Family NUTRITION WORKSHOP



From Selective Eaters to Food Explorers

Help your child feel more comfortable exploring new foods!

Join registered dietitian Jen Belanger and Chef Diana for a practical nutrition presentation and hands-on culinary experience designed for children ages 8–12 and their adults.

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

Scan the QR code to register

Registration and details: wamda.org/familynutritionworkshop
Questions or sponsorship: Judy Dowd • wamdapublicpolicy@gmail.com
1 CEU pending approval from CDR