

Your Public Health Nurse and Public Health Dietitian invite you to attend...

# “Feeding Your Baby Solid Foods”

A free, live, online class about starting solid foods



**You are invited to attend a virtual class on one of these 2025 dates:**

Monday, January 13 , 1:30-3:30

Thursday, January 30, 9:00-11:00

Wednesday, February 12 , 9:00-11:00

Monday , March 3 , 1:30-3:30

Thursday, March 20, 9:00-11:00

Tuesday April 15, 1:30-3:30

Wednesday, May 7, 9:00-11:00

Monday, May 26, 1:30-3:30

Thursday, June 12, 9:00-11:00

Tuesday June 24, 1:30-3:30

Wednesday, July 23 , 9:00-11:00

Monday August 18, 1:30-3:30

Friday, September 5, 9:00-11:00

Tuesday , September 23, 1:30-3:30

Wednesday, October 22, 9:00-11:00

Monday , November 17 , 1:30-3:30

Thursday, November 27, 9:00-11:00

Monday December 15 , 1:30-3:30

Ongoing dates to follow for 2026

**To register, please call 204-654-6552 or email [WRHAVirtualGroups@wrha.mb.ca](mailto:WRHAVirtualGroups@wrha.mb.ca)**

**We will send you the link before the workshop.**

## Did you know?

Health Canada recommends introducing iron-rich solids to babies at 6 months when they show signs of being ready.

## The class will give you information on:

- How to know when to introduce food
- How to help your baby develop healthy eating habits
- How to transition your baby to family foods
- How to make meal time enjoyable and stress-free

# Reliable Nutrition Information ... just a click away

These websites from reliable organizations are a great source of information:

Parenting in Manitoba      [www.parentinginmanitoba.ca](http://www.parentinginmanitoba.ca)

Unlock Food by Dietitians of      [www.unlockfood.ca](http://www.unlockfood.ca)


Canadian Pediatric Society      [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)

Ellyn Satter Institute      [www.ellynsatterinstitute.org](http://www.ellynsatterinstitute.org)

Dietitians of Canada      [www.dietitians.ca](http://www.dietitians.ca)

WRHA Nutrition      [www.wrha.mb.ca/prog/nutrition](http://www.wrha.mb.ca/prog/nutrition)

Manitoba Health      [www.gov.mb.ca/health/](http://www.gov.mb.ca/health/)

Follow us on Facebook:  @WRHANutrition

Pre-recorded videos available: <https://shorturl.at/rnf5F>