Wishing you peace and health this holiday season — from Attune2Food

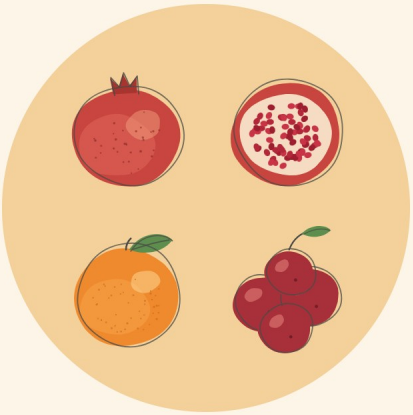
ATTUNE 2 FOOD
JOYFUL EATING

A HOLIDAY GIFT FOR VERMONT FAMILIES

Tired of mealtime battles?

Let our free offering bring joy back to the table.

Calmer Mealtimes is our online picky eating class, free for Vermont families this season.



This class may be a fit if...

Your child...

- eats only a short list of foods
- turns down new foods, or melts down at meals
- skips “healthy” foods or fills up on snacks
- is picky, and you’re not sure what’s normal

And you...

- cook separate meals to please everyone
- are stuck in bribes, battles or “one more bite”
- feel judged, or the advice hasn’t worked
- want to bring joy back to mealtime

What you get

12 short video lessons
Watch anytime, at your own pace. Short enough for nap time.

Printables + CHEFS cooking series
Hands-on activities and kid-friendly cooking skills, included.

Live Q&A with Dana Dose, RD
Mon, Nov 23 at 3 pm or Tue, Dec 15 at 4 pm, on Zoom. Bring your real questions.

100% free for Vermont families
For the first 35 families who sign up. Spots are limited.

How to get your free code

1. Scan the code, or go to **attune2food.com/picky-eating**
2. Scroll down and tap the **Request your free code** button. Fill out the short form.
3. Check your email for your code and sign-up link, then start watching.

A short before-and-after survey is part of free access. Your feedback helps keep this class free for Vermont families.

SCAN ME

Questions? 802-232-2517 | hello@attune2food.com

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