

# 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





Hamilton

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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

