

NUTRITION IN ACTION

HELP!

IS MY CHILD GETTING ALL THE NUTRIENTS THEY NEED?



We all want our kids to get the best nutrition for healthy growth and development. But sometimes we feel they are falling short.

Join us March 28, 2023 3:30 pm

where we will discuss

- key vitamins and minerals young children need
- foods to include on daily rotation
- strategies for picky eaters

Cant wait to see you there!

Nina Dahan, Registered Dietitian