

Early Learning SERIES

for People Who Care About Young Children

NOVEMBER 2019 WORKSHOP



Eating a Rainbow: Healthy Eating in the Classroom and at Home

Wednesday, November 13
6:30-8:30 p.m.

Facilitator:

Alana Perez-Valliere

Nutrition Educator

FoodWise Kenosha/Racine

Extension UW-Madison

Ives Grove Racine County Building
14200 Washington Ave., Sturtevant

Registration Deadline: Nov. 6, 2019
(when class capacity is reached, registration will close)

Healthy eating and nutrition is vital to the growth and development of children. Early Care and Education Providers play an important role in modeling healthy eating and fostering healthy attitudes toward food.



The workshop will focus on helping child care providers to understand how they can positively influence children's eating habits in the classroom. It will also provide age-appropriate methods to address the struggles of getting children to eat new fruits or vegetables. Learners will walkaway with tangible strategies and tools for behavior changes and how to engage with children and encourage them to try and like new fruits or vegetables.

Individuals needing Certificate of Attendance or Registry Credit, the cost is **\$10**. Payment is not refundable.

Parents/grandparents can participate at no cost, but must register in advance.

- Mail check / cash to: **Extension Racine County**, 1072 Milwaukee Avenue, Burlington, WI 53105
- Online payment & registration at: racinecounty.com/extension (MasterCard, Visa, or Discover)

For special accommodations, please notify Extension when registering. *Workshop is for adults (no child care provided).*

Participants arriving more than 15 minutes late will not receive Registry Credits/Certificate of Attendance



Extension

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