-income.

**How to Register:** Take a photo or scan this form after you fill it out and send it to [nanaimocommunitykitchens@gmail.com](mailto:nanaimocommunitykitchens@gmail.com). Our program facilitator will contact you and register you for the next available program. We are offering this program only to those who live in Nanaimo city limits. Space is limited to 8 participants and those who join must be willing to make a 10-week commitment to completing the program. To find out more check out our website: [www.nanaimocommunitykitchens.org](http://www.nanaimocommunitykitchens.org)