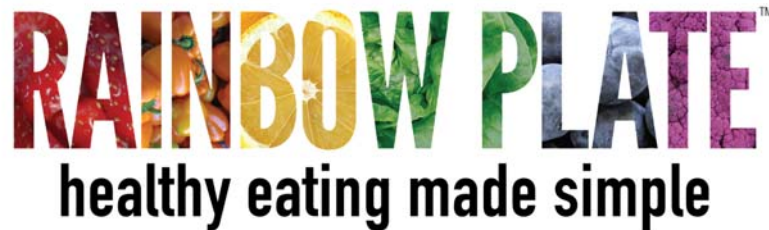


# Peas and Harmony

## How to Raise a Healthy Eater

Brought to you by...



Did you know that **how** you feed your children is just as important as *what* you feed them? Helping your child to become a lifelong healthy eater is an essential part of effective parenting. Children who have a relaxed and positive relationship with food and eating are much less likely to struggle with health and weight problems as they grow up.

Join Janet for an informal and interactive workshop that will give you a clear sense of what it takes to raise a healthy eater. She will provide you with simple, practical strategies for feeding your family at any age and stage, and she will provide you with tips to prevent and deal with common feeding and eating challenges faced by most parents today.

### Participants will leave this workshop with:

- A clear picture of what a “healthy eater” looks like
- A simple, powerful strategy for empowering your children to become healthy, independent eaters
- Confidence in understanding what *not* to worry about when it comes to feeding your kids
- Practical tips for preventing common pitfalls
- Tools for successfully managing the challenges of busy family life
- Strategies for handling picky eaters
- Simple rules for healthier eating in the real world

**DATE: Monday, February 22<sup>nd</sup>, 2016**

**TIME: 7pm – 8:30pm**

**LOCATION: Allenby Library**

**RSVP & Babysitting: book with Liz at [liz.berholz@gmail.com](mailto:liz.berholz@gmail.com)**

# Meet Janet Nezon

## **Janet Nezon**

Founder and Owner, Rainbow Plate

[www.rainbowplate.com](http://www.rainbowplate.com)

Program Director, Rainbow Food Education Foundation



Janet Nezon is a former academic nutrition lecturer and health promotion expert. She holds a B.Sc. from the University of Toronto as a Specialist in Nutritional Science, and a Master of Health Science degree in Health Promotion, from U of T's Faculty of Medicine. She created Rainbow Plate with a mission to translate theory into practice; to bring a vibrant and fresh approach to food education. Rainbow Plate's action-packed, flavour enhanced approach has been woven into workshops, seminars and resources to encourage kids, teachers, parents and caregivers to create their own healthy eating environments.

Since launching in 2012, Rainbow Plate programs have inspired and engaged almost 10,000 children and adults across the Greater Toronto Area; in schools, camps, child care and health care settings. Janet is the proud mom of three young adult children and one goofy labradoodle. Her work is firmly rooted in research evidence, yet liberally seasoned with a real-life approach and a generous serving of humour.

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