

Food for You, Food for Two

A free, friendly program for pregnant women



Why Attend?

- Take home **FREE** groceries.
- Get prenatal vitamins.
- Prepare and eat food together.
- Pick up new recipes and health information.
- Get support from other moms.

Talk to healthcare professionals about:

- healthy eating during pregnancy,
- labour and delivery,
- breastfeeding,
- caring for a newborn,
- parenting tips, and
- other community programs.

When and Where Do We Meet?

Amherstview

Every Tuesday
12:30 to 3:00 p.m.
20 Manitou Cres. W.
(Lower level)

Napanee

Every Thursday
12:30 to 3:00 p.m.
Trinity United Church
Bridge St. E. and John St.

For more information about

Food for You, Food for Two

call 613-354-3357 or 1-800-267-7875, ext. 1416

Transportation may be provided.