

# Introducing Solid Foods to Your Baby

Presented by: Janine MacLeod, RD  
for patients of Ottawa Valley Family Health Team



- When to introduce solid foods
- How to create a healthy eating environment
- Baby led weaning
- Food allergies
- Making baby food

**Classes available on the following Thursdays**

May 9 - 1-3pm

June 13 – 9:30 -11:30am

July 11 - 1-3pm

September 12 - 9:30-11:30am

**To register for one of the classes please contact Katelyn @ 613-256-9370 ext. 4044**



**Ottawa Valley**  
FAMILY HEALTH TEAM

