

Acorn Hill Waldorf Kindergarten & Nursery presents

Healthy Food Choices for the Whole Family

Topics *include:*

- ◆ How the food we eat impacts how we feel
- ◆ What current research tells us about the impact of our food choices on our health
- ◆ How to sort through the myriad points of view on what types of food we should get on the table
- ◆ How to prepare and maintain healthy food with limited time



Julie Wendt, an Acorn Hill alum parent and current parent at the WWS, holds a B.S. in Resource Economics from Cornell University and a Masters of Science in Integrative Health and Nutrition from Maryland University of Integrative Health. She is a Licensed Dietician Nutritionist (LDN) in Maryland, a Licensed Nutritionist (LN) in D.C., and a Certified Nutrition Specialist (CNS).



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