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Breastfeeding Education

Cards - Baby's First Month, My Plan To Breastfeed, Breastfeed Early and Often, Return to Work or School, Weaning from Breastfeeding

Brochure - Dad & Partners Matter, Baby Behavior

Tear Sheets - Get A Good Latch, Is My Baby Getting Enough?, Express Breast Milk, Store Breast Milk, Make A Plan To Breastfeed, Make a Pumping Plan, Make Breastfeeding Goals

Book - Breastfeeding Your Newborn Baby *(ISBN 978-1-942530-42-8)*

Infant Nutrition Education

Cards - Paced Bottle Feeding, Safe Foods For Your Baby, Baby's First Cup, Baby's First Spoonfuls, Homemade Baby Foods, Baby's First Finger Foods, Baby Teeth
My First Three Months, I'm Three Months, I'm Six Months, I'm Nine Months, I'm Twelve Months

Guide - First Foods For Your Baby's First Year Of Life *(Infant Nutrition Guide)*

Brochures - Ways To Start Solid Foods, Reduce The Risk Of Food Allergies, Start Solids Safely, Create Routines for Safe Sleep, Baby Behaviors

Tear Sheets - Baby's First Bites, Iron Foods For Older Babies And Toddlers, Prepare Infant Formula Safely, Fresh Fruits And Veggies! - 15 Finger Foods To Make for Baby, Easy Purees, Baby Food Ideas, Freeze Purees, Baby Diapers, How to Prepare Infant Formula

Books - Baby Purees *(ISBN 978-1-942530-14-5)*
Ready to Eat *(ISBN 978-1-942530-50-3)*
Finger Foods *(ISBN 978-1-942530-18-3)*
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Toddler Nutrition Education

Cards - Bye Bye Bottle, Toddler Cup, Toddler Fruits and Veggies, Protein for Growing Toddlers, Sippy Cup, Toddler Fruits, Toddler Veggies

Guide - Grow Into A Healthy Eater *(Toddler Nutrition Guide)*

Tear Sheets - Toddler Breakfast, Toddler Meals, Toddler Snacks,

Books - I am One Booklet *(ISBN 978-1-942530-52-7)*
I am Two Booklet *(ISBN 978-1-942530-56-5)*
Eating With A Toddler *(ISBN 978-1-942530-70-1)*

Preschool Child Nutrition Education

Cards - Vegetables, Fruits, Safe Feeding to Prevent Choking
I'm Thirsty, Snack Time, Kid Snacks, Sweet Drinks, Sweet Tooth
Turn On The Music, Play With A Ball, Active Toys
Fussy Eater, Child's Appetite, Try It, Force Feeding, Short Order Cook, Mealtime Routines, Cupboard Makeover, Go Shopping Card Game

Guide - Eat Well, Be Active and Grow Up Healthy *(Preschool Nutrition Guide)*

Brochures - Inside Playtime, Let's Play Outside, Make a Screen Time Plan, Refuses to Eat, Let's Try New Foods, Is My Child Constipated?, Learning to Use the Toilet

Tear Sheets - Preschool Breakfast, Preschool Meals, Preschool Snacks
Iron For Moms And Kids, Iron For Children, Iron Snacks, Ways to Prevent Constipation
Constipation In Children, How's My Child Growing?, High Calorie Foods For Kids
New Foods Take Time, Enjoy Meals, Family Style Meals, Child's Appetite, Think Beyond A Single Meal, Serve At Every Meal, Grab And Eat Snacks, Whole Grains, Strong Bones Need Milk

Continued on page 2...

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Guide - Eat Well for a Healthy Baby *(Pregnancy Nutrition Guide)*

Brochures - Be A Healthy Mom

Tear Sheets - Iron for Women

Book - Pregnancy: Healthy Habits for You and Your Baby *(ISBN 978-1-942530-78-7)*

Family Nutrition Education *(WIC Foods & Farmers' Market)*

Cards - Ways To Eat More Fruits, Vegetables, Whole Grains,
Ways to Use more Milk and Yogurt, Eggs, Fish, Beans, Peas and Lentils, Peanut Butter
Healthy Eating Style, Fruits & Vegetables, Whole Grains, Skim Or 1% Milk, Protein Foods,
Enjoy Family Meals, Drink Water
Iron, Calcium Foods, Vitamin D, Fiber, Vitamin C

Guides - Buying Fresh Fruits & Veggies, Storing Fresh Fruits & Veggies,
Eat Well and Be Active *(Adult Nutrition Guide)*

Brochures - 12 Steps To A Healthy Family, Eat Mindfully, Taking Care of You And Your Family,
Reduce The Risk of Lead Poisoning, Save At The Store, Make a Meal Plan,
Simple Ways to Eat Less Sugar, Simple Ways to Eat Less Sodium

Tear Sheets - Yogurt, Canned Beans, Fish, Frozen Fruits & Vegetables, Tofu, Quinoa
Roast Veggies, Freeze Veggies
Tomatoes, Pea Pods, Sweet Peppers, Squash, Leafy Greens, Berries, Carrots, Oranges, Potatoes
Vary Your Veggies, Eat Whole Fruits
Let's Eat In Season, Coloring Sheets, Scavenger Hunt

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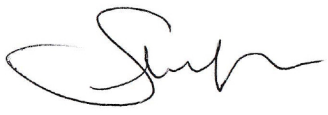

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