



Nurture

program in your child's class today

Today your child took part in a fun educational program about eating healthy and staying active!

We learned about foods that have more energy (make us **go**) and foods that **slow** us down. We played a relay game where we determined which foods were "go" and which ones were "slow".

Then we made our own healthy recipe!



Nurture is a non-profit organization (501c3 status) that helps families improve nutrition and health through cooking classes, nutrition education, and philanthropy. Our mission is to encourage healthy, home-cooked meals. Programs also emphasize the importance of physical activity as part of a healthy lifestyle. Nurture has specific programs for adults, teens, and children.

We have opportunities for you to volunteer your talents and bring good health to your community.

Please visit our website for more information: www.nurtureyourfamily.org

Enjoy Kid-Friendly Recipes on our Website:

www.nurtureyourfamily.org

Apricot Cinnamon Couscous
Berry Smoothie
Breakfast Pizzas
Peanut Butter Oatmeal
Rice Ambrosia
Slow Cooker Apple Crisp
Strawberry Banana
Breakfast Split
Yogurt Parfait
Aloha Rice
Fiesta Pizzas
Holiday wreath
Tuna Bites
Turkey Friend
Veggie Head Muffin
Yummy Quesadilla
Ants on a Log
Eat a Rainbow
Creepy Crawlers
Cocoa-Cran Granola
Corn Salsa
Edible Art
Energizing Trail Mix
Monster Bites
No Bake Cookie Balls
Not Your Mama's Edamame
Snowmen on a Stick
Sweet Potato Chips
Sunbutter Balls
Veggie Friend
Yogurt Dip
Sign up to receive a monthly update with new recipes!