

## Family Nutrition Program Coming To Kids Kampus on September 24<sup>th</sup>

Kids Kampus Early Childhood Center, “A Caring Place To Go, Where Children Discover and Grow” is offering a FREE Family Nutrition Parent Workshop on Thursday, September 24<sup>th</sup> from 5:00 until 6:00 P.M. at Kids Kampus, 435 Campus Street, Huntington.

The Family Nutrition Program offered through the Huntington County Purdue Extension office helps consumers better understand and evaluate nutrition and food safety information and increases the ability of individuals and families to best utilize their food dollars. Through free, informal education programs, live cooking demonstrations and hands-on activities participants can develop knowledge and skill related to:

- nutrition and meal planning,
- food purchasing and preparation,
- food safety,
- resource management

Other topics will include the importance of being active, food groups and portion sizes. Recipes and free food samples will be included!

The Family Nutrition Parent Workshop is **FREE to all parents who attend, and child care is provided for FREE as well.** *Reservations must be made by calling Joy Koch at (260) 356-0123 or e-mailing her at [jkoch@pathfinderservices.org](mailto:jkoch@pathfinderservices.org).*

Kids Kampus, Huntington, offers child care and preschool services to children from infancy to age 12. Kids Kampus is accredited by the National Academy of Early Childhood Programs and is the only licensed child care center in Huntington County. Kids Kampus can be found on the web at [www.kidskampus.org](http://www.kidskampus.org) and is a division of Pathfinder Services, Inc., a not-for-profit human services organization based in Huntington.