

"Toddler Feeding: The Beginning of Adventurous Eating"

Presented by: *Navneet Dhillon*, Registered Nutritionist



Are you a parent of a toddler who is finding mealtime stressful and difficult? Are you struggling for new ideas now that your little one is past the pureed stage? Does your child only eat goldfish crackers and rice puffs for snacks? Do you wish you could provide your child with nutritious easy meals and snacks that didn't come out of a box?

TPOMBA TODDLER TALK

Free to all TPOMBA members

To RSVP please email Megan at tpombamail@yahoo.ca

Navneet has requested that you send any questions or topics you are interested in discussing to Megan when you register !

Date: April 24th, 2014

Time: 19:30-21:30

Place: Centennial Public Library

578 Finch Avenue West,
Toronto, ON, M2R 1N7

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Topics Include:

- How to deal with a picky eater, including strategies and creative ways to get your toddler to eat a varied diet
- How to incorporate “superfoods” into your toddler’s meals and snacks
- Discover inspiration for new, easy and nutritious meals and snacks for toddlers, including new flavours and textures
- Boosting immunity in your toddler through foods and supplements

Your toddler is just at the beginning of a
lifetime of good eating.

Let’s give them the best start possible!