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

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 walk away 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.

Components:
- Eating a Rainbow: Healthy Eating in the Classroom and at Home
- Nutrition Educator: Alana Perez-Valliere
- Workshop Date: Wednesday, November 13, 6:30-8:30 p.m.
- Location: Ives Grove Racine County Building
- Cost: $10 (check or cash)

Registration Deadline: Nov. 6, 2019

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

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)

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