

Regional Nutrition Information Sessions for the public -September

**Simply scan the session QR code with a mobile device 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.

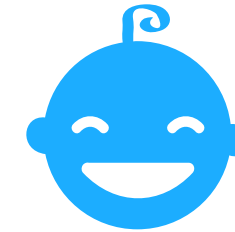
Healthy Lunchboxes & Snacks

This webinar will give you inspiration for healthy packed lunch and snack ideas for the return to school!



**Wed 1st
Sept
@ 10.30am**

**Thurs
9th Sept
@ 10am**



Introduction to Solids

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

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!

Please note: This session takes place on Microsoft Teams and does not require registration. Join the session using the QR code.



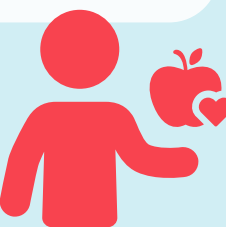
**Tues 21st
Sept
@ 1pm**

**Wed 29th
Sept
@ 3.30pm**



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.



Pre-recorded sessions are available to access on demand at <https://vimeo.com/showcase/8198914>