



Hamilton

# Nutrition Resources

For You and Your Family



## [Eating Well During Pregnancy](#)

Learn about nutrients, meal and snack ideas and food safety during pregnancy



## [Feeding Your Baby](#)

A guide to help you introduce solid foods to your baby



## [UnlockFood.ca](#)

Nutrition information for pregnancy, feeding baby, feeding young children, meal planning, recipes and more!



## [Canada's Food Guide](#)

An interactive guide to choosing, preparing, and enjoying food



## [City of Hamilton, Public Health Services - Nutrition](#)

Information on feeding your baby and young children and learning to cook





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## Health811

Dial 8-1-1 to speak with a dietitian for free! Or start a chat online.  
Monday-Friday 9:00 AM-5:00 PM, Tuesday & Thursday until 9:00 PM



## Healthy Families Hamilton - Facebook

Do you have questions about pregnancy and parenting children in Hamilton? Like us on Facebook to connect with dietitians and nurses!



## Hamilton Family Health Team

No-cost groups/workshops open to the public on nutrition and health topics



## Hamilton Food Access Guide

Find places in Hamilton where you can access no-cost or low-cost food

