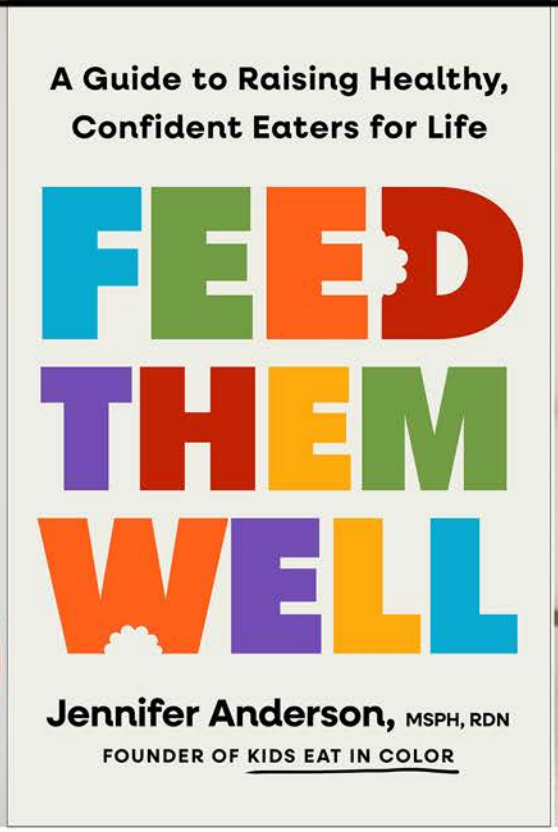






Feed Them Well:
A Guide to Raising Healthy, Confident Eaters for Life

Jennifer Anderson, MSPH, RDN

Registered dietitian and founder of Kids Eat in Color.

Laura Petix, MS, OTR/L

Neurodivergent pediatric occupational therapist, founder of The OT Butterfly, and author of *The Sensory Code*.

Thursday, November 19, 2026, 12:00 PM CT
Register: www.bit.ly/JAndersonFANWebinar

This event is #freeandopentothepublic and will be recorded. Suitable for youth 12+

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FOR IMMEDIATE RELEASE: JENNIFER ANDERSON, MSPH, RDN – ON ZOOM
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Thursday, November 19, 2026 | 12:00 PM CT

Feed Them Well: A Guide to Raising Healthy, Confident Eaters for Life
A FAN webinar featuring Jennifer Anderson, MSPH, RDN, in conversation with Laura Petix, MS, OTR/L

REGISTER: www.bit.ly/JAndersonFANWebinar

Most parents assume feeding their children will be the easy part. Then come the standoffs over vegetables, the bribes with dessert, the separate meals made just to avoid a fight. Or a child comes home saying a friend told her bread makes you fat, and a parent freezes, unsure what to say. Every parent wants to feed their kids well, but between picky eating, battles with sugar, confusing nutrition headlines, and the fear of saying the wrong thing about food or bodies, it's hard to feel confident about any of it.

In ***Feed Them Well: A Guide to Raising Healthy, Confident Eaters for Life***, registered dietitian **Jennifer Anderson, MSPH, RDN,** offers an evidence-based guide to feeding children from their first bites of solid food through the teen years. Rather than another recipe book, it teaches parents how to think about feeding, with the words, scripts, and tools to handle the hardest moments without guilt or a demand for perfection. Anderson shows how to talk about food without planting the seeds of diet culture; how to approach sugar, snacks, and treats at home, at birthday parties, and at Grandma's house; what to do when a child refuses vegetables or gags on textures; how to respond when doctors, relatives, or other kids bring up weight; and how to cut through confusing nutrition headlines to focus on what truly matters.

Anderson is the founder of Kids Eat in Color and holds a master's in public health from Johns Hopkins. She will be in conversation with **Laura Petix, MS, OTR/L,** a neurodivergent pediatric occupational therapist who specializes in sensory processing. Petix is the founder of The OT Butterfly, and author of *The Sensory Code.*

This event is suitable for youth ages 12 and up. It will be recorded and available on FAN's website and YouTube channel.

Sponsored by FAN, in partnership with The Alliance for Early Childhood, The Ancona School, The Avery Coonley School, Avoca D37, Barrington D220, Beacon Academy, Bennett Day School, Bernard Zell Anshe Emet Day School, Brickton Montessori School, British International School of Chicago, Catherine Cook School, Chiaravalle Montessori School, Compass Health Center, Connections Health, Countryside Day School, The Cove School, Evanston Township HS D202, The Family Institute at Northwestern University, Family Service Center, Foundation 65, The Frances Xavier Warde School, Francis W. Parker School, Glenbrook HS D225, Glencoe D35, Glenview Public Library, Gorton Center, Hyde Park Day School, Illinois Student Assistance Commission, Josephinum Academy, Kenilworth D38, Lake Bluff D65, Lake Forest Community High School D115, Latin School of Chicago, Leo Catholic High School, Lycée Français de Chicago, Near North Montessori School, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Oakton College, Pope John XXIII School, Regina Dominican High School, Rogers Park Montessori School, Sacred Heart Schools, St. Bernard's School, Santa Clara University School of Law, Science & Arts Academy, The Sonia Shankman Orthogenic School, Stevenson High School D125, Township High School D113, Township High School D214, Wilmette Public Library, The Winnetka Public Schools, Wintrust Financial, Wolcott College Prep, Woodlands Academy, Youth & Opportunity United.