

# NUTRITION MATTERS FOR BABIES

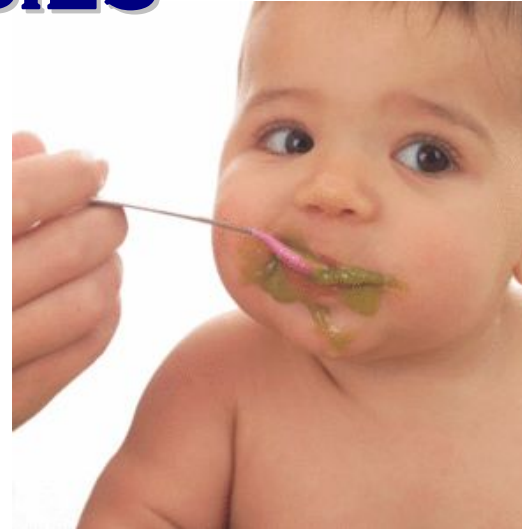
Saturday, June 12<sup>th</sup>

10:00 –11:00 a.m.

Deep River Friends Meeting  
5300 West Wendover Avenue, High Point

Sponsored by the

**Mother**  **Baby Foundation**



The first year of life is an important time to lay the foundation for a lifetime of healthy eating. Yet nutrition guidance for new parents is often limited. Kelly Tyrey, Registered Dietitian and experienced mother, will present “Nutrition Matters for Babies” to help families understand how, what, and when to feed their children during those first twelve months. The guidelines offered during this program are both nutritionally sound and practical, and will help you get your child’s diet off to great start.

Families who attend will see and learn:

- what foods and textures are right for each developmental stage
- appropriate serving sizes
- meal-planning tips and strategies, including sample meal plans
- how to save hundreds of dollars by making your own baby foods

*\*Babies are welcome\**

**Seating is limited! Reserve your seat now!**

Registration is required. To register, please send your contact information (name, number of attendees, email/phone) to Kelly at [hptyrey@northstate.net](mailto:hptyrey@northstate.net) no later than Monday, June 7th. The fee is \$10 per family, payable at the door.

*Have questions? Contact Kelly at 336.847.5885.*