

Who we are...

We are Registered Dietitians (RD), your trusted experts in food and nutrition. We can provide you with the information and tools you need to help you make healthy food choices to feel your best!

What we can do for you...

We want you to be healthy! We work with groups of people including educators, workplaces, health care professionals, and the general public to build knowledge and skills around healthy eating and healthy weights through:

- * community events
- * interactive displays
- * workshops and presentations
- * media
- * community partnerships
- * training opportunities
- * program and policy development

Make the healthy choice the easy choice!
Give us a call to find out
what we can do for you.



Check us out online

www.porcupinehu.on.ca/nutrition

Programs and Services We Offer...

Grocery Store Tours

Grocery store tours are held regularly in Timmins and on demand in other communities. It is a great way to learn about label reading, how to make healthy choices and how to navigate the grocery store.

Healthy Eating Resources

We provide many easy to use pamphlets, booklets and fact sheets on a variety of nutrition topics. We also have audio visual resources and teaching aids available on loan to teachers and other educators.

Colour It Up!

This program is designed to help women 19-50 years improve their eating habits. Over six sessions, women will learn ways to increase the amount of vegetables and fruit they eat. Sessions are scheduled at various times during the year and you can expect free stuff for participating!

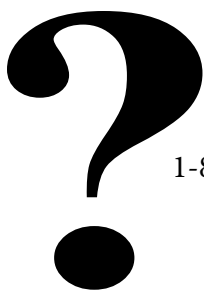
Cooking UP Some Fun!

This workshop focuses on positive family eating habits and reducing stress around family meals. You will learn how to plan meals, how to get your kids involved in cooking and how to create a positive eating environment for your family. Workshops are held on request.



Canada Prenatal Nutrition Program

This program provides pregnant women in need with nutrition counselling, support and follow-up throughout their pregnancy. Vouchers for milk, food and prenatal vitamin and mineral supplements are also provided to those in need.



Have a nutrition question?

You can call EatRight Ontario with your question at 1-877-510-510-2 where you can speak to a dietitian for free.

For upcoming events or more information on any of our programs, check out our website at www.porcupinehu.on.ca/nutrition or call the Porcupine Health Unit at 1-800-461-1818. All of our programs and services are offered in both English and French and they are free!



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We're good for you...