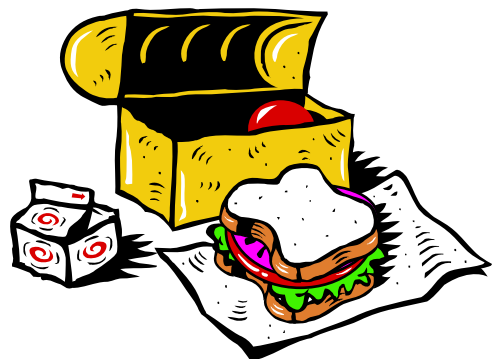


# Nutrition 101: A Taste of Food & Fitness

March 22, 2019



DOLE CANNERY  
Big Island Conference Room, 3rd Floor  
7:30 a.m. – 4 p.m.  
Complimentary lunch & beverage

## COURSE INFORMATION

Nutrition 101 is an online course provided by the Institute for Child Nutrition. The course includes basic foundation in nutrition, current dietary guidance, the importance of physical activity in health, and awareness of personal taste preferences and healthful food choices. Course materials provided.

Those completing the course will earn 8 hours in Professional Development credits. **Parking available in Regal Cinemas/Dole Cannery structure – \$7 with validation.** Registration is limited to 40. For more information, contact Marlow, 398-7423.

\*\*\*\*\*detach\*\*\*\*\*

Name: \_\_\_\_\_ Work Site: \_\_\_\_\_

Personal Email: \_\_\_\_\_ Contact Phone: \_\_\_\_\_

SNA Number: \_\_\_\_\_ (if any)

Registration forms to: HSFSA – Mail to: P.O. BOX 1691, AIEA, HI 96701

**DEADLINE to register ASAP!**