



Baby & Toddler Food Basics Workshop

Host a Baby or Toddler Food Basics Workshop in your community!

Workshop Topics:

Baby Food Basics, teaches when and how to introduce nutritious solids to your baby, how to make baby food from regular ingredients and adapt family meals, how to handle and store baby food safely, and more!

Toddler Food Basics, teaches how and when to offer small, healthy meals or snacks to your toddler from a variety of food groups, feeding a picky eater, how to be a good role model, and more!

Cost: Free!

Location: Wherever 5-15 parents or caregivers can gather in community spaces across the Greater Toronto Area

For Booking and More Information:

Brooke Ziebell

brooke@foodshare.net

ph: 416 363 6441 ext 248

Food Share
www.foodshare.net

FoodShare Toronto is a non-profit community food organization whose vision is Good Healthy Food for All. Our programs include direct fresh produce access, school food and Food Literacy, community cooking, growing, and urban agriculture, reaching over 155,000 children and adults every month across the City of Toronto.



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