

feast

Feeding · Eating · And · Succeeding · Together

Do you ever feel like you could 'do more' to help your child's eating habits?

What?

A 4-week workshop (1.5 hours once/week) on the following topics:

- Roles and responsibilities at mealtime***
- Patience works better than pressure***
- Family meals and routines***
- Kids, sweets and treats***

Receive a **gift card** at the end of each session to promote healthy eating!

Who?

Parents of children ages 0-12

Where?

Workshops will be held virtually, through **Zoom**, for partner sites in Wayne, Oakland, and Macomb Counties.

Why?

To learn techniques to manage picky eaters and mealtime tantrums while promoting positive eating habits.



National
Kidney
Foundation® of
Michigan

Would you like more information regarding FEAST?

Contact Jennifer Reid:

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United Way
for Southeastern Michigan