



Parent Café presents

Expanded Food and Nutrition Education program

*** Parents Only ***

Presentation Topics:

- Bridge to Success: Healthy Goals and the importance of exercise
- My plate, my family- Food groups
- Less is more – limit your intake on fat, salt, and sugar

Temas de presentación:

- Puente hacia el éxito: Objetivos saludables y la importancia del ejercicio
- Mi plato, mi familia- Grupos de comida
- Menos es más: limite su consumo de grasas, sal y azúcar

* Please arrive 15 minutes early as a courtesy to our presenter.
Llegue 15 minutos antes como cortesía a nuestro presentador.

Thursday, September 26, 2019

Jueves 26 de Septiembre de 2019

11 a.m. – 12:30 p.m., 615 Oliver Court



Parents as Teachers™



**Catholic
Charities**

of Corpus Christi, Inc.

Providing Help. Creating Hope.