

Get the Facts: Nutrition Facts!

The Fall 2009 workshops are for family child care providers to learn about how to read nutrition food labels, learn about whole grains and food allergies.



☆ **Oahu** ☆

Friday, September 25

4:30 pm—6:30 pm
University of Hawaii at Manoa

Friday, October 2

4:30 pm—6:30 pm
Windward Community College

Friday, October 16

4:30 pm—6:30 pm
Pearl City Urban Garden Center

Saturday, September 26

9:00 am—11:00 am
University of Hawaii at Manoa

Saturday, October 3

9:00 am—11:00 am
Windward Community College

Saturday, October 17

9:00 am—11:00 am
Pearl City Urban Garden Center

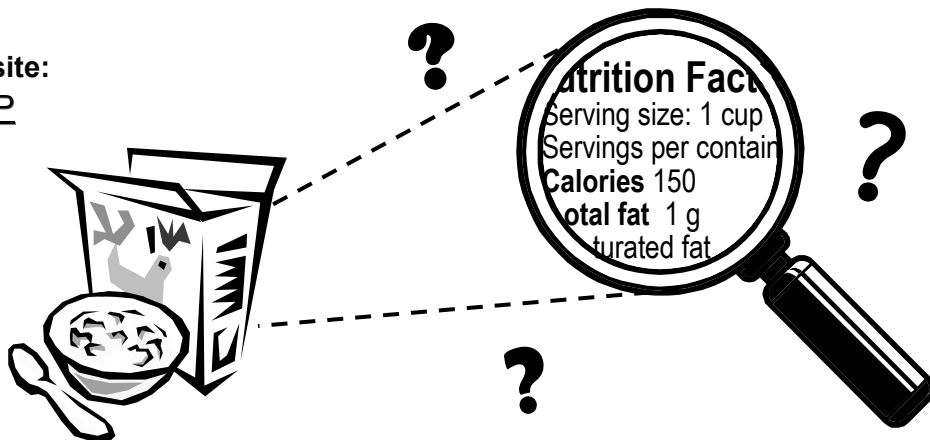
**The workshops offered on Friday and Saturday will be the same.*

For more information, visit our website:

www.ctahr.hawaii.edu/NEW/HCCNP

Contact:

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The University of Hawaii, Cooperative Extension Service (UH-CES) recognizes its duty to provide program accessibility for persons with disabilities. If you have a disability or need special assistance (e.g., sign language interpreter, designated parking), please contact Kimberly Kanechika two weeks prior to the workshop date so that special arrangements can be made.