

MPS
PARENT
SPEAKER
SERIES
PRESENTS

Tuesday,
March 5th
6:30 p.m.

MHS
Auditorium

Free & Open
to the Public

Tara McCarthy
MS, RDN, LDN

taramccarthyrd@gmail.com



ROMAINE CALM

TIPS TO FEED YOUR FAMILY FOR HEALTH

Come hear Tara McCarthy speak about how to feed your family. This is a talk to give parents the tools to give their child the nutrition they need to grow and thrive! Whether your child is a toddler, or in high school and all the grades in between, our children have growing minds, growing bodies and we need to know how to fuel them. Tara will provide tips to take the stress out of meal times and discuss the division of responsibility between the child and the parent when it comes to eating.

Topics

Build a
healthy
relationship
with food

Life skills for
children & realistic
goals for families

Navigating food
in our busy lives

Incorporating
health
promoting
foods in
daily meals

Food Tasting
in the lobby
After the
Event!