

# You are invited to join the Children's Board Family Resource Centers for National Nutrition Month



Join us as we celebrate National Nutrition Month through workshops and free swim lesson vouchers (for those who qualify\*) presented by St. Joseph's Children's Wellness and Safety Center. At least one child per family must be present and attend one of the classes for children to receive a free swim voucher.

## I Can Eat A Rainbow

A fun, hands-on class with activities that teach young children (ages 3-7) about healthy foods, nutrition, and eating habits.

## Mission Nutrition

A race car-themed class that teaches children (ages 5-10) what foods our bodies need to stay healthy.

*\* Children 6 months to adult are eligible to receive a swim lesson voucher if they are Hillsborough County residents and are enrolled in one of the following:*

- Medicaid
- Hillsborough County School's Free Lunch Program
- SNAP-Food Assistance Program

*Caregivers must provide proof of eligibility to receive their voucher. Vouchers will be available while supplies last.*



Children's Board  
HILLSBOROUGH COUNTY

[www.ChildrensBoard.org](http://www.ChildrensBoard.org)

FAMILY  
RESOURCE CENTERS

[www.familysupporthc.org](http://www.familysupporthc.org)

*There is no cost to attend. Reservations are required.  
Please call the Children's Board Family  
Resource Center nearest you to reserve.*

### BRANDON - MARCH 16

**I Can Eat A Rainbow: 10:00am**

**Mission Nutrition: 11:00am**

1271 Kingsway Road, Brandon, FL 33510  
813-740-4634

### CENTRAL TAMPA

**MARCH 11 - I Can Eat A Rainbow: 10:00am**

**MARCH 18 - Mission Nutrition: 10:00am**

1002 E. Palm Ave., Tampa, FL 33605  
813-204-1741

### EAST COUNTY - MARCH 13

**I Can Eat A Rainbow: 10:00am**

**Mission Nutrition: 11:00am**

301 N. Palmer St., Plant City, FL 33563  
813-752-8700

### NORTH TAMPA - MARCH 21

**I Can Eat A Rainbow: 10:00am**

**Mission Nutrition: 11:00am**

116 W. Fletcher Ave., Tampa, FL 33612  
813-558-1877

### SOUTH COUNTY - MARCH 16

**I Can Eat A Rainbow: 10:00am**

**Mission Nutrition: 11:00am**

3030 E. College Ave., Ruskin, FL 33570  
813-641-5600

### Doretha Wynn Edgecomb

**Children's Board Family Resource Center in**

**TEMPLE TERRACE - MARCH 14**

**I Can Eat A Rainbow: 10:00am**

**Mission Nutrition: 11:00am**

5892 E. Fowler Ave., Tampa, FL 33617  
813-435-3032

### TOWN 'N COUNTRY - MARCH 5

**I Can Eat A Rainbow: 10:00am**

**Mission Nutrition: 11:00am**

7520 W. Waters Ave., #8, Tampa, FL 33615  
813-356-1703

**SAFE  
KIDS**  
GREATER TAMPA

**St. Joe's KIDS  
POWER**  
Get Your Fit On!

# Usted está invitado a unirse a los Centros de Recurso Familiares del Children's Board para Mes Nacional de la Nutrición



Únase con nosotros mientras celebramos el mes nacional de nutrición a través de talleres y cupones de clases de natación gratis (para aquellos que califican\*) presentados por el centro de bienestar y seguridad de los niños del Hospital de St. Joseph. Al menos un niño por familia debe estar presente y asistir a una de las clases para que los niños reciban un cupón de natación gratis.

## I Can Eat A Rainbow

Una clase práctica y divertida con actividades que enseñan a niños pequeños (edades 3-7) sobre alimentos saludables, nutrición y hábitos alimenticios.

## Mission Nutrition

Una clase con temática de coches de carreras que enseña a los niños (edades 5-10) qué alimentos necesitan nuestros cuerpos para mantenerse sanos.

*\* Los niños de 6 meses a adultos son elegibles para recibir un cupón de la lección de natación si son residentes del Condado de Hillsborough y están inscritos en uno de los siguientes:*

- Medicaid
- Programa de almuerzo gratuito de la escuela del Condado de Hillsborough
- Programa de asistencia de SNAP-Food

*Los cuidadores/padres deben proporcionar una prueba de elegibilidad para recibir su cupón. Los cupones estarán disponibles mientras dure el suministro.*



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HILLSBOROUGH COUNTY

[www.ChildrensBoard.org](http://www.ChildrensBoard.org)

FAMILY  
RESOURCE CENTERS

[www.familysupporthc.org](http://www.familysupporthc.org)

No hay costo para participar.  
Se requieren reservas.

Por favor, llame al centro más cercano para reservar.

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