

# ***Eat It- It's Good for You!***

***Cheap, healthy foods your kids will like***



- Prepare and sample healthy foods
- Learn tips to encourage healthy eating
- Reduce mealtime battles

**Facilitated by: Sharon Dubois- Carney, RD LD, Nutritionist  
and Joanna Wicklein, Parent Educator, CFLE**

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## **Families First**

*support for families...health care for all*

**Date:** Tuesdays, February 16 & 23, 2010

**Time:** 6:00 - 7:30 pm

**Place:** Community Campus, Portsmouth

**Cost:** Free!

**Child care:** Free for ages 12 and under with advance signup

**More info:** [www.FamiliesFirstSeacoast.org](http://www.FamiliesFirstSeacoast.org)

**Advance signup required!** Call 422-8208 (press 602)



Families First Health & Support Center is a nonprofit community health center providing health care and family services. Support for parenting and family programs in Portsmouth comes from The NH Department of Health and Human Services, the Foundation for Seacoast Health, Portsmouth Regional Hospital, NH Children's Trust Fund, United Way of the Greater Seacoast, Fuller Foundation, Portsmouth Community Development Block Grants, and the Towns of Rye, Greenland and Stratham.