



VOLUNTEER SERVICES AND FREQUENTLY ASKED QUESTIONS

At the International Centre, a nutritionist is on staff to answer common questions asked by immigrant and refugee parents, single adults and families.

In addition, nutrition services are available to help immigrants and refugees make healthy food choices and build healthy eating habits.

Participants will benefit from:

- Nutrition education sessions
- Dietary needs assessments
- Developing food budgets
- Cross cultural menu planning and program development
- Planning and preparing nutritious meals
- Practical cooking classes for beginners
- Prenatal diet planning
- Nutrition guides for infants, children and teenagers
- Grocery shopping tours

Community outreach services and presentations are also available.

[FREQUENTLY ASKED QUESTIONS](#)

- How can I save money on groceries for my family?
- What foods are healthy and safe to eat?
- My child asked me to prepare a Canadian dish. How can I prepare it?
- Where can I buy foods from my country?
- Where can I go if I can't afford to buy food?

**These FAQ documents are available on the services website
under the heading of Nutrition FAQ.**