

Starting Solids ...and beyond!

Free access
available for
Vermont residents*!

Learn everything you need to safely introduce your baby to food and start them on the right track towards health and a positive relationship with food...for the rest of their life!



With Dana,
the Dietitian!



Approaches &
Textures



Allergen
Introduction



Foods for Optimal
Development



Safety



Pro Tips, Planning,
Positive Interactions...and
MUCH more!

You don't have to do this alone. The Nourished Foundations Community provides the support you need with easy direct access to a Board Certified Specialist in Pediatric Nutrition – at your fingertips!



"This class helped relieve a lot of stress and anxiety our family was experiencing around food and feeding. Since this class our family has really come back to our peace and enjoyment surrounding mealtime."
-AAP

"Dana is amazing...her advice, knowledge, kindness, and professionalism made a world of difference!!"
-CA

- ✓ On-Demand access to "Starting Solids YOUR Way" and other self-paced courses that will grow with your baby
 - ▶ Additional courses will be released this year: Feeding Your Older Infant, Transitioning to Toddlerhood, Toddlers at the Table, and Nourishing Your Preschooler
- ✓ Practical (evidence-based!) food and meal guidance
- ✓ Multiple live Q&A calls each month
- ✓ Downloadable resources you'll actually use
- ✓ Peer connection and support through a private discussion board

Valued at ~~\$4080~~ per year
Join now for only ~~\$59~~ per month
\$0 for Vermont residents*
*for a limited time - some conditions apply



Email:
support@thefamilynutritionpro.com
with "VT Resident" in the subject line
to learn more