

The Four Villages Community Health Centre

NUTRITION AND FOOD SECURITY PROGRAMS

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.

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 416-604-0640, ext. 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 416-604-0640, ext. 1058.

CONCERNING CHOLESTEROL: This 6 week program offers education and support for people with high cholesterol. This program includes nutrition education and stress management workshops, a cooking demonstration and physical activity led by trained facilitators. For more information contact Krystyna at 416-604-0640, ext. 1058.

CRAVING CHANGE: This 8 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 Katie at 416-604-0640, ext. 6443.

The Four Villages Community Health Centre

NUTRITION AND FOOD SECURITY PROGRAMS

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 416-604-0640, ext. 1058.

G.I.R.L.S (Get Involved Run Laugh Shine): This 8 week physical activity and nutrition program is for girls ages 9 to 12. The program offers a combination of nutrition and hands-on food skills, plus activities such as zumba, basketball and yoga. For more information contact Camilla at 416-604-0640, ext. 6454.

GOOD FOOD BOX: The Good Food Box offers an easy and low cost way to introduce more vegetables and fruits into your meals. FoodShare delivers orders to Four Villages every other week. Orders must be paid for at least 10 days in advance. For more information on prices and contents, visit www.foodshare.net/good-food-box. To order a box call 416-604-0640, ext. 6412.

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 Katie at 416-604-0640, ext. 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 Katie at 416-604-0640, ext. 6443.

HEALTHY BODIES: This 8 week program is for adults ages 25 to 55 who are looking for options beyond crash diets. Activities include fitness and yoga, stress management, menu planning, cooking demonstrations, and nutrition label reading. For more information contact Krystyna at 416-604-0640, ext. 1058.

The Four Villages Community Health Centre

NUTRITION AND FOOD SECURITY PROGRAMS

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 416-604-0640, ext. 6452

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 Katie at 416-604-0640, ext. 6443 or visit www.junctionmarket.ca.

KIDS CAN CREATE: Are you interested in having your little ones learn how foods grow, make yummy recipes, and enjoy their delicious creations. They will meet new friends and enhance fine motor skills with crafts and activities. This 4 week program is for children 4 to 7 years old. For more information contact Susan at 416-604-0640, ext. 6443.

KIDS COOKING CLUB: Want to have fun learning learning how to cook with your friends? This 5 week cooking and nutrition education program is for children ages 8 to 12 years old. Children learn about food and nutrition in a fun and interactive way. For more information contact Krystyna at 416-604-0640, ext. 1058.

LET'S TALK ABOUT HEALTHY EATING: A drop-in program for women featuring 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 Katie at 416-604-0640, ext. 6443.

NUTRITION FOR INFANTS AND TODDLERS: 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 416-604-0640, ext. 6442.

The Four Villages Community Health Centre

NUTRITION AND FOOD SECURITY PROGRAMS

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 416-604-0640, ext. 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 416-604-0640, ext. 1058.

WEST TORONTO DIABETES EDUCATION PROGRAM - WORKSHOPS: Have ever wondered what diabetes is, why some people get it and not others, or why people with diabetes have to watch what they eat? These one-time workshops will give you the basics of diabetes and simple instructions to either manage diabetes or prevent it altogether. For more information contact the West Toronto Diabetes Education Program at 416-252-1928.

YOUTH COOKING CLUB: Drop in and let's cook together! This monthly drop-in is for youth ages 12 to 24. For more information contact Katie at 416-604-0640, ext. 6443.
