

# LEARN & SHARE

Unlocking the Potential of Food for Your Family

解锁食物的潜力



United Way Avenues of Change presents a Learn & Share event on “Unlocking the Potential of Food for your Family” in English with Mandarin translation for families with young children living in Richmond. A dietitian from Richmond Public Health will talk about the benefits of bringing together families and friends with food. Come and learn how to do shopping, cooking and eating food together, and tips for preparing healthy snacks for children.

**Wednesday, March 13<sup>th</sup>, 2019, 10:00 am to 11:30 am**

**Brighthouse Library Kids' Place (100-7700 Minoru Gate, Richmond)**

## 解锁食物的潜力

“解锁食物的潜力” 英语/普通话讲座，由列治文卫生署营养师主讲主讲，介绍食物如何成为家人和朋友联系情感的纽带以及好处，帮助家长学习和了解如何在日常购物、烹饪及就餐中充分解锁食物的潜力，如何给孩子准备健康的小吃。欢迎住在列治文市的家长参加！

**2019年3月13日，星期三，上午10时至上午11时30分**

**列治文 Brighthouse 图书馆儿童部 (100-7700 Minoru Gate, Richmond)**

**Speaker 主讲嘉宾: Anne Swann, Public Health Dietitian**

**Vancouver Coastal Health - Richmond Public Health**

**Registration 报名:** [Eventbrite.ca](https://www.eventbrite.ca)

**Inquiry 查询:** Annie Leung 梁小姐

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Info & Registration



**United Way**  
Lower Mainland

**Vancouver Coastal Health**  
Promoting wellness. Ensuring care.

