

# HEALTHY KIDS "R" US



NUTRITION AND FOOD SAFETY PROGRAM

THE MORRIS COUNTY DIVISION OF PUBLIC HEALTH PRESENTS A NEW NUTRITION AND FOOD SAFETY PROGRAM: HEALTHY KIDS "R" US!

IT IS IMPORTANT TO IMPLEMENT A HEALTHY LIFESTYLE AT A YOUNG AGE. THIS 4-WEEK PROGRAM WILL WORK TO SHINE A POSITIVE LIGHT ON HEALTHY EATING IN PRE-SCHOOL STUDENTS. EACH WEEK, STUDENTS WILL BE INTRODUCED TO NEW FRUITS AND VEGETABLES WITH COLORING AND VARIOUS "HANDS-ON" EDUCATIONAL ACTIVITIES. FOOD SAFETY WILL BE INTRODUCED BY RECAPPING THE IMPORTANCE OF HANDWASHING AND PREVENTING THE SPREAD OF GERMS.

FOR MORE INFORMATION OR TO SCHEDULE A PROGRAM, REACH OUT TO KRISTINA FAVO AT 973-631-5489.



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**Public Health**  
Prevent. Promote. Protect.