

NUTRITION BASICS

TUESDAY, JULY 28TH
10 AM- 11:30 AM

How food fuels your body

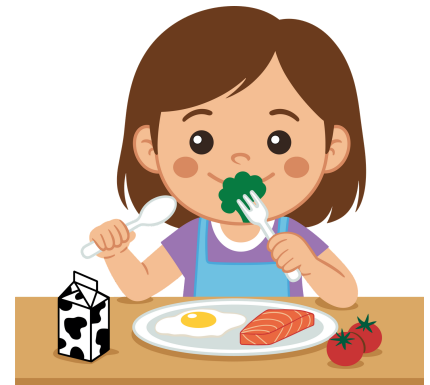
Reading labels

Portion sizes

Cooking recipes

Picky eaters

Allergies



RSVP

www.maricopa.gov/healthystart



Located at: GESD Family Hub
GESD System of Care
7677 W. Bethany Home Rd.
Glendale, AZ 85303



SOUTH PHOENIX

HealthyStart