

Healthy Children, Happy Families

An Addison County Parenting Series



Getting Children to Eat Well

This workshop is the second in a series of free events for parents of young children. This fun and lighthearted series will allow parents to mingle with like-minded peers, enjoy a short presentation addressing challenges we all face as parents, and learn about local opportunities in our communities.

This workshop will help parents understand how food and nutrition impact child health and well-being. Healthy eating will be broken down into three sub groups: Fruits/Veggies, Hidden Sugars and Hidden Fats. Participants will also spend time creating healthy snacks that are kid friendly.

Kids are welcome, and will enjoy activities, dinner, and free child care!

Wednesday, April 19, 2016

5:30-7:00pm

Vergennes Congregational Church, Childcare at Evergreen Preschool

RSVP required: <https://www.eventbrite.com/e/healthy-children-happy-families-getting-children-to-eat-well-tickets-32665161377>

This is a WIC-approved activity, and open to all.

A collaborative community project of:

Addison

