

## Regional Nutrition Information Sessions for the public - November

Simply click the link or type into a browser to register.  
Zoom details will be sent upon registration.

All sessions are delivered by the Public Health Dietitians Group NI. You will have the chance to ask a Registered Dietitian your questions.

### How to Save Money on Your Food Shop

Most people would like to spend less on their food shop - find out how with some top tips during this session!



Wed  
3rd Nov  
@ 12pm

<https://tinyurl.com/save-money-nov>

Wed  
10th Nov  
@ 4pm

### Mealtime Tips & Fussy Eating

Tips from a dietitian on how to create healthier meal habits for the whole family, dealing with fussy eating and portion sizes for kids.



<https://tinyurl.com/Mealtime-nov>

### Introduction to Solids

Perfect for anyone thinking about or who has recently started introducing solids to their baby.



Thur  
11th Nov  
@ 10am

<https://tinyurl.com/Intro-solid-nov>

Tue  
23rd Nov  
@ 1.30pm



### Healthy Diet, Healthier You

Find out more about healthy eating through the Eatwell Guide and top tips on how to make healthy changes to your diet.

<https://tinyurl.com/Healthy-diet-nov>

Pre-recorded sessions are available to access on demand at <https://tinyurl.com/NutritionWebinars>

