

EATING THE RAINBOW

Facilitated by
Michelle Harris
MS, RD



Tuesday
January 26th
2021

5:00 - 6:15pm PST

Register at:
<https://tinyurl.com/y4ab2yuu>

LIVE via ZOOM
No charge to participants.

**We hope
you will join us!**



Michelle Harris is a Registered Dietitian and Nutrition Educator at the Center for Healthy Communities. She is the CalFresh Outreach and Home Visiting Systems Coordinator with First 5 Siskiyou. Her passions include encouraging and empowering families in establishing healthy habits and bringing the joy back into eating, along with building systems that support children and families grow and thrive.

This class will talk about what fruits and vegetables are in season during the winter and how it's easy to eat a variety of colorful produce. We will also discuss whole grains and ways to increase fiber in your families' diet. We will incorporate these concepts and end the class by learning how to prepare a new dish to try at home.

Mark your calendar -- join us each Tuesday for a new topic!

Questions? (530) 598-3905



Parenting for Resilience | January 2021

Register for these virtual classes at: <https://tinyurl.com/y4ab2yuu>

You can register for any of these classes with this above link.

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5:00–6:15PM PST

1/05

Tuesday, January 5th

Facilitated by
Jason Wilcox, LCSW

REFLECTION PRACTICES WITH CHILDREN TO DEAL WITH CHANGE, CONFLICT, AND ENGAGEMENT

5:00–6:15PM PST

1/12

Tuesday, January 12th

Facilitated by
Michelle Harris, MS, RD

FUN WAYS TO INCLUDE CHILDREN IN PLANNING MEALS AND DEVELOPING A WHOLESOME PLATE!

5:00–6:15PM PST

1/19

Tuesday, January 19th

Facilitated by
Jason Wilcox, LCSW

USING SUMMARIES AND SITUATIONAL-BASED EXPLORING – COMMUNICATION TECHNIQUES

5:00–6:15PM PST

1/26

Tuesday, January 26th

Facilitated by
Michelle Harris, MS, RD

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**Thank you to the financial support of these partners
for making these classes possible and free of cost to participants.**

