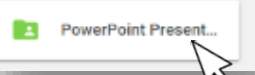

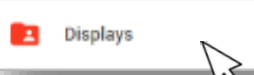

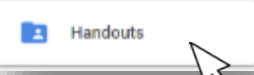

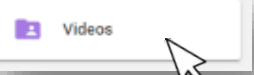



Have you heard of the Nutrition Education Toolkit for Newcomers to Canada?

The toolkit is a collection of teaching resources to support you in providing nutrition information to newcomer groups or individuals through discussion and interactive activities. It has been designed for audiences with basic English literacy levels and diverse cultural backgrounds.

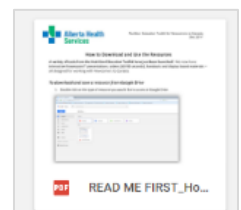
What is in the toolkit?

| | | | |
|--|--|---|---|
|   |   |   |   |
| <p>Presentations</p> <ul style="list-style-type: none"> - Grocery Shopping - Eating for Good Health - Drinks in Canada | <p>Printable Display Materials</p> <ul style="list-style-type: none"> - Drinks in Canada - Meals to Go | <p>English & Translated Handouts</p> <ul style="list-style-type: none"> - What's for Lunch? - Five Keys to Safer Food - Snacks for Children - Heart Healthy Foods - Feeding Your Baby - Infant Formula | <p>Videos</p> <ul style="list-style-type: none"> - Cooking Basics: <i>Easy Recipes, Fruit, Vegetables</i> - Raising our Healthy Kids: <i>Breastmilk and Other Drinks, Enjoy More Vegetables and Fruit, Iron-rich Foods</i> |

Where can I find the toolkit?

The toolkit materials are stored on Google Drive. Follow these steps to login and access the materials:

1. Go to the Google Drive Login page: <https://drive.google.com>
Note: the link does not work in older versions of Internet Explorer. You may need to copy and paste the link into Google Chrome or Mozilla Firefox.
2. Enter the e-mail username: newcomersnutritiontoolkit@gmail.com and click "next".
3. Enter the password: **NewcomersNutrition** and click "sign in".
4. Read the document "READ ME FIRST - How to Download and Use the Resources" for further instructions.



Contact Us

Questions or comments about the nutrition education toolkit for newcomers? Want to receive e-mail updates?
Contact us at: edmontonpublichealthdietitians@gmail.com