



NEW

Free Stars Training
PROVIDED BY THE
CHILD CARE HEALTH PROGRAM
&
RAINIER VALLEY EATS

Putting Best Practices
on the Child Care Table

February 9, 2012,
7—9 PM

The 2100 Building
2100 24th Ave. S, Seattle

Can't make it? Save the date for the next one:

March 23, 1:30 - 3:30 PM

Join us for this interactive, hands-on training that explores how to add more fruits and vegetables to your child care menu and make the "healthy eating" message fun and child centered. Registered Dietitians Leika Suzumura of the Rainier Valley Eats! and Katy Levenhagen of the Child Care Health Program, will review best practices in child care nutrition and present ideas and activities to engage children, teachers, and parents in making foods from scratch.

Attended last time? No worries. This session includes a whole new line-up of food demonstrations, activities and recipes. COME HUNGRY!

Public Health 
Seattle & King County



Rainier
VALLEY
EATS
GROW. SHARE. EAT.

For registration, contact the
Child Care Health Program:

Deborah Waugh, deborah.waugh@kingcounty.gov or
(206) 263-8647

Include your first and last name, contact number
and e-mail, STARS number, program name

CLASS SIZE IS LIMITED. REGISTER NOW!