

Families at Head Start Child Development Center will get a chance to learn about the importance of healthy lifestyles through an innovative program sponsored by the LSU AgCenter and Lincoln Health Foundation.

On Thursday, April 30, 2015 a Family Nutrition Night will be held at Lincoln Parish Head Start Child Development Center. Families will have the opportunity through hands-on activities to learn more about steps they can take to Eat Well, Be Active, Feel Great!

The event will begin with a presentation, "You Can Make a Big Difference in Your Child's Health!" The presentation will discuss the two keys to a healthy lifestyle for the family which are good nutrition and getting enough physical activity. The presentation will be accompanied by six learning station presentations and then a healthy meal for the entire family to enjoy.

Kids and parents will take a trip through six interactive stations where they will learn more about eating well and getting active. The six stations will include hands-on activities for kids and parents alike to investigate a component of nutrition. The stations are: Rethink Your Drink, The Low Down on Snacks, Start Your Day the Right Way, Let's Get Active, Right Size Your Portions, and Healthy Report Card.

According to Cathy Judd, LSU AgCenter Extension Agent for Lincoln Parish, the Family Nutrition Night is a project of the Family Nutrition Program. Judd said we are fortunate to have volunteer students from Louisiana Tech University Kinesiology and Dietetic departments teaching the six Family Nutrition Night learning stations.

The Family Nutrition Night project is available for any group who would like to partner with the LSU AgCenter Community Nutrition Programs. For more information about the Family Nutrition Night Project, contact Cathy Judd at the Lincoln Parish Extension office.