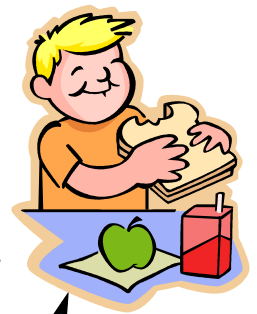


## PARENTS...

- Are you concerned about what your child eats?
- Do you want ideas for making quick and easy meals?
- Would you like help dealing with a child who is a choosy eater?

If you answered yes, please plan to attend "Raising Healthy Eaters."

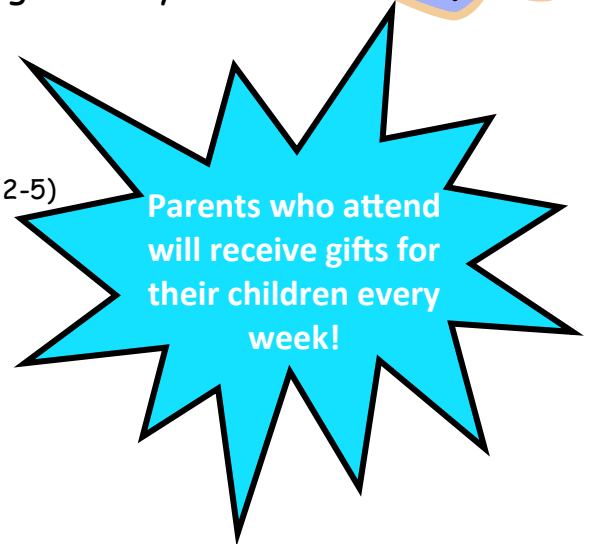


## WHAT IS "Raising Healthy Eaters"?

Raising Healthy Eaters classes are hands-on activities and discussions intended for parents of 2-5 year olds. Children (age 2-5) will participate in fun, nutrition activities at the same time! Children under age two may stay with parent during class.

## Raising Healthy Eaters topics include:

- Dealing with choosy eaters
- Introducing new foods to children
- Managing challenging mealtime situations
- Helping children develop healthy eating habits



**WHEN?** Tuesdays, January 10, 17, 24, 31 and February 7, 14, 21, and 28, 2011, 1:00 - 2:30 p.m.

**WHERE?** Walworth County Government Center, 100 West Walworth Street, Elkhorn

**HOW DO I ENROLL?** Complete the form and mail to the UWEX office or call 262-741-4962. Send your registration soon as space is limited to 12 families! Remember, this program is for both children and their caregivers. Caregivers/parents must attend in order for a child to participate. Sorry, no exceptions can be made.

Know anyone else that might be interested? Be sure to tell your friends with young children and invite them to join you!



**UW**  
**Extension**

This program is a collaboration between  and  and is open to all families in the Elkhorn Area School District. For more information on Raising Healthy Eaters in other locations, please contact Jenny Wehmeier, UW-Extension, at 741-4962 or Pattie Woods, Parent Connections Program, at 723-3160 ext. 1416.

# **RAISING HEALTHY EATERS**

## **Registration Form**

**Parent Name:**

**Child(ren)'s Name(s):**

**Child(ren)'s Date of Birth:**

**Mailing Address:**

**City:**

**Zip Code:**

**Best Phone Number to Reach You:**

**Email:**

**Best Time to Call:**

**Food Allergies:**

**Mail this completed form to:**

**Raising Healthy Eaters  
UW-Extension  
100 West Walworth Street  
P. O. Box 1001  
Elkhorn, WI 53121**