# Raising Healthy Eaters:

## Avoiding Mealtime Battles



**Santa Rosa Beach**

Tuesday, June 14th

Noon—1:30 p.m.

70 Logan Lane

**Crestview**

Thursday, June 16th

Noon—1:30 p.m.

5479 Old Bethel Rd.

You will learn:

* Nutrition guidelines for young children
* Child-sized portions
* How to tame mealtime battles
* Kid-friendly meal and snack ideas
* Making healthy food FUN!
* Tips for raising healthy eaters

**Classes meet noon—1:30 p.m.**
**Cost: $5.00**

Pre-registration is required. Make check payable to *Okaloosa County Advisory Committee* :


Kendra Zamojski
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*(850) 689-5850*
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