

MORE THAN MACARONI

Come join the Playful Plate

(Food/Nutrition Education)

Offering Nutrition Education in school at all age levels helps prepare students for critical life skills and life-long healthy habits. Children who develop healthy habits are more likely to be well, stay well, and do well in school.

Age Group: 3's & UP (MUST BE POTTY TRAINED)

MONDAYS: from 2:15-3:15pm \$325.00/ 12 classes. No class: Sept 2nd, Oct 14th, Nov 11th

TUESDAYS: from 2:15- 3:15pm \$375.00/ 14 classes. No class: Nov 5th

WEDNESDAYS: from 2:15-3:15pm \$400.00/15 classes.

- . Some activities- cooking, pouring, stirring, cutting, scooping etc.
- . Learn to be healthy eaters, learn about your favorite food.
- . Provide opportunities to understand how food is grown.

****Please contact the instructor for available spots before making payment**

Instructor: Sheridan Mitchell (3's teacher at Chapelwood School) Email- shegarbutt@gmail.com

PAYMENT METHOD: Check made out to Sheridan Mitchell, Or Zelle to 713-584-3194. Please provide the following information and bring it along with payment in a seal envelope to the front office.

Child's Name: _____ Teacher: _____

Day: _____

Parents Name: _____

Cell phone and email: _____

We will pick your child up from their classroom and take them to food & nutrition class.