WAMDA

WESTERN AREA MASSACHUSETTS DIETETIC ASSOCIATION

Family NUTRITION WORKSHOP

From Selective Eaters to Food Explorers



Help your child feel more comfortable exploring new foods!

Save the date:
DECEMBER 5, 2026

HCC Culinary Arts Institute
164 Race Street, Holyoke, MA

Event Schedule

9:30–10:00 AM	Check-in & light refreshments
10:00–11:00 AM	Adult CEU presentation with dietitian Jen Belanger; children explore foods in the kitchen with Chef Diana
11:00–11:15 AM	Q&A; CEU-only attendees may depart
11:15 AM–12:15 PM	Adults and children cook together: spaghetti & meatballs
12:15–1:00 PM	Enjoy the meal or take it to go

Registration & Pricing

Adult + child: (presentation + hands-on workshop)	**$50**
Each additional adult or child:	**$10**
Adult presentation only:	**$25**

Scan the QR code to register!

Questions or sponsorship opportunities?
Please reach out to Judy Dowd at wamdapublicpolicy@gmail.com

1 CEU pending approval from CDR