



**ARE YOU A PARENT WITH A CHILD UNDER SIX?
IF SO, WE NEED YOUR HELP !**



Appetite to Play is a government-funded program in British Columbia to promote healthy eating and physical activity in the early years. We are excited to have developed 6 **NEW** workshops for parents and we need your help.

Please join us to learn about some activities, tips, ideas and recipes for you to do at home with your children...and give us your feedback. Your comments will help us improve the workshops to make them ever better for other parents!

What you need to know:

- Each session is online and 1.5 hours long. We will be presenting 2 of the 6 workshops (60mins), and then we will provide some questions for discussion and get feedback from you.
- Each participant will receive \$40 per workshop to thank you for your time and comments.
- Each session is limited to 12 participants - register by clicking on the links or QR codes below!

<p><u>Session 1</u> Thursday, Nov. 17th from 6:00 to 7:30pm</p>	<p><u>Session 2</u> Tuesday, Nov. 22nd from 7:00 to 8:30pm</p>	<p><u>Session 3</u> Tuesday, Nov. 29th from 6:00 to 7:30pm</p>
<p><u>Workshop Topics:</u></p> <ul style="list-style-type: none"> • Food Literacy • Games and Activities 	<p><u>Workshop Topics:</u></p> <ul style="list-style-type: none"> • Meal Planning & the Canada Food Guide • Outside & Risky Play 	<p><u>Workshop Topics:</u></p> <ul style="list-style-type: none"> • Positive Meal Times • Physical Literacy
<p><u>Session 1 Link</u></p>	<p><u>Session 2 Link</u></p>	<p><u>Session 3 Link</u></p>
 <p>Session1</p>	 <p>Session 2</p>	 <p>Session 3</p>

Thank you for your help! If you have any questions, please contact atpinfo@cw.bc.ca.

Appetite to Play is delivered in partnership through:

