

Stop Food Fights!

For Children Ages 2-6
With Parent/Caregiver

Topics Include

FIXING YOUR FUSSY EATER
INTRODUCTION OF ALL FOODS TO
PROMOTE WHOLE HEALTH
THE "DIVISION OF FEEDING"
RESPONSIBILITY
BEVERAGE GUIDELINES
GROWTH SPURTS
*An Opportunity to Try New Foods
That Fill Not Fatten*
MAKING THE BEST CHOICES
AWAY FROM HOME
MEALS AND SNACKS FROM THE
PYRAMID
RESOURCES FOR MORE GUIDANCE

Food Is Fun!

For Children Ages 7-11
With Parent/Caregiver

Topics Include

GIVE THEM CHOICES
AVOIDING FOOD BATTLES BY
MAKING FOOD FUN
SHOPPING SAFARIS TO
INTRODUCE NEW FOODS
PACKING SNACKS FOR
SPORTS FIELD AND AFTERCARE
PROGRAMS
FOOD PLAY THAT TEACHES
WELLNESS
PARTY PLANNING THAT
ENCOURAGES PHYSICAL
ACTIVITY AND HEALTHY
SNACKS/DESSERTS

Get Fit Now!

For Teens & Tweens

Topics Include

HOW TO TURN YOUR BODY INTO
A FAT BURNER
HEALTHY SELF IMAGE
TRY NEW FOODS THAT FILL
NOT FATTEN
HIDDEN CARBS & CALORIES
AVOID THOSE MOOD SWINGS
CURB THOSE CRAVINGS
SPORTS NUTRITION
Protein, Energy, Sports Drinks
Myth or Magic?
RESPONSIBLE INDEPENDENCE
SCHOOL LUNCHES / BUYING
FOOD OUT / SNACK MACHINES
BACKPACK SNACKS

Specialty Classes

DEMYSTIFYING FOOD LABELS • SUPERMARKET SAVVY • HOLIDAY SURVIVAL TRICKS
QUICK MEALS FOR BUSY FAMILIES • TURNING YOUR BODY INTO A FAT BURNING MACHINE
SURVIVING DINING OUT (Don't Supersize Me!)