



good   
beginnings[®]

Every preschooler deserves a good beginning

ONLINE COURSE

Take this **FREE** online preschool nutrition course!

Good Beginnings provides valuable training and resources to support young children in eating well. The course is practical, interactive and self-directed. You will receive a Good Beginnings certificate upon completion.

Good Beginnings is available to childcare professionals as well as college professors and students in Ontario ECE programs.

New for 2016 – course now includes the *Child Care and Early Years Act*.
Register for the course today at GoodBeginnings.ca.

Course topics

- Address “picky” eating
- Introduce new foods in a positive way
- Help preschoolers become lifelong healthy eaters
- Accommodate special diets and food allergies
- Plan and evaluate menus
- Prepare and handle food safely



Sign up for Good Beginnings News for ongoing support on the course topics.

E-NEWS UPDATES

Good Beginnings News

Subscribe on the GoodBeginnings.ca home page. This e-newsletter is available whether you have taken the course or not.

RESOURCES & ACTIVITIES

Visit **TeachNutrition.ca**

Click on **ECE** under **Programs & Resources** to

- Download **FREE** activities and recipes
- Access nutrition facts for your bulletin boards and parent communications
- Order fun, age-appropriate nutrition education resources for your centre



Developed by Registered Dietitians for Ontario childcare professionals.



NUTRITION
 DAIRY FARMERS OF CANADA