



TEMPLE
ISRAEL
CENTER

NURSERY SCHOOL

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(914)948.2800 EXT.126



BABIES & BAGELS

Connect with other parents of young babies
while learning from the experts.

This month's expert is:
JESSICA FISHMAN LEVINSON
REGISTERED DIETITIAN NUTRITIONIST



RAISING HEALTHY EATERS

**TUESDAY, FEBRUARY 12
9:15-10:30AM**

Topics:

- Meal planning for busy families
- Healthy snacks for toddlers and school-age kids
- Importance of family meals and how to make them happen
- Top tips for feeding kids better this year

Jessica Levinson, MS, RDN, CDN, nationally recognized nutrition expert and mom of two NS graduates, will share practical healthy eating tips and easy recipes as well as answer all your questions about meal planning, healthy snacks, the importance of family meals and more. Jessica's expertise is in developing nutritious and delicious recipes to feed her family and to inspire others to do the same.

You can find Jessica's family-friendly recipes and healthy living tips on her website JessicaLevinson.com. Follow her on Instagram, Facebook, Twitter, and Pinterest..

**For more information and to RSVP, please contact Nursery School Director, Patty Goldstick at
(914) 948-2800 or at p.goldstick@templeisraelcenter.org**

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