It’s National Nutrition Month!

Nutrition is the foundation for healthy development of both body and mind. Making sure that your child eats a balanced diet that includes fresh vegetables, fruits, and proteins will help him or her grow to his or her best potential. Good nutrition and healthy weight have a positive effect on your child’s ability to learn, be active, and stay healthier.

Click on the source link for wellness tips and recipes!

Source: First 5 LA