

# 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

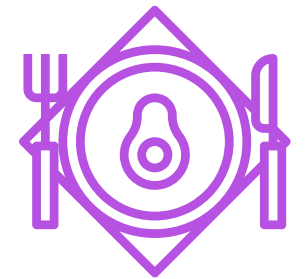
Most people would like to spend less on their food shop – find out how with some top tips during this session!



Wed  
3rd Nov  
@ 12pm

Wed  
10th Nov  
@ 4pm

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



## Mealtime Tips & Fussy Eating

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

<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



Tue  
23rd Nov  
@ 1.30pm

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

## Healthy Diet, Healthier You

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

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

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