

Nurture the Future presents

How to Create Healthy Food for Babies

Tuesday, February 6, 2024
1-2:30 p.m.



All are welcome at this FREE virtual workshop for parents and caregivers! Join us on Zoom to learn:

- When to start babies on solid foods
- Feeding through the baby stages
- Benefits of homemade baby foods vs. store bought
- Make-ahead and storage of homemade baby foods
- When to offer your baby finger foods

Presented by Shelley Frazier, MPH
Community Nutrition Instructor, Michigan State University Extension

Registration is required at

www.guidance-center.org/healthy-food



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HEAD START

For questions or more information contact Anita Rothert at 734-785-7705 x7035 or arothert@guidance-center.org.