

BABY'S BEST START



**FREE PROGRAM
FOR A HEALTHY
PREGNANCY**

What is **BABY'S BEST START?**

FREE program for pregnant clients that provides individual consultations with a Registered Dietitian.

- Find out what you're doing well and where there's room for improvement in your eating habits.
- Get current nutrition information for a healthy pregnancy.
- Link with other community resources and services.
- Learn more about feeding your infant.

You may receive **FREE prenatal supplements and food vouchers for:**

- Milk or soy beverage
- Eggs or tofu
- Fresh or frozen vegetables or fruits

This program is part of the Canadian Prenatal Nutrition Program, funded by the Public Health Agency of Canada.

How does it work?

- Call for an appointment with a Registered Dietitian.
- Services offered at various locations, in English and French.
- A partner or support person is welcome to attend the appointment.
- Follow-up appointments are available, as needed.

For more **information or to register:**

613-933-1375

1 800 267-7120

www.EOHU.ca

