



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 on April 18th
5:00-6:00PM**

2813 Farragut Road Brooklyn, New York 11210
Open to parents of children ages 2-4

We will discuss:

Key vitamins and minerals young children need
Foods to include on daily rotation
Strategies for picky eaters

With Nina Dahan, Registered Dietitian



NINA DAHAN

The Eat Right RD