



### **Nutrition BEST Placemats**

These three placemats are as much fun parents as for the children. The front side is designed for the child to color and learn about eating healthy; family mealtime; and exercise. The back side is loaded with information for moms and dads to help their children establish patterns that will last a lifetime.

Order #: NB054E

Type: Placemats

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### **Foodlines for Professionals**

This newsletter is sent to professionals on a bi-monthly basis. It offers the latest information on food and nutrition.

Order #: NB055E

Type: Newsletter

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### **On-line Courses For Professionals**

Nutrition BEST offers a nutrition on-line course for professionals through the University of Nebraska at Lincoln. Register online at our website (see below), click on "Nutrition BEST" and it will take you to the page where you can register.

Register on-line at <http://ceplacer.ucdavis.edu>

Type: On-line Course



## **Nutrition BEST Trainings**

**Nutrition BEST** is available to come to your office and involve you and your staff in these fun and exciting as well as stimulating trainings:

- Turn Off The TV - An Outdoor Adventure
- Growing Healthy Good, Minds & Bodies
- Lunch Box



Other topics are available upon request.

*Call for Scheduling  
(530) 889-7350  
Type: Training*

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## **Workshops**

**Nutrition BEST** offers various workshops for parents. Fun hands-on interactive presentations will be made available on the topics of:

- ◆ Food Safety
- ◆ Cooking for You & Your Children
- ◆ Danger Foods for Babies & Toddlers
- ◆ Preventing Picky Eaters
- ◆ Starting Healthy Habits Early
- ◆ Making Baby Food
- ◆ Family Mealtimes-involving your baby
- ◆ Meal Planning, Budgeting & Food Buying
- ◆ Reading Food Labels
- ◆ Physical Activity for You



*Call for Scheduling  
(530) 889-7350  
Type: Workshop*

Other topics are available upon request.