



Nutrition Workshops for Kids

A fun way to introduce your child to
NEW Foods!

www.devorenutrition.com

Childhood Nutrition Workshop

Every parent wants what is best for their children. However, many children in the U.S. grow up not understanding where food comes from and often children request unhealthy food items.



Is your child a picky eater?

Do you want your child to experience nutrition from the earth to the plate in a fun, kid-centered program?

Do you want your child to have healthy eating habits instilled in them from an early age?

Children are influenced by their environment. Amber DeVore, a mother herself, has attended extensive training geared towards helping our children appreciate and enjoy nutritious food. Best of all, the children won't think of it as learning, they will just think of it as fun!

Contact DeVore Nutrition and wellness today to register for this high demand program.

All of the workshops include discussions, tasting a variety of foods, making a recipe, and practical information for parents. Though a child will never be forced to try new foods, the workshop uses fun and creative techniques to inspire children to try new food.

The Curriculum

Goals:

- Create a positive attitude towards food
- To encourage acceptance of new foods
- To give your child confidence to prepare some food items on their own.
- Each workshop is limited to 15 children to ensure lots of attention and hands on experience

Workshops are designed for specific age groups:

- 4 to 5 Years Old *
- 6 to 7 Years Old *
- 8 to 11 Years Old

90 Minutes – Guardian and Child: \$40

***A guardian must attend for the 4 to 7 year old workshop.** A guardian does not need to attend for other age groups, however they are welcome to attend and watch.



Amber DeVore, RD, CSSD, CLT is a Registered Dietitian and has worked in the nutrition field for ten years. She is the owner of DeVore Nutrition and Wellness, LLC which is based in Williamsburg, VA. Amber DeVore, a mother herself, has attended extensive training geared towards helping our children appreciate and enjoy nutritious food.



The workshops are held at the Greater First Colony Club House located at 125 Pasbehegh Drive, Williamsburg, Va.



The next workshop will be held:

DeVore Nutrition and Wellness, LLC

www.devorenutrition.com

PO BOX 6276, Williamsburg, VA 23188

Office: 757-585-5229

Fax: 703-261-7856

To reserve a space email Amber at
amber@devorenutrition.com

