

North Reading
School
Community

We want
to hear
from you!

Questions
about Nutrition?
Just ask our
Dietitian!

- Menus/recipe ideas
- Healthy snack ideas
- Sport specific nutrition
- How to eat like an athlete
- How to meal prep
- Special dietary needs
- Holiday eating
- Allergy questions
- How to eat a more protein vegetarian diet
- Fitness and nutrition apps
- Healthy eating on a budget

... and more!

NorthReadingNutrition@compass-usa.com

Email us with your
questions, comments
or concerns today!

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