



JOIN US FROM HOME

Healthy Eating & Physical Literacy
Online Workshop for Early Years Providers
Two Hours of Professional Development



WHAT IS APPETITE TO PLAY?

Physical activity and healthy eating in early childhood is important for healthy child development and sets the stage for lifelong healthy behaviours. **Appetite to Play** is a British Columbia initiative that supports early years providers to promote healthy eating and physical activity in daycares, preschools, parent participation programs and other early years settings for children 0 - 5 years old.



WHAT WILL I LEARN IN THE APPETITE TO PLAY ONLINE WORKSHOP?

This instructor led live interactive workshop will enhance knowledge, skills and confidence in creating child-care settings that support physical literacy, healthy eating and healthy child development. Planning tools, self-assessments, recipes, games and activities will be shared. An overview of the resource rich **Appetite to Play** website will be included.



WHO SHOULD TAKE THE APPETITE TO PLAY ONLINE WORKSHOP?

This workshop is open to early years providers who are interested in learning more about physical activity and healthy eating for children 0-5 years old, and who want to increase their capacity in this field. The workshop is two (2) hours in length, and counts towards professional development credits for early childhood educators. The cost is \$25.00 per participant.



HOW DO I SIGN UP FOR THE APPETITE TO PLAY ONLINE WORKSHOP?

To register for the session, click on one of the below dates:

[Monday, October 28th from 10am to 12pm](#)

[Wednesday, November 6th from 6pm to 8pm](#)

[Saturday, November 16th from 10am to 12pm](#)

[Monday, November 18th from 10am to 12pm](#)

[Wednesday, December 4th from 6pm to 8pm](#)

For more info, contact atpinfo@cw.bc.ca, visit www.appetitetoplay.com or watch our [video](#)!

Appetite to Play is delivered in partnership through:

