


# FOOD '4' THOUGHT IS MOVING!!!

Food '4' Thought is a FREE prenatal nutrition program for prenatal women 26 years of age and under. This program aims to reduce the incidence of unhealthy birth weights, improve the health of both infant and mother and encourage breastfeeding. There are 10 Food '4' Thought Drop-in Sites throughout Durham Region. Each drop-in site provides a safe, friendly environment where women experiencing can obtain advice from healthcare providers and other moms, receive materials on health and wellness, and receive fresh fruit and vegetables, milk and prenatal vitamins. Women may come to a site anytime during their pregnancy and continue to receive support until their infants are 6 months of age. For more information and the location of these sites please contact: **Girls Incorporated of Durham** at 905-428-8111 or visit our website:

[www.girlsinc-durham.org](http://www.girlsinc-durham.org).



**EFFECTIVE Thursday, April 3, 2008** the Bowmanville site will move to:

**The Salvation Army**  
**75 Liberty Street South**  
**Bowmanville**

**New day and time: Thursdays 2-4pm**