

Nutrition and Food Safety 101 for Refugee and Immigrant Communities

Make your community healthier by learning the basics of nutrition and food safety!

When: **Tuesday, April 28, 2015, 2pm-4pm**
Where: Whitman Library (200 Snyder Ave, 19148)
Target: Service Agency Case Managers,
Audience: Social Workers, and Community Leaders

REGISTRATION IS REQUIRED FOR THIS FREE EVENT.

Public health experts will present information about:

- Common foodborne illnesses and how to prevent them
- How to read and understand nutrition labels
- The health hazards of soda and juice
- Navigating the grocery store to find healthy foods and meals
- Preparing meals with Cooking Demonstration and **Free Samples**

NOTE: Individuals who participate in at least four monthly "Public Health 101" sessions will be eligible to receive a Public Health Outreach Kit.

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To register: contact Sarah Levin-Lederer at sarah.levin-lederer@phila.gov or 215-685-6801.

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