

Nutrition and Healthy Living



August 13, 2025
4:00pm - 5:00pm

Amira Girgis, Settlement Counsellor

519-999-0371
agirgis@ncce1.org

Registration Information:
Zoom – Registered clients will receive an invitation, a day prior to the date of the on-line session

It is important to take care of your health and nutrition after moving to a new country. Join this information session and learn more about:

- Simple tips for healthy snacks
- Strategies for healthy eating
- How to eat healthy food on a budget
- Am I eligible to access food bank services?
- What if I have special dietary requirements?



Client Eligibility:
Permanent Resident, Convention Refugee



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

All of our programs & services including childcare are available at no cost to eligible clients.