Healthy Yum Yum Eating

This program is designed to show children and parents the joy and fun of eating healthy. Not only are you able to follow on Instagram with all the fantastic designs and recipes that are on display each week. As a member of this program, you are invited to join in the fun. When we say participate in the fun, we mean it! You will be able to send in your videos of the before and after reactions from your children when they see the fantastic and very healthy designs in front of them to try. In 2021 we will begin to showcase these videos to expand the benefits of eating healthy with those that may not like some food choices that are best for them. In 2021 we will be releasing a "Recipe" e-book including the nutritional valves and health benefits of the "Yum Yum's" So please join us on Instagram and see the wonderful world of healthy eating in a fun and light-hearted way. Health is wealth, and we want your family to enjoy the experience truly. Members will receive the e-book of recipes free.