

The Four Villages Community Health Centre

NUTRITION & FOOD SECURITY PROGRAMS



The Four Villages
Community Health Centre

WORKING TOGETHER FOR WHOLE HEALTH

If you are looking for programs that are educational, improve your overall health, help you manage chronic conditions, help you with lifestyle changes and assist you with maintaining your activity – these programs are for you.

We look forward to seeing you in our programs!

Please note:

- Programs are offered at various locations and times throughout the year.
- Some programs may be available infrequently based on demand.
- Some programs are offered off-site.
- Please call the contact person indicated for additional program information.

BABY FOOD MAKING: Wondering what to feed your baby? These workshops offer advice on feeding your infant or toddler. Topics include introducing solids, making baby food, toddler-friendly foods, feeding picky eaters, and healthy snack options. For more information contact **Susan at 416-604-6442.**

COLOUR IT UP 50+: This 6 week nutrition program is for women 50 and over. The program encourages participants to eat more vegetables and fruit through hands-on food preparation, tips on healthy snacks, and recipe ideas. For more information contact **Krystyna at 416-855-1058.**

COLOUR IT UP: This 6 week nutrition program is for women ages 20 to 50. The program encourages participants to eat more vegetables and fruit through hands-on food preparation, tips on healthy snacks, and recipe ideas. For more information contact **Krystyna at 416-855-1058.**

CONCERNING CHOLESTEROL: This 6 week program offers education and support for people with high cholesterol. This program includes nutrition education (including Mediterranean Diet), menu planning, nutrition label reading, physical activity, and stress management workshop led by trained facilitators. For more information contact **Cindy at 416-855-1044.**

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CRAVING CHANGE: This 4 week program is for people struggling with emotional eating. It encourages behaviour change through awareness of personal eating triggers. The program addresses why we eat the way we do, without a focus on what, when, where, or how much to eat. For more information contact **Paige at 416-604-6443.**

FAMILIES GET TOGETHER: This 8 week program promotes healthy weights and healthy living for parents and children 8-10 years old. The program includes information on nutrition, body image, self-esteem, and physical activity. Each session has a one hour exercise component facilitated by a trained instructor. For more information contact **Krystyna at 416-855-1058.**

GROCERY STORE TOURS: Join us for a tour of your local grocery store! Learn about making healthy food choices while sticking to a budget. You will also learn how to read and understand food labels. For more information contact **Paige at 416-604-6443.**

GUYS CAN COOK: This program is for young men ages 14 to 18. Learn to cook for yourself and impress others in this program led by a professional chef and a Registered Dietitian. Make and eat delicious food, gain valuable work experience, earn your food handler certification and get a letter of reference upon program completion. For more information contact **Paige at 416-604-6443.**

HEALTHY BODIES: This 6 week program is for adults ages 25 to 55 who are looking for options beyond crash diets. Activities include fitness sessions, menu planning, nutrition label reading, and stress management. For more information contact **Cindy at 416- 855-1044.**

HEALTHY EATING HEALTHY AGING: This bi- monthly group to learn how to eat healthy and manage medical conditions without breaking the bank. The group will focus on preparing quick nutritious meals, creating balanced meals and snacks, ideas on how to substitute lower cost menu items into your diet, shopping list make-over, as well as food demonstrations and tasting. For more information contact **Krystyna at 416-855-1058.**

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HEALTHY WOMEN HEALTHY BABIES: This weekly drop-in program is for pregnant women and women with new babies who are isolated, new to Canada or have financial difficulties. Enjoy weekly presentations about child safety, child development, breastfeeding, baby care, nutrition, cooking and more. The program is staffed by a Nurse, Dietitian and Community Health Worker, and is designed to support women through pregnancy as well as baby's first year. For more information contact **Gayle at 416-604-6452.**

HYPERTENSION: Join us for a 4 week program on prevention of high blood pressure. You will learn about blood pressure, the DASH diet (Dietary Approaches to Stop Hypertension), how to read food labels, stress management techniques, medications and medication management and setting goals for yourself and your health. This group will be facilitated by Krystyna, a Registered Dietitian; Martine, a Registered Nurse and Samantha, an Occupational therapist. For more information, please contact **Samantha at 416-855-1052.**

JUNCTION FARMERS MARKET: Meet us at the market every Saturday from May to November to purchase local and affordable fresh fruits and vegetables. Stay to enjoy live music and community events. For more information contact **Paige at 416-604-6443 or visit www.junctionmarket.ca.**

KIDS CAN CREATE: This 4 week program is for children 4 to 7 years old. If you are interested in having your little ones learn how foods grow, make yummy recipes, and enjoy their delicious creations, this is the program! Children will meet new friends and enhance fine motor skills with crafts and activities. For more information contact **Susan at 416-604-6442.**

KIDS COOKING CLUB: This 5 week cooking and nutrition education program is for children ages 8 to 12 years old. Want to have fun learning how to cook with your friends? Children learn about food and nutrition in a fun and interactive way. For more information contact **Krystyna at 416-855-1058.**

LET'S TALK ABOUT HEALTHY EATING: Join us for hands-on cooking demonstrations and taste-testing of easy recipes. Topics include eating well on a budget, easy cooking for one or two people, simple meal planning, and healthy eating for weight management. For more information contact **Paige at 416-604-6443.**

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MEALS-ON-WHEELS FRUIT & VEGETABLE BASKET: Have a fresh fruit and vegetable basket delivered right to your door! Meals-on-Wheels delivers nutritious lunches and fresh produce to older adults 55+ or adults 34-54 with a long term disability. The fruit and vegetable basket costs \$13.75 and is delivered bi-weekly. This program is offered in partnership with West Toronto Support Services. For more information **call 416-653-3535**.

POLISH CHAPTER OF THE CANADIAN DIABETES ASSOCIATION: An ongoing monthly drop-in program that offers self-help, peer support, and education in a supportive environment of people who live with diabetes. For more information contact **Krystyna at 416-855-1058**.

SCHOOL NUTRITION EDUCATION: Are you a teacher interested in inviting a Registered Dietitian into your classroom? This program offers elementary school students the opportunity to learn about nutrition and develop cooking skills through hands-on food preparation. Tasting of the prepared food and eating together often facilitate additional discussion on healthy eating practices as well as different cultural foods. For more information contact **Krystyna at 416-855-1058**.

WEST TORONTO DIABETES EDUCATION - WORKSHOPS: Do you have pre-diabetes or diabetes? Join our diabetes education team to learn about the fundamentals of managing diabetes including healthy eating, physical activity, medication, and how to prevent complications. This class will help to build your confidence to take action in daily life to live well with diabetes for years to come. To register contact **416-252-1928, extension 299**.

YOUTH COOKING CLUB: Let's cook together! Join us for hands-on cooking with a dietitian and learn about healthy eating. This 4 week program is for youth ages 12 to 18. For more information contact **Cindy at 416-855-1044**.
