

# **Picky Eating in a Nutshell**

## **Insights Into the Research**

Is it typical for children to be picky eaters? Let's explore the research. What are the challenges that children can bring to the table and the struggles that make for frustrating meals?

Join us for a 1 hour introductory discussion with three take home tips to help your child eat a greater variety of food and make mealtime more pleasant.

**Presented by: Dana Wagner, MS RD IBCLC**

**Pick a date: Nov. 3 or Nov. 10, Saturday at 10:00**

**Please RSVP by October 19, 2018 to save a seat**

**\$25 for a parent or \$40 for a couple**

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