

Infant Nutrition

What can I expect to learn?

Join AHS dietitians to learn about starting solid foods with your baby.

You will learn:

- which foods to start offering
- about food allergies
- preparing different textures
- baby-led weaning, and more!

How is this class being offered?

- Over Zoom®

How long is the class?

- 1.5 hours

Does it cost to attend?

- It's free!

Who can register for this class?

- This virtual nutrition class is for anyone interested in learning about starting solid foods with your baby.

How can I register for this class?

- Online: <https://redcap.link/CenINC>

Questions about the class?

- Email: publichealthnutrition.centralzone@ahs.ca



Health Link has dietitians to answer nutrition questions.
Call 811 and ask to talk to a dietitian.