

Your Public Health Nurse and Public Health Dietitian invite you to attend...

# “Feeding Your Baby Solid Foods”

A free, live, online class about starting solid foods



**You are invited to attend a virtual class on one of these dates:**

Monday, January 15 , 1:30-3:30

Thursday, January 25 , 9:00-11:00

Wednesday, February 14 , 9:00-11:00

Monday , March 4 , 1:30-3:30

Thursday, March 21, 9:00-11:00

Tuesday April 16, 1:30-3:30

Wednesday, May 8 , 9:00-11:00

Monday, May 27, 1:30-3:30

Thursday, June 13, 9:00-11:00

Tuesday June 25, 1:30-3:30

Wednesday, July 24 , 9:00-11:00

Monday August 19, 1:30-3:30

Friday, September 6, 9:00-11:00

Tuesday , September 24, 1:30-3:30

Wednesday, October 23, 9:00-11:00

Monday , November 18 , 1:30-3:30

Thursday, November 28 , 9:00-11:00

Monday December 16 , 1:30-3:30

**To register, please call 204-654-6552 or email [WRHAVirtualGroups@wrha.mb.ca](mailto:WRHAVirtualGroups@wrha.mb.ca)**

**We will send you the link before the workshop.**

## **Did you know?**

Health Canada recommends introducing iron-rich solids to babies at 6 months when they shows signs of being ready.

## **The class will give you information on:**

- How to know when to introduce food
- How to help your baby develop healthy eating habits
- How to transition your baby to family foods
- How to make meal time enjoyable and stress-free

# Reliable Nutrition Information ... just a click away

These websites from reliable organizations are a great source of information:

Healthy Parenting Winnipeg	<a href="http://www.healthyparentingwinnipeg.ca">www.healthyparentingwinnipeg.ca</a>
Unlock Food by Dietitians of Canada	<a href="http://www.unlockfood.ca">www.unlockfood.ca</a>
Canadian Pediatric Society	<a href="http://www.caringforkids.cps.ca">www.caringforkids.cps.ca</a>
Ellyn Satter Institute	<a href="http://www.ellynsatterinstitute.org">www.ellynsatterinstitute.org</a>
Dietitians of Canada	<a href="http://www.dietitians.ca">www.dietitians.ca</a>
Manitoba Health	<a href="http://www.gov.mb.ca/health/healthyeating/index.html">www.gov.mb.ca/health/healthyeating/ index.html</a>
WRHA Nutrition	<a href="http://www.wrha.mb.ca/prog/nutrition">www.wrha.mb.ca/prog/nutrition</a>

Follow us on Facebook:  @WRHANutrition

An online pre-recorded class is also available on the

**WRHA Nutrition Facebook page at: <https://bit.ly/3suounV>**