



# Real Food for Kids Wellness EXPO

March 11 | 10AM – 2PM | Lake Braddock Secondary School

*Taste - Learn - Thrive*

Whether you are a student, a parent, a teacher or just interested in leading a healthful lifestyle, this event has something for you!

- expert-led workshops and chef demonstrations – learn about quick and healthful family meals; plant-based diets; fueling for athletic performance; how to hydrate; the importance of eating “clean,” and food writing and photography.
- enjoy lunch with our keynote speaker Rodney Taylor – FCPS Director of Food and Nutrition Services who began last year and is set to make school food in Fairfax County a model for the nation.
- great prizes – attendees can enter a drawing to win celebrity-signed cookbooks and dining certificates

[Read more and REGISTER](#) for the Culinary Challenge and up to 2 EXPO workshops per person – space is limited so be sure to register today.

**PTA Member Discount - ~~\$15~~ \$10** Use Promotional Code: **PTAMember**

[www.RealFoodForKids.org](http://www.RealFoodForKids.org)