

# Celebrate National Nutrition Month @ SNAHC!



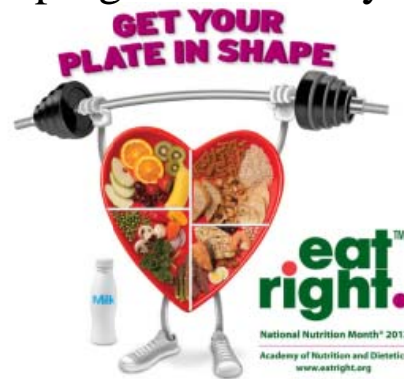
## Eat & Play Together! Child-Adult Series

**Overall Goal:** This curriculum is designed for child-adult pairs to learn about nutrition and fitness while having fun together. Child-adult pairs, known as buddies, participate in all activities as a team. The target age for kids for this program is 6 – 8 years.

### When?

**Wednesdays in March**  
**4:00pm – 5:00pm**

**March 7** What Does Your Plate Look Like?  
**March 14** Beverages, No Added Sugar Required  
**March 21** Snacks, Make Them Healthy  
**March 28** Grains - Get Up and Go!



### Who?

**Child-Adult Pairs:** The target age for kids for this program is 6 – 8 years.

### Where?

Sacramento Native American Health Center  
2<sup>nd</sup> Floor Community Room  
2020 J Street  
Sacramento, CA 95811

Sign-up with Cathy Carmichael, RD at

[cathyc@snahc.org](mailto:cathyc@snahc.org) or 916-341-0575 ext. 227



### Participants will:

- Create and use materials for fun games and activities that promote physical activity.
- Create and eat a healthy fruit or vegetable snack.
- Set goals based on eating smart and playing hard.

This class is hosted by SNAHC in partnership with:  
UC Youth Nutrition Education Program

University of California Cooperative Extension