

# Inspiring the Love of Food

## within the Early Years



### A New Workshop Series!

It is well known that early childhood development sets the foundation for lifelong healthy habits. As educators of young children, you play an important role in helping children learn about food and feeling good about eating, creating supportive food environments, and role modeling healthy behaviours.

The Children are Healthy Pillar of Niagara Children's Planning Council is eager to offer these exciting training opportunities and welcome educators of young children in Niagara to experience them. They have been created to enhance your abilities and passion to inspire the love of food within the early years and beyond!

#### Workshop Opportunity One: Things We Plant, We Eat

Please join Helene Randle, Kelly Brochu and Brittany Lynds, Registered Early Childhood Educators at Rosalind Blauer Centre for Child Care for this newly designed workshop. During this fun-filled evening you will learn about indoor gardening; how to create an indoor garden, what to plant, and how to get the children and families involved. You will also learn how to make cooking with kids completely hands-on and interactive, how to create a recipe for one person, and what you need to have a complete cooking experience right in your classroom.

**Thursday October 13, 2016** • 6:30 to 8:00 pm • Rosalind Blauer Centre for Child Care, 1812 Sir Isaac Brock Way, St. Catharines • No Cost; however, registration is required. Please contact the ECCDC at 905.646.7311 ext. 304, email [eccdc@eccdc.org](mailto:eccdc@eccdc.org) or visit [www.eccdc.org](http://www.eccdc.org) • Spaces are limited to the first 30

*This workshop is supported by the Children are Healthy Subcommittee, Brock University, Niagara Region Public Health, Zehrs Markets and the Early Childhood Community Development Centre*



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Niagara Region



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## Workshop Opportunity Two: Grocery Store Tours

Looking for creative food ideas and “kid-friendly” recipes? Confused by the many products available and not sure which choices are best for children? Let our local Zehrs Markets In-Store Dietitians take you on a tasty and informative grocery store tour that will teach you how to navigate the aisles for nutritious choices that are sure to satisfy children of all ages, better understand food labels, and savour some healthy ideas along the way!

### Date Options (please choose one)

- **Wednesday October 12, 2016**, 6:30 to 8:00 pm, Zehrs Pen Centre, 221 Glendale Avenue, St. Catharines with Athena Li, RD
- **Saturday October 15, 2016**, 9:00 to 10:30 am, Zehrs Niagara Falls, 6940 Morrison Street, Niagara Falls, with Lynn Weaver, RD
- **Thursday October 20, 2016**, 6:30 to 8:00 pm, Zehrs Welland, 821 Niagara Street, Welland, with Lynn Weaver, RD
- **Saturday October 29, 2016**, 9:00 to 10:30 am, Zehrs Fairview Mall, with Athena Li, RD



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