

**1/12, 19, 26/12 After School Nutrition Program at John Wickes School**

School Nurse Kathy Tipirneni has invited Kids First Dietitian Katie Hopewood to present a six week after school program to students at the John Wickes School in Warwick.

Topics for the classes presented by Katie include “Choose My Plate – Nutrition basics”, “Go to the Whole Grain”, “Delicious Dairy”, “Vary Your Veggies (and fruits)” and Give a Plant Protein a Try”. The final class will be a Farm to School presentation and will focus on locally grown produce and the importance of supporting local farms to our communities, economy and environment.