



Community Food Advisors are volunteers trained in the safe and nutritious selection, preparation, and storage of food.

Community Food Advisors can give presentations, food demonstrations, organize or staff displays on the following topics:

- **Canada's Food Guide to Healthy Eating**
- **Cooking for One**
- **Food Safety in the Home**
- **Healthy Eating on a Budget**
- **Healthy Eating for specific groups (e.g., toddlers, vegetarian teens, seniors)**
- **Low Fat Cooking**
- **Planning Nutritious Breakfasts, Lunches or Snacks**
- **Quick and Easy Meals**
- **Discuss a food topic of your choice!**

If you have a group of any age that would benefit from the services of the Community Food Advisors, please call the number below:

905-777-3837, ext. 12399



Hamilton
Public Health &
Community Services



The program is coordinated provincially by the Ontario Public Health Association.

September, 2004



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