



# FOOD NEUTRALITY IN THE EARLY YEARS

PEDAGOGICAL FOCUS: WELL-BEING, EXPRESSION



**Facilitated By:  
Ginette Blake,  
Registered Dietitian, MLHU**

Food is a big part of our lives. It's a topic of conversation, a point of celebration, and a way to connect with one another. It is important to recognize that how educators talk about food and bodies in early years can profoundly impact children's lifelong relationship with food. Join us as we explore food neutrality in early years settings and how we can help children become food explorers, engaging with and enjoying a variety of foods.

Ginette Blake is a Registered Dietitian in London and Middlesex county who is passionate about our food system and how food impacts the health of our planet. She also facilitates Strive's Community of Practice: Cooks & Dietary Planners.

## WHEN?

**Wednesday, May 15, 2024**  
6:30 - 8:00PM

## WHERE?

### Zoom

Access link and password will be emailed to you prior to the event

## COST?

**FREE**



**REGISTER NOW!**

