

What is the Workshop About?

This workshop is a community event that will bring in some of the most gifted guest speakers and food specialists together. Parents will be informed about the importance of a healthy lifestyle, particularly in relationship to food.

This workshop is interactive where participants will be preparing their own meal plans, will be taking part in tasting healthy snacks, and sampling healthy prepared meals. Participants also will enjoy being part of a food demonstration by a famous Food Network star and the co-author of *Eat This Not That!* will be a guest speaker. The different types of fat available to consumers will be discussed.

Creamy Peanut Butter			
Nutrition Facts			
Serving Size 2 Tbsp(32g)			
Servings Per Container about 56			
Amount Per Serving			
Calories	190		
Calories from Fat 140			
% Daily Value*			
Total Fat	17g		
Saturated Fat	3.5g		
Cholesterol	0mg		
Sodium	150mg		
Total Carbohydrate	7g		
Dietary Fiber	2g		
Sugars	3g		
Protein	7g		
Vitamin A	0%		
Vitamin C	0%		
Niacin	20%		
Calcium	0%		
Iron	2%		
Vitamin E	10%		
*Percent Daily Values are based on a 2,000 calorie diet.			
Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2000	2500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400m	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

FOOD PYRAMID'S NEW DIMENSIONS



older will be invited on the last day for lunch, and after lunch will be shown many healthy snack choices. The workshop will end with everybody tasting the snacks.

All participants will learn how to read a food label and will learn to understand their importance. Help with food assistance programs will be provided. Children 6 years and

Special Guest Speakers Include

LeRoy Chase

President and CEO of the Boys and Girls Club

Richard Simons

Television Celebrity & Exercise Enthusiast

Cathy Barn, M.S., R.D.

Nationally Renown Nutritionist

Maureen Green, R.D.

Cooking & Nutritional Expert

Rachel Ray

TV Food Network Star

Gina Berry, M.S., R.D.

Nutrition Specialist & Renown Author

Matt Coulding

Co-Author of "Eat This, Not That!"

Dr. Mark Horton

Director of California Dept. of Public Health

Horst Behr, M.D.

Medical Expert on Food Illnesses

Jeanne Bloom, Ph.D., R.N.

Chairperson, Presidential Nutritional Resource Council

Join us for this important and informative event!



Eva M. Star, M.S., R.D.

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Eva M. Star, M.S., R.D.

Presents an Interactive Workshop
for Parents & Children

Raising Healthy Children in Difficult Times

Sponsored by

The National Nutrition Foundation



Pacoima Boys & Girls Club

12291 Vanowen St.

Van Nuys, CA 91122

**Friday thru Sunday
September 4, 5, 6 - 2009**

Free Admission! Free Meals!

For Information & Reservations

Call (818) 448-4124

www.nnf.org

Workshop Highlights

Even in these difficult economic times, parents of school age children can provide their children a nutritional diet and help them sustain a healthy weight and lifestyle. The workshop is designed to provide parents effective and realistic information on how to provide the best meals and maintain a healthy environment for their children. Parents are also invited and encouraged to bring their children for lunch on the final day of the workshop to help them learn about healthy eating.

Day One

Event Time 1:00 p.m. – 7:00 p.m.

Opening Remarks by LeRoy Chase, *President and CEO of Boys and Girls Club.*

Keynote Speech by Richard Simmons, *television celebrity*, promoting healthy living.



Understanding the Food Pyramid by Cathy Barn M.S., R.D., will explain the USDA food pyramid in detail.

Day Two

Event Time 8:00 a.m. – 4:30 p.m.

Meal Planning: Healthy Eating on a Budget by Maureen Green R.D.

Food Demonstration by Rachel Ray, *TV Food Network Star*, that emphasizes vegetables, whole grains, and fruits in meal preparations, include plenty of cooking tips.

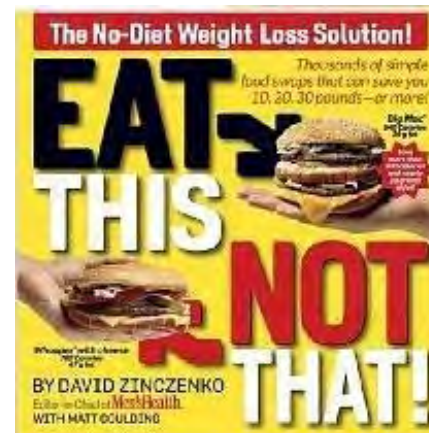


Know Your Fats by Gina Berry, M.S. R.D., *Nutritionist*, who will explain the function fats fulfill in our bodies.

Cholesterol: The Good, the Bad, and the Ugly continues Ms. Berry's theme regarding fats in the human body.

Understanding Food Nutrition Labels by Cathy Barn, M.S., R.D., who will speak about the importance of food labels.

Special Guest Speaker, Mr. Matt Goulding, co-author of *Eat This, Not That!* will explain how to make smart food choices.

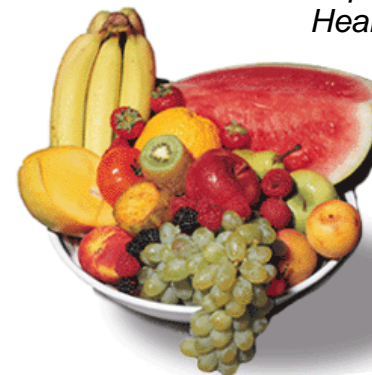


Day Three

Event Time 8:00 a.m. – 3:00 p.m.

US Nutrition Assistance Programs presented by Dr. Mark Horton, *Director of California Department of Public Health*, will be talking

about the different food assistance programs available to participants



Prevention of Food Poisoning by Horst Behr, M.D.,

who will explain the requirements of safe food handling and storage.

Lunch Prepared by Good Earth Catering - Attending parents and their children, ages 6 to 17 years, are invited for lunch.

Snacks and School Lunches presented by Jeanne Bloom, Ph.D., R.N. After this session the parents and their children will have the opportunity to taste different

snacks and refreshments which are provided through the courtesy of Albertson's Supermarkets.

Closing Remarks by LeRoy Chase, *President and CEO of Boys and Girls Clubs* will thank the guest speakers, the parents, and the children for attending this workshop.