



From Starting Solids to Cooking for the Whole Family

FREE
Family Cookbook
now Available!

Are you a new parent looking to introduce your baby to solid foods? Are you looking for toddler friendly recipes the whole family will enjoy? Our brand-new cookbook, *From Starting Solids to Cooking for the Whole Family*, is now available!

This easy-to-follow book is packed with useful information including

- Which foods to introduce to your baby first
- Which foods to avoid
- How to introduce common allergen foods
- How to prevent choking
- Tips for picky eaters

Plus, discover simple and delicious recipes shared by families in the City of Melton - perfect not only for babies but the whole family!

The book is available in English, Burmese, Vietnamese, Arabic, Punjabi & Swahili.



Scan the QR code to access the digital book now!

