

# ALPHABET SOUP



Bookmates Alphabet Soup is a fun, family-friendly experience for parents (caregivers) and preschool children aged 2 to 5 years, presented over six weekly sessions. Together parents and children enjoy food-related songs, rhymes and books.

Parents create books and games for their child while discussing ideas which encourage healthy eating habits for families. Children take part in fun food-themed games, play centres and art activities. A highlight of this program is the parent and child snack time where each week they share and explore a new food idea together.

This program brings together the goals of encouraging a love of language and books, and expanding children's healthy eating experiences while providing parents with new food ideas and information.



**Alphabet Soup is currently offered or has recently been offered by:**

**Altona and Area Family Resource Group** –  
Nina Edbom-Kehler, Coordinator. Box 473  
Altona, MB R0G 1K0 Telephone 204-324-2352.  
Email [aafc@southernhealth.ca](mailto:aafc@southernhealth.ca)

**Carman Family Resource Centre** – Michelle  
Bergsma Box 124 Carman, MB R0G 0J0  
Telephone 204-745-5571 Email

[carfc@mymts.net](mailto:carfc@mymts.net)

**Centre D'Enfants St. Claude Children's Centre** – Yvette Lacroix Box 219 St.  
Claude, MB R0G 1Z0, Telephone 204-379-2908. Email [stchild@mts.net](mailto:stchild@mts.net)

**Manitou Parent Child Resource Centre** – Jennifer Long (facilitator) Box 692  
Manitou, MB R0G 1G0 Telephone 204-242-2652 Email [mprc@mts.net](mailto:mprc@mts.net)

**Miami Children's Facility** – April Bickford, Executive Director Box 114 Miami, MB R0G  
1H0 Telephone 204-435-2725. Email [miamicf@mts.net](mailto:miamicf@mts.net)

**White Horse Plain Healthy Child Committee Inc.** – Jolina Leafloor, Box 298 Elie,  
MB R0H 0H0 Telephone 204-353-2132 Email [leaf1@mymts.net](mailto:leaf1@mymts.net)

**Winkler Family Resource Centre** - Terry Penner P.O. Box 997 Winkler, MB R6W 4B1  
Telephone 204-332-9418 Email [winklerfrc@gmail.com](mailto:winklerfrc@gmail.com)