

'Baby Food Made Easy' Webinar



What is 'Baby Food Made Easy'?

90 minute online workshop for reliable advice on how to introduce solid food to your baby.

Delivered by 2 CORU registered dietitians from the Health Promotion & Improvement department in the HSE

Where & When?

Online via Office Teams

4th Wednesday each month

10.30am-12.00 noon

What is covered?

- When to introduce solid food
- Equipment & meal preparation
- Suitable & unsuitable foods
- Baby led weaning
- Common issues with weaning
- Food Allergy

Who is it for?

Suitable for all parents & carers of young infants getting ready to start on solid food (or already started)

Any health professional working to support these babies are also welcome

How to Register?

Use QR code provided or click on link to register [here](#)

For any issues with registration please contact Marta.Kolasa@hse.ie

