

Food Insecurity's Effect on Brain Development

Saturday, November 14, 2020

9:00 am to 10:30 am

A Virtual Zoom Training



Participants will learn and engage in...

- ❖ Balancing nutrients in this formative period
- ❖ What nutrients are critical for normal brain development
- ❖ Causes of deficiencies & shortages of nutrients such as iron and iodine
- ❖ Benefits of essential fatty acid to the brain
- ❖ Includes a time of Q&A



Presenter: SeAnne Safai-Waite, PhD, RDN, LD is a Clinical Dietitian Nutritionist with St Luke's Health System in Idaho. She has worked extensively in the areas of child nutrition, diabetes, Alzheimer's Disease and healthy aging.

COVID-19 has had a great impact on Food Insecurity in 2020. During this time, as families attempt to stretch their budget and avoid hunger, they often choose less expensive, more filling types of food over more costly nutritious foods. For young children, the result is often a diet that provides inadequate nutrients for normal growth and development.

Use the link below to register for this free workshop:

[TO REGISTER CLICK HERE](#)

Questions: Call Taundra at 805-964-4710 ext. 4473 or email tpitchford@sbceo.org



Registration and attendance hours will be facilitated through Workforce Registry www.caregistry.org