

# Raising Healthy Children: It's a Marathon Not A Sprint

Family Child Care FUNdamentals presented by  
The Institute of Child Nutrition

November 2, 2019 9:00AM—4:30PM \*Doors open at 8:45AM

FREE-lunch provided

Cornhusker Bank Community Room, 8310 O St, Lincoln

For additional information call 800-642-6481

Approved for 6 hours of in-service credit

This training provides short, focused training topics on providing nutritious meals for young children. This includes health and wellness, creative methods for program planning, importance of teaching children early about good nutrition and steps for incorporating physical activity.

Extra Opportunities by attending:

A follow up training will be offered in January (TBA) for participants to learn how to develop and write a nutrition policy to implement in their facility.

On a monthly basis handouts will be mailed to pass out to your families about the importance of early nutrition and physical activity.

Please register by October 28th at: <https://forms.gle/rPkdi7RJoZP4dWid9>

This opportunity is funded through Children's Hospital and  
the Gretchen Swanson Center for Nutrition

