



Health  
Matters

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# Real Food for Real Kids

**Tuesday, February 7**  
**Memorial Room**

**10:00 AM**

We as parents are faced with the difficult and almost impossible task of feeding our children healthful food as well as teaching them healthy habits to last a lifetime. Parents and children are constantly bombarded with marketing that is specifically geared toward children and encourages a diet filled with fake foods that are damaging to their health. Don't miss this opportunity to learn what real food actually is and how to help your children transition from a diet filled with fake food to a diet rich in vitamins, nutrients and minerals that will support their health. Meal time with children should be an enjoyable experience that often becomes a battle between parent and child. Learn how to avoid this struggle by implementing small changes over time.



*Tara Cook-Littman is a certified Holistic Health Counselor from The Integrative Institute for Nutrition based in New York City. She currently has a private practice as a Health Counselor guiding clients on a journey to wellness by helping them learn about healthful eating, managing stress levels, feeding their families better and helping them stay active. Tara believes in a realistic, step by step approach to living a healthier life within the confines of our modern, busy lives.*

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All programs are free and open to the public. Limited seating. Register online at [www.fairfieldpubliclibrary.org](http://www.fairfieldpubliclibrary.org), or call 203-256-3160.

**Main Library**

1080 Old Post Road  
Fairfield, CT 06824

**Fairfield Woods Branch**

1147 Fairfield Woods Road  
Fairfield, CT 06825

