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# Kiwi Kids Review



Welcome to the **Kiwi Kids Review** initial newsletter! The **Kiwi Kids Review**, along with our online presence, brings you relevant information on kids nutrition and useful *Feed to Succeed* updates!

## Special Welcome to Lisa Sharda MS, RD, IBCLC, LDN

Lisa Sharda has joined the **Feed to Succeed, LLC** nutrition team! Lisa has been a registered dietitian for 10 years, and has worked in pediatrics the duration. Her most recent work experience has been on staff at Children's Memorial Hospital, where she has worked since 2002. Since July 2009, Lisa has also been a Board Certified Specialist in Lactation. Lisa will be available for private nutrition consultations in the city of Chicago, and in special circumstances which require her specific expertise in infant and maternal nutrition.

## Welcome to Feed to Succeed, LLC!

*Chicagoland's Premier Kids Nutrition Specialists*

Since 2008, **Feed to Succeed, LLC**, has been committed to providing clients with opportunities that prevent future disease and promote health and well-being. We believe that an awareness of good nutrition, the development of healthy eating habits, and the acquisition of nutrition knowledge are tools that will be used for a lifetime.

Our number one goal is to provide excellent nutrition care to children of all ages. Close behind this goal is our aim to provide the highest possible level of service and customer satisfaction.

In the comfort of their own home or workplace, our clients encounter a unique, individualized nutrition experience while gaining confidence, pride, and self-worth. Utilizing an expanded knowledge of health and fitness, clients set goals and challenge themselves to achieve a healthier lifestyle and an improved sense of well-being.

As clients and referring physicians, you are the force that continues to help *Feed to Succeed, LLC*, move forward and grow as a business. Each and every one of you is greatly appreciated, and has had an affect on guiding the direction we are taking. Thank you so much for your continued support and for being a part of the *Feed to Succeed, LLC*, family!

-Betsy

### 3 Year Anniversary Special!

Mention this publication and receive 10% off your next individual nutrition service through Feed to Succeed, LLC. (redeemable toward one individual consultation, one follow-up appointment, or a computerized diet analysis)



## Join the Feed to Succeed Online Community!

Become a fan of our Facebook page! Every week you will find tips, recipes or advice about kids nutrition. Become a part of the conversation!



As of January 2011, you can now follow us on Twitter too! We provide links to timely news and articles.

@FeedtoSucceed



## Betsy Hjelmgren, MS, RD, CSP, LDN *Certified Specialist in Pediatric Nutrition*

In 2010, Betsy Hjelmgren was eligible to re-certify as a board Certified Specialist in Pediatric nutrition. This specialty certification exam is available to all registered dietitians who maintain adequate hours of work in the area of pediatric nutrition and are able to pass a rigorous test of their knowledge in nine different areas of pediatric nutrition.



A Certified Specialist in Pediatric nutrition must re-certify by exam every five years to demonstrate continued adequate knowledge and expertise in the area.

There are 22 CSP dietitians in the state of Illinois. Only three are in private practice in the Chicago-land area. CSPs are your experts on childhood nutrition. Betsy has been a CSP since 2005.