

Nutrition for Children



- Learn fun and effective ways to get kids to eat healthy
- Learn which foods are actually harmful to your children's health



- Learn how food manufacturers can "fool" the public
- Get quick, easy, and healthy recipes
- Learn strategies on shopping and cooking meals



- Identify harmful additives and preservatives that should be avoided
- Learn how to implement strategies for better eating for your entire family



- Understand the difference between the foods that God has intended us to eat vs. the chemically laden foods that man has put on our plates
- Become *inspired* to eat and live healthy

Periodic Dates TBA

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