



KinderConnection

Preschool and Kindergarten Students

For Kids

Hands-on learning and activities:

- Trying new foods each week and making a fun, easy-to-prepare snack
- Learning simple nutrition lessons that promote healthier food choices
- Learning about the new MyPlate and the food groups
- Enjoying making healthy choices
- Taking part in fun movement games to promote skills for being active everyday



Saturdays

9:00am-10:30am

October 15 to November 19, 2016

Queen of the Universe

Parish Center

2477 Trenton Rd

Levittown PA 19056

For Parents/ Guardians

Group discussion topics:

- Dealing with picky eaters
- Serving appropriate portion sizes
- Introducing new foods and increasing palate preferences
- Dealing with challenging everyday situations, such as meal planning and selected healthier options
- Reading food labels and navigating the grocery store



REGISTER ONLINE

www.StMaryHealthcare.org/kidshape
www.facebook.com/stmaryhealthcare

OR CONTACT

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