

# FoodSense AtoZ

■ [www.foodsenseatoz.com](http://www.foodsenseatoz.com)



## **NUTRITION FOR KIDS**

As a mom, do you often find yourself swerving into the processed food lane at the drive-thru to get your kids a quick meal or snack after school? Are your kids picky eaters who think food is all about chicken fingers with macaroni and cheese? Learn how to fuel your kids with nutritional food they will love. Build their immune system with a balance of fruits, vegetables, protein sources and essential nutrients that will improve their mood, and build concentration in the classroom. You can take control... learn how.

Sharon's positive energy and presentation style will get your group's attention. They will leave the class better informed and collectively motivated to make healthy food choices for themselves and their families.

## **FEATURED CLASSES**

- On the Go Eating (for the workplace)
- Corporate Lunchbox Eating
- Lets' Go Shopping for Nutritious Foods
- Pantry & Refrigerator 101
- Raw & Vegetarian Strategies
- Fuel for Athletes
- Nutrition for Toddlers and School Kids
- Reducing Inflammation
- Weight Loss by Candle Light
- High Blood Pressure and Cholesterol