

BLOOMINGDALE FAMILY PROGRAM PRESENTS:

# Nutrition Workshop

*Raising Healthy Children*



**Wednesday July 31, 2019 8:30AM**  
**at Columbus Site**

Tips for helping Picky Eaters  
Teaching Children to Eat a Variety of Foods  
Nutritious Smoothie Demonstration

Presented by Salome Pemberton, RD, CDN, CCNP  
Program Nutritionist



FOOD SERVICES GROUP, INC

BLOOMINGDALE FAMILY PROGRAM PRESENTA:

# Clase de Nutricion

*Criar Niños Sanos*



**Miercoles Julio 31, 2019 8:30AM a  
Columbus**

Consejos para ayudar a los comedores  
quisquillosos

Enseñar a los niños a comer una variedad de  
alimentos

Demostración de batidos nutritivos

Presentado por: Salome Pemberton, RD, CDN, CCNP

Nutricionista



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