



# FOOD LITERACY



## WHAT IS FOOD LITERACY?

Food literacy is the knowledge, skills and attitudes individuals need to navigate the food system and make informed decisions

## ARE YOU A SENIOR 55+ AND INTERESTED IN LEARNING MORE ABOUT FOOD AND NUTRITION?

Burnaby Meals on Wheels is offering a Food Literacy Project for seniors in Burnaby! Our goal is to provide four workshops led by registered dietitians in different languages to help improve your food literacy.

### Workshop Details:

Online via Zoom

(You will need an email address and a phone or computer to participate)

- September 6 (Saturday), 10:00 – 11:00 a.m. – English
- September 20 (Saturday), 10:00 – 11:00 a.m. – Farsi



In-Person at Brentwood House

- September 24 (Wednesday), 1:30 – 2:45 p.m. – English
- October 1 (Wednesday), 1:30 – 2:45 p.m. – Cantonese

## WHAT WE NEED FROM YOU?

Email us at [seniorshousekeeping@burnabynh.ca](mailto:seniorshousekeeping@burnabynh.ca) to join our mailing list!

## WHAT TO EXPECT?

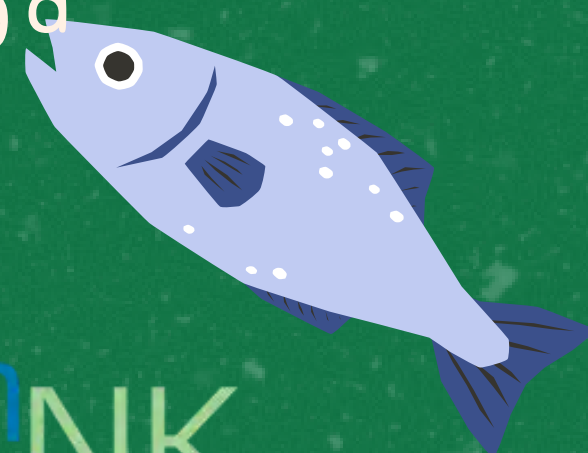
- Pre-Assessment Survey: Help us tailor the workshops to your needs.
- Workshop Invites: RSVP to attend—space is limited!
- Post-Assessment Survey: Reflect on what you've learned.
-  Get Rewarded 
- Receive a \$10 grocery gift card after completing the two surveys and attending a workshop!



BURNABY  
MEALS ON WHEELS



Nutrition  
...LINK  
services society



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kʷikwəɬəm), Squamish (Skwxwú7mesh úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.



# FOOD LITERACY

## 什麼是 FOOD LITERACY 食物素養？

Food Literacy 食物素養是指個人在面對食物體系時，所需具備的知識、技能與態度，以做出明智的決策。

您是55歲以上的長者，並有興趣了解更多有關食物與營養的知識嗎？

Burnaby Meals on Wheels 誠摯邀請本拿比的長者參加我們的食物素養推廣計畫！我們的目標是透過四場由註冊營養師主講的工作坊（以不同語言進行），幫助您提升對食物與營養的認識。

### 📍 工作坊詳情

Zoom 線上課程（參加者需具備電子郵件帳號及手機或電腦）

- 9月6日（星期六），上午10:00 至 11:00 – 英語
- 9月20日（星期六），上午10:00 至 11:00 – 波斯語

實體課程（地點：Brentwood House）

- 9月24日（星期三），下午1:30 至 2:45 – 英語
- 10月1日（星期三），下午1:30 至 2:45 – 粵語

## 我們需要您提供什麼？

請電郵至 [seniorshousekeeping@burnabynh.ca](mailto:seniorshousekeeping@burnabynh.ca) 加入我們的郵件名單！

## 可以期待什麼？

- 課前評估調查：幫助我們根據您的需求量身打造工作坊內容。
- 課後評估調查：回顧您所學到的內容。

🎁 完成兩次調查並參加工作坊，即可獲得10元超市禮品卡 🎁

名額有限，請盡快報名參加！



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