



Mark your  
calendar!

Announcing the Core Nutrition  
Messages webinar series!



Webinar Series  
**Creating Inspiring  
Nutrition Education  
Tools!**  
**Messages Matter**

Session 1

September 19, 2013 • 2-3pm

Session 2

October 3, 2013 • 2-3pm

Registration available soon.

\* CPE credits pending

Join us during this two-part, interactive webinar series and obtain:

- top line findings from 60 focus groups with low income moms about their current practices and perceptions regarding low-fat milk, whole grains, and child feeding.
- Insights into the development process and an overview of the core messages and related resources.
- hands-on experience in using the consumer-tested core nutrition messages and content to develop effective nutrition education resources or activities.
- CPE credits from the Academy of Nutrition and Dietetics.\*

This event includes offline exercises that allow you to apply the skills and knowledge acquired from the online sessions. Join us for both events for best results!



The Core Nutrition Messages communicate key dietary guidance in ways that are motivating, personally relevant, and easy-to-understand. Learn more about these resources and how to use them to help moms and kids in your program develop healthier eating habits for life.

View the Core Nutrition Messages and related resources at

<http://www.fns.usda.gov/core-nutrition/core-nutrition-messages>