

BABY & TODDLER

FOOD BASICS WORKSHOP

Baby Food Basics Workshop:

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 Workshop:

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!

Host a Workshop in YOUR Community!



Where: Wherever 5-15 parents or caregivers can gather in community spaces across Toronto

When: We're flexible, depending on educator availability

Cost: It's FREE!

How to Book -

Brooke Ziebell

brooke@foodshare.net

 **FoodShare**
www.foodshare.net



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