



VIEW ROYAL PAC PRESENTS:  
**FOOD FOR THOUGHT**

HOW TO BUILD NUTRITIOUS, KID-FRIENDLY  
LUNCHES TO HELP FUEL YOUR CHILD'S  
LEARNING

FEATURING: **Kristen Yarker**, MSc, RD



Registered dietitian and child-feeding expert Kristen Yarker, MSc, RD helps parents support picky eaters to try new foods on their own (without being forceful or sneaky). Since 2008 she has been working with parents to provide good nutrition for their kids today...and, instill a LOVE of food that lasts a lifetime. [www.KristenYarker.com](http://www.KristenYarker.com)

[Facebook.com/KristenYarkerNutrition](https://www.facebook.com/KristenYarkerNutrition)

Instagram: [@kristenyarker](https://www.instagram.com/kristenyarker)

February 27<sup>th</sup>

Presentation from 7-8:30pm

*Doors open at 6:30pm*

View Royal Elementary School Library  
218 Helmcken Road

**Did you know?** The brain is a very hungry organ!

Unlock the potential of food for your child's brain. Join us as we explore how to support your child's learning through easy to prepare smart snacks and lunches.

RSVP: [treasurer@vrpac.com](mailto:treasurer@vrpac.com)

\*Childcare and light refreshments will be provided, please indicate if you will require childcare to ensure adequate staffing