

Who We Serve

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
905-428-8111 ext 222 or tmccannell@durham.girls-inc.org**

PROGRAM BENEFITS

FOOD "4" THOUGHT

- Meet other young moms
- Talk with understanding professionals
- Take home healthy food and prenatal vitamins
- Join in interesting discussions and workshops
- Learn about programs and services for you and your baby
- Bus tickets are available for participants
- Get breastfeeding information and support
- Enjoy a healthy snack



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.

**FREE DROP-IN PROGRAM FOR PREGNANT
YOUNG WOMEN UP TO 26 YEARS OF AGE**

LOCATIONS ACROSS DURHAM REGION

Ajax site:

CAREA

**5-360 Bayly Street West, Ajax
Wednesday 2:00 - 4:15 PM**

Uxbridge site:

Baptist Church

**231 Brock Street West, Uxbridge
Monday 11:00 - 1:30 PM**

South Oshawa site:

**Oshawa EarlyOn Child and Family
Center – Oshawa**

**1 McGrigor Street, Oshawa
Thursday 1:00 - 3:00 PM**

Cannington site:

Trinity United Church

**50 Laidlaw Street North, Cannington
Tuesday 9:00am – 11:00AM**

Rose of Durham Site:

**707 Simcoe Street South – Oshawa
Monday 3:00 – 5:00 PM**

Beaverton site:

St. Andrews United Church

**523 Simcoe Street, Beaverton
Tuesday 12:30 – 2:30PM**

North Oshawa site:

**Gordon B. Attersley P.S. Hub room
1110 Attersley Drive, Oshawa**

Tuesday 1:00 - 3:00 PM

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