

JOIN US FOR OUR NUTRITION EDUCATION SERIES

WEDNESDAY, MARCH 27

FEEDING CHILDREN WITH FOOD ALLERGIES

Hosted by Pediatric & Adolescent Medicine and Jennifer Belanger, RD

Kids, parents, everyone welcome! Food allergies can be difficult to manage. It is important that parents know what to feed their child to ensure proper nutrition, despite their food allergy. In this class you will learn:

- Common food allergies
- Nutrients your child may be missing by avoiding a certain food or food group, and alternative foods that can be given
- Balanced, healthful nutrition for kids of all ages
- New recipes for meals and snacks the whole family will love!

6:30-7:30 PM AT THE WILBRAHAM OFFICE

2207 Boston Road, Wilbraham MA 01095

\$20 PER FAMILY

SIGN UP AT RECEPTION OR CALL 413-599-1201 TO REGISTER

