

Who We Serve

Public Health
Agency of Canada

Food '4' Thought is not a universal program, but is especially designed to meet the needs of pregnant women 26 years of age or younger and most at risk for poor birth outcomes. Food '4' Thought gives priority to pregnant women who live in situations that are most likely to result in unhealthy birth outcomes due to poor maternal health and inadequate nutrition.

ELIGIBILITY AND INTAKE

It is the mandate of Food '4' Thought, to provide services in the Durham Region to pregnant women (participants must currently be pregnant to enter the program) who are experiencing "at risk" circumstances. Services are provided in an equitable, accessible, affordable and culturally appropriate manner.

FOOD '4' THOUGHT PROGRAM ADMISSION CRITERIA

Pregnant women that experience any of the following may be eligible for the prenatal program:

- *Social isolation
- *Financial hardship
- *New to Canada
- *Food Security
- *Mental Health Issues
- *History of substance use
- *Domestic Abuse
- *Medical history of high-risk pregnancy
- *Lack of knowledge about available resources

**For more information contact Tracey McCannell
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FOOD "4" THOUGHT

There can be up to 10 elements of a comprehensive CPNP Food "4" Thought Program:

1. Prenatal nutrition supplements (food, prenatal vitamins) recommended by registered dietician or doctor working with the program.
2. Dietary assessment and nutrition counselling on food and healthy eating.
3. Promotion of breastfeeding, mother/baby bonding, healthy baby feeding and birth planning.
4. Participation of pregnant and new mothers in the planning and delivery of the program.
5. Education on such things as food preparation, shopping on a budget, parenting and baby feeding.
6. Preparation for labour and delivery.
7. Support and counselling on lifestyle issues like alcohol, drugs, tobacco, family violence and stress.
8. Support and counselling, education and other help from professionals, lay-family workers or peers, through home visits, drop-in centre and group sessions.
9. Support for sufficient and nutritious food through community activities such as collective kitchens, community gardens and food buying clubs.
10. Linking and referral to other resources and community programs.

OUR PROGRAM

FOOD "4" THOUGHT

Food '4' Thought is a drop-in program for young pregnant women and new mothers under 26 years of age, operating in 8 sites throughout Durham Region.

The program goal is to enhance maternal and fetal health by reducing the risks for pregnant women who may have food insecurity issues. Women may register for the program at any time during their **pregnancy** and continue to receive support until their infants are 6 months of age.

The program focuses on nutrition and access to healthy food, so as to reduce the incidence of low birth weight, increase the number of breastfeeding mothers, provide linkages to other community services and improve the health and well-being of moms.



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SUPPORT FOR YOUNG MOMS

FOOD "4" THOUGHT

THE CANADA PRENATAL NUTRITION PROGRAM

The Canada Prenatal Nutrition Program (CPNP) is a community-based initiative federally funded by the Public Health Agency of Canada and has been administered by Girls Inc. of Durham since 2005.

Known in the community as "Food '4' Thought," Pre & Post Natal Nutrition Program provides a safe, friendly environment where women can obtain advice from health care providers and other moms, get materials on health and wellness, and receive fresh fruit and vegetables, milk, and prenatal vitamins.

