Workshop 2

*Healthy foods in child care: Topic of UW-Extension training*

That snack food might say “natural” and “healthy” on the label, but is it really? An upcoming workshop for local child care staff will cover this and related subjects.

The workshop is designed for child care staff because these programs provide a significant amount of the nutrition for many children today. As with their letters and numbers, children’s early learning about nutrition and mealtimes can have an impact for many years to come, according to Prof. Dave Riley of UW-Madison, who helped develop the workshop. “Early nutrition is important not just for young children’s health, but for their health across their whole lifespan.”

“One of the keys to good nutrition is to increase whole grains and reduce added sugars,” according to <NAME>, Family Living Agent in the XX County Extension Office. In the workshop, participants will look at ingredient labels from real snack foods for children, learning how to identify when a food is high or low in whole grains, fats, and sugars. The workshop also covers ways to change common recipes to make them healthier.

This workshop is the second in a series. “Early education staff at the first workshop really enjoyed it comparing notes on what their programs are doing at mealtimes,” according to Ms. <NAME of FLA>. The 2-hour workshop is scheduled for <DATE>. Information on the workshop and other nutrition resources is available from the county Extension office at <TELE NUMBER> or <WEB URL>.

240 words.

Lead = 29 words.