

# Infant Nutrition

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## 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: [Central Zone Public Health Nutrition AHS Events | Eventbrite](#)

## Questions about the class?

- Email: [publichealthnutrition.centralzone@ahs.ca](mailto:publichealthnutrition.centralzone@ahs.ca)



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