

Baby Food Basics Workshops



MARCH 31st, 2010 (2 PM— 4 PM)
University Settlement, Room # B2

Learn to make your own **Fresh, Healthy and Affordable** baby food!

*“When Can We
start with Solid
Foods?”*

*“How Do I
Know if he is
getting the nu-
trition he needs?”*

**Baby Food Basics
will teach you:**

**Why make
your own Baby
Food?**

- Simple, fresh, home-made food is great for you and your baby
- Your baby’s food will be fresher, less expensive and more varied than store-bought baby food
- Making your baby’s food will help you to explore your child’s tastes and preferences and to develop a confident feeding relationship

- How to use simple equipment to make baby food

- How and When to introduce solid foods

- The basics of baby nutrition
- The difference between homemade and store-bought baby food
- How to adapt the food your family is eating to your baby’s need
- How to handle and store food safely



University Settlement
1910-2010

For Inquiry and Registration, Please call:

Dolma: 416.598.3444 Ext.234

Chantelle: Ext. 228