

IRDS Parent Org presents
the first in a series of
Parent Education Workshops



ILAN RAMON
DAY SCHOOL

How to Make Dinner Healthy, Happy, and Peaceful



Friday, October 16th
8:30 A.M.
IRDS Staff Lounge

Nutritionist and Chef
Beth Saltz, MPH, RD

Chef Beth received her Master of Public Health in 2002, her degree in Dietetics in 2006, her certificate in Childhood Weight Management in 2009 and her certificate in Adult Weight Management, Level Two, in 2011.

Chef Beth graduated from a professional culinary school program, and teaches cooking classes emphasizing easy, nutritious family meals.

R.S.V.P. to Sherrell Brantley at (818) 707-2365 or
sbrantley@ilanramon.com



Registered dietitian, chef and mommy of two, Beth Saltz, MPH, RD, specializes in both adult and pediatric nutrition. She also loves to cook and teach cooking skills, emphasizing easy, nutritious family meals. Beth believes in a non-judgmental and supportive approach, not one-size-fits-all. Beth has written articles and been interviewed for numerous health magazines. Find her recipes, grocery guides and a healthy and humorous nutrition blog at www.nutritioninthekitchen.org.