South-East Ottawa Community Health Centre
Centre de santé communautaire du sud-est d'Ottawa

Feeding Your Baby

Homemade baby food is quick and easy to make.

Come talk to our dietitian about:

- when baby is ready to eat food
- foods for baby's first year

Ideal for babies between 4 to 7 months old.

When: Monday, March 23, 2026
Time: 10-11:30 am by Zoom

To register: email sandym@seochc.on.ca
www.seochc.on.ca