



Allergy-Friendly Cooking

Navigating eating around your food allergies can be a challenge.

Cooking for loved ones who have food allergies is also tricky.

To better support your efforts, we would like to invite you for dinner and a discussion about avoiding the 9 most common food allergens: "The Big 9"

Please join us for a **FREE** cooking demonstration lead by ECNPLC Dietitians:

Joelle and Michelle



Also included: A special conversation with our Nurse Carrie who manages 4 of the 9 most common allergies.

Wednesday, June 6/23 (5:30 - 7:30 PM)

ECNPLC Amherstburg Clinic Kitchen
(320 Richmond St., Amherstburg)

Space is Limited – Please Register Ahead (519) 730-0446

This program is open to patients & the community
Come taste how delicious our recipes can be!!