

Join us for our first Parent Night on  
**Nutrition**

**Wednesday October 18th**

4:30-6pm - Hillcrest Library

*Dinner provided from 4:30-5pm*

*Learn about nutrition, packing healthy lunches, McQueston community garden, grocery tips*

We will provide daycare based on RSVP responses.

Return RSVP by Friday October 13<sup>th</sup>

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I, \_\_\_\_\_ will attend the nutrition meeting.

Family Name

- My children will be attending - Ages of children \_\_\_\_\_
- My children will NOT be attending