



Cook's day out

Infant and toddler nutrition

with **Louisa Matwiejczyk** - back by popular demand!

You asked to hear about the latest in infant and toddler nutrition...and we listened!

At this new Cook's Day Out session, Nutritionist and Dietitian **Louisa Matwiejczyk** will talk about the latest findings and guidelines in food and nutrition for infants and toddlers.

You will learn about the importance that early life diet and feeding behaviours play on establishing healthy food preferences later on in life. Discover which are the best transitional foods for infants and toddlers and the order in which they should be introduced.

Then we will take a short walk to **The Simple Market** on Henley Beach Road for morning tea and a tour of the market. Delve into a natural community grocery store with great quality, fresh, organic, bulk, health focused food. Find out how to prepare nutritious allergen free meals using fresh produce.



The Simple Market

Gowrie
South Australia

Monday, 5th March 2018

10am - 1pm

Gowrie SA, 43 Dew Street, Thebarton

\$88.00 per participant

Register at:

<http://bit.ly/cooks-day-out>



About Louisa:

Louisa Matwiejczyk has over 20 years experience as a Community Nutritionist-Dietitian in southern Adelaide, working with families, children and services. She is known for her leadership and expertise in food policy, project management, primary prevention and early intervention. Louisa was recently appointed as a full time academic but has also worked at Flinders University part time for 8 years in nutrition and dietetics.