



# SET the Table for Success: Supporting Positive Mealtimes for Early Learning and Child Care



PRESENTED BY

**Alberta Health Services Registered Dietitians**



SERIES SESSIONS

Date	Time
January 26, 2022	2:00 PM - 3:00 PM



LOCATION

**Computer of your choice - -**

FEE

**\$0.00**

QUESTIONS?

Contact Us:

**403-381-5580**

REGISTER ONLINE

Visit our website to register:

**sapdc.ca**

## Program

Healthy eating is more than the foods you eat! Consider how your child care promotes healthy eating and supports learning. Please join Alberta Health Services (AHS) Dietitians for a FREE and interactive online session to learn ways to intentionally support positive meal and snack times.

We will ...

- Explore opportunities for better meal and snack times
- Share practical ideas to support positive meal and snack time experiences in child care programs.
- Consider what is going well and what could be better in your program
- Find online resources you can use in your program and with your families
- Make a plan of action specific to your program

Participants will receive a certificate of attendance.

---

## Presenters

**Alberta Health Services Registered Dietitians**

Alberta Health Services, Nutrition Services' Dietitians help Albertans enjoy good health. Working with individuals, families, groups and organizations, Registered Dietitians play an important role in helping Albertans achieve their best nutritional health.

---



Southern Alberta  
Professional Development  
**Consortium**