



Loyola University Chicago Presents

# Parent University

Nutrition Education Series

Sullivan High School  
6631 N Bosworth Ave, Chicago, IL 60626  
Parent Room | 1st floor

7 p.m.– 8 p.m.

March 5<sup>th</sup>

**Mindful Eating, Planning & Prep**

March 12<sup>th</sup>

**Processed Foods: What's OK & What to Avoid**

March 19<sup>th</sup>

**Sodium Reduction**

April 2<sup>nd</sup>

**Life's Sweeter with Less Sugar**

April 9<sup>th</sup>

**The Nice Fat -vs- The Mean Fat**



Chicago Public Schools

**PARENT UNIVERSITY**

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