

Manage Mealtime Madness

Tips and Ideas for Busy Families



How can on-the-go families balance busy schedules without drive-thrus or processed/convenience foods? We'll explore simple healthy meal ideas that your family will love, including strategies to encourage picky eaters to try a variety of choices and develop a good relationship with food. We'll also discuss ways to get kids involved with family meals and steps you can take to make meal preparation and family meals enjoyable.



Tuesday, May 7, at 7:00 PM
Parkinson Centennial Public School
120 Lawrence Avenue

Free!
Registration
Is required.



Jacalyn Dryland is a registered dietitian and the founder of The Family Table Project. She has a child and family nutrition practice in Orangeville and works with a large interprofessional team at Dufferin Area Family Health Team.

For more information or to register, please contact:
DPSN at 519-940-8678 or info@dpsn.ca

