



Sponsored
by:
Wright
County
Public
Health

LANA Preschool Program-**L**earning **A**bout **N**utrition through **A**ctivities
Explore simple and proven activities and tools that can help you plan and implement a healthy (and fun) approach to eating in your program. LANA shows you how to make simple menu changes (that support CACFP requirements), create a supportive mealtime environment, provide opportunities for children to try new foods and engage parents in your efforts. Leave with practical strategies (and a **free LANA Curriculum**) you can use to really make a difference in children's healthy development.

Hours/Credits/CEUs-2.00 Hours

Level of Training-Level 1 Explores

Knowledge and Competency Framework Area-VII.A: Establishing Healthy Practices

CDA Content Area-Content Area: I:Planning a safe, healthy learning environment

**Tuesday, September 25,
2018**

6:30-8:30 PM

**Wright County
Human Services Building
1004 Commercial Drive
Buffalo, MN 55313**

LANA
Free Curriculum includes
Curriculum Overview and Planning Tips

Theme units

1. *Eating the Alphabet*
2. *Vegetarian Animals*
3. *Our Senses Teach Us*
4. *Inside-Outside*
5. *Growing Things*
6. *Foods for Everyone*

Limited to 30 participants

- Training is being provided free through SHIP
- **Pre-registration is required**
- All attendees receive a Free LANA Curriculum
- Registration deadline: September 21, 2018

Please register by calling Cecilia Webb: 763-682-8931

There will be no admittance after 6:40 as the front doors to the Human Service building will be locked at 6:40 PM.