

# What's On: Healthy Families

## March/April 2021 HENRY City & Hackney



Free 90 minute **virtual** HENRY workshops (we can also offer these sessions on a 1-to-1 basis with an interpreter – call for details). You will need access to the internet to attend a session.

Workshop	Date	Time
<b>Starting Solids</b> – Introducing solid foods is a whole new chapter for you and your baby. When your baby is 3 months or older, this workshop will get you ready, decide what foods to start with, learn how to make mealtimes enjoyable, help your baby develop healthy eating habits and enjoy a wide range of foods, getting them off to a great start!	Thursday 25 <sup>th</sup> February	10am – 11:30am
	Tuesday 9 <sup>th</sup> March	1pm – 2:30pm
	Wednesday 31 <sup>st</sup> March	10am – 11:30am
	Tuesday 13 <sup>th</sup> April	10am – 11:30am
	Thursday 22 <sup>nd</sup> April	1pm – 2.30pm
<b>Portion Sizes</b> - How big is a portion? How many portions should my child have? What kinds of foods are best? We answer these questions and more so you can feel confident you are getting your child off to a healthy start.	Tuesday 2 <sup>nd</sup> March*	1pm – 2:30pm
	Friday 19 <sup>th</sup> March	10am – 11.30am
	Monday 19 <sup>th</sup> April	1pm – 2.30pm
<b>Eating Well For Less</b> - Healthy eating needn't be expensive. This session helps you plan healthy meals and snacks without breaking the bank	Thursday 30 <sup>th</sup> March*	1pm – 2.30pm
	Tuesday 27 <sup>th</sup> April	10am – 11.30am

\*this workshop has limited space

For more information, or to register onto a session, please contact [hcsupport@henry.org.uk](mailto:hcsupport@henry.org.uk) or call/text 07519109876



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City & Hackney



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