



FOR IMMEDIATE RELEASE:

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Make healthy snacks at home for the kids: Its easier than it sounds!

Atlanta-based JZ'S Foods Inc., creator of Yummy Spoonfuls™—a leading 100% USDA Certified Fresh Organic baby food company in the Eastern United States—will host a special workshop with North Fulton Regional Hospital on Thursday February 26th, 2009 from 12- 1 pm EST.

The workshop, titled "Snacks without the Junk, Healthy snacks from scratch" features the expertise of Yummy Spoonfuls™ chef, Agatha Achindu.. Agatha will teach parents how to make quick healthy snacks for their children from scratch without all the preservatives, additives and a list of other ingredients that can't be pronounced. . Agatha will also discuss the advantages of eating fresh organic foods and using the food label to make healthy choices thus avoiding foods of no nutritional value.

"It's very important to train a child's palate from the earliest stages, so that he or she will have a preference for healthy foods and snacks and build a lifetime of good eating habits," says Agatha. "With the childhood obesity and childhood diabetes rates surging out of control it is imperative that we give parents the tools needed to help provide better food & snack choices for their kids. We want to make them understand the importance of feeding with the "INTENTION OF GOOD HEALTH"

Yummy Spoonfuls™ was founded to make it easy for busy parents to feed their children high-quality food. Yummy Spoonfuls™ is 100% USDA certified organic, fresh-packed baby food with 25 wholesome different items to choose from. It can be found in the freezer section of numerous green markets in the region, and ordered at the Yummy Spoonfuls™ website www.yummyspoonfuls.com

This free workshop is available one time only and space is limited. To check availability and to make a reservation, call 770-751-2660

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