

# FEEDING PICKY EATERS



## Healthy Eating Begins at a Young Age

Learn about:

- The importance of healthy eating for your child's development
- Improving nutrition for your young one
- Finding healthy foods to give your picky eater
- How to introduce new foods

*Toronto Public Health will deliver this workshop.*

**Tuesday, November 27<sup>th</sup>, 2018**  
**1:00pm-3:00pm**

The Neighbourhood Organization  
EarlyON Child and Family Centre—  
45 Overlea Blvd. Unit 108A, M4H 1C3

**CHILDMINDING IS AVAILABLE FOR 18 MONTHS AND UP.**

Call 416.421.8997 for more information