



Food for Thought: Nutrition Across the Curriculum

Thursday, March 1
6:00 – 8:00 pm

Health & Human Services Building, Sutter Creek

Food habits, likes, and dislikes are formed at an early age and therefore it is important that young children be exposed to a variety of nutritious foods.

Food for Thought, a publication of the California Department of Education, is a great tool for child care providers. This curriculum is designed to teach young children good nutrition and healthy food choices. *Food for Thought* provides recipes and hands-on activities to help children learn concepts in science, math, language and literacy.

Fruits, vegetables, snacks, whole grains and protein foods will be featured. Resources for books, fingerplays and songs will be provided. Come enjoy a fun, guided discussion and hands-on activities about how to encourage healthy eating habits in children!

To **RSVP**, please call The Resource Connection at **223-1624**

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The Engaging Families
Resource Empowering Communities
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