



# Eating Away From Home

## Class Materials

Links to the class materials are listed below in blue.

We encourage you to review the materials before the class and write down questions you have.

- [Activity: Special Occasion and Holiday Eating](#)
- [Activity: Picture Potluck](#)

The following handout is not available online and will be emailed to registered class participants.

- Eating Out - How Can I Make Healthier Choices



Updated December 1, 2025



**Primary Care  
Alberta**

Alberta Healthy Living  
Program