



SPRING INTO SNACKS!



TRY NEW RECIPES WITH
NITA SHARDA
REGISTERED DIETITIAN

MONDAY, MAY 13
O.V. JEWITT SCHOOL
5:00-6:30PM

PRIZES FOR THOSE WHO ATTEND!

In this interactive session, Nita will share:

- What is a snack?
- Is snacking always needed?
- How can snacking support children?
- Tips and strategies to create balanced snacks
- Recipe demonstration

PLEASE RSVP @ 204-633-1714.

**CHILDREN ARE WELCOME (CHILD CARE WILL BE PROVIDED) WHILE
THE ADULTS GET TO LEARN AND TRY NEW RECIPES.
PLEASE LET THE OFFICE KNOW IF YOU ARE NEEDING CHILD CARE.**