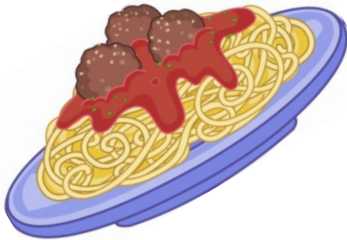


JANUARY 2021

Parent Education Lunch & Learn (Previously Known As Cultural Family Time)

Our Early Years Facilitators would like to welcome you to stop by for a variety of parent resources/healthy recipes and an opportunity to connect while picking up a free nutritious meal!

This program is for parents/caregivers with children 0-6 years of age



Date	January Lunch & Learn Menu
January 8 th	Spaghetti with meat sauce
January 15 th	Hearty Vegetable Soup with Garlic Bread
January 22 nd	Pineapple Chicken with Rice
January 29 th	Mini Quiche with Cooked Vegetables



**Friday Mornings 11:30 am to 1:00 pm
(curbside pickup only)**

@ 71 Sanford Avenue North

To register for this program, please call 905-545-2814 ext.221

