



Let-Us Connect

Central Zone Population and Public Health Dietitian Team | Winter 2025

ESSENTIAL PARTNERS IN HEALTH

Public Health Dietitians work with local, regional, and provincial partners to improve nutrition and wellbeing in a variety of settings, through consultation, education, evaluation, and collaboration. We are here to provide training, tools, and supports to improve community nutrition and health.

CLASSES FOR FAMILIES

Our classes are virtual, free, and open to any family living in Alberta.

SCAN

PRINT



Infant Nutrition
(0-12 months)



Goodbye Mealtime Struggles
(1-5 years)



Mealtime Struggles
(6-12 years)



Ways to Support Your Child's Relationship
with Food and Their Body

[Click here](#) for our
social media kit.
Please help
us share our
classes on
social media!



ALBERTA HEALTHY LIVING PROGRAM: WINTER 2025

Adults living in Alberta can refer themselves to any of our free classes or workshops. Click [HERE](#) or scan the code to check out our winter offerings!



NUTRITION BITES

Winter is soup season! Experiment with plant-based proteins like beans and lentils for an affordable and fibre packed meal!

[Lentil and Rice Soup](#)

[Black Bean Soup](#)