

Supporting your picky eater

Less mealtime stress, more confidence



Do you have a child who struggles at mealtimes?

Join Jessica Hess, Registered Dietitian, to learn:

- Why picky eating is normal (and not your fault)
- Practical, no-pressure strategies to support learning to eat without bribes or battles.
- Ways to structure meals and snacks to reduce waste and frustration

Also hear from the Family Resource Network about other great parenting resources available in Strathcona County.

This event is free but donations of nonperishable items to the Strathcona Foodbank will be gratefully accepted.

April 29

AJ Ottewell

Community Centre

590 Broadmoor Blvd

6p.m. to 8 p.m.



**Register at
[strathcona.ca/
picky eater](https://strathcona.ca/picky eater)**