

HELPING  
newcomers  
since 1978



We are pleased to host a variety of workshops and information sessions for newcomers. Sessions take place in-person and/or online using Zoom and are an excellent opportunity for clients to gain knowledge around topics of specific interest to them.

Everyone is welcome! For a complete list of upcoming events go to: [www.is-gw.ca/events/](http://www.is-gw.ca/events/)

## Eating in Canada: Navigating Local Foods, Stores and Labels

### In person at ISGW

**CLICK HERE to register.**

<https://is-gw.ca/event/eating-in-canada-navigating-local-foods-stores-and-labels/>

**Tuesday, March 10**  
**11:00 am - 1:00 pm**

Join us in person at ISGW to learn about navigating local foods, stores and labels with community dietitian **Shin Low** from Guelph Community Health Centre.

At this session we'll be talking about:

- How to read food labels simply (ingredients, sugar, salt)
- Eating healthy on a budget
- Common foods that are high in sugar and salt (juices, sauces, snacks)
- Simple, healthy meal ideas using familiar ingredients



**Space is limited.** You must be registered to attend this session.

**Language interpretation** is available based on need. Please register as soon as possible.

For more information, contact **Natalia** at 519-836-2222, ext. 235 or [ngonyk@is-gw.ca](mailto:ngonyk@is-gw.ca)

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