



# Learn how to make your own *baby food puree*

*For parents of babies up to nine months of age*

Feeding your baby is easy and does not cost much when you make your own baby food purées. Come see for yourself at Jeffery Hale's Baby Food Purée Workshops with dietitian Katiana Cordoba.

- 👉 Learn more about foods that will help your baby grow and be healthy
- 👉 Find out how and when to give your baby new foods
- 👉 Prepare puréed baby food with other parents and share the workload
- 👉 Take your purées home
- 👉 Understand how to progress baby from puréed foods to table foods
- 👉 Meet other parents
- 👉 Learn how to create balanced menus for your baby

Each workshop features different foods, so plan to attend all three sessions  
Tuesday, October 4 & 18, and November 1, 2011  
10:00 a.m. to 12:30 p.m.

Limited to eight people      Moms & dads welcome

Cost: \$25 for all sessions. If you do not attend, we cannot refund you but we will give you a charitable receipt for that amount.

**We provide free babysitting**



**Jeffery Hale**  
Community Services

Sept. 23, 2011

**Register before September 22, 2011:  
684-JEFF (5333), ext. 1539**