

Parent Resource

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 has 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

