

Welcome to

# MIGHTY MEALS

**November 6 - November 27**

**Wednesday's from 9:30am to 10:30am  
at the Dungannon Community Centre**

**Families receive meal kits and helpful tips on food prep after watching a cooking video. Stay for the EarlyON Program!**

*Scan here to register*



**SPOTS ARE LIMITED**

**Any Questions??**

**Call/Text**

**Neetha:**

**519-301-0957**



**EarlyON**

Child and Family Centre

Huron-Perth  
Children's Aid Society