

Program Description:

Nurture was asked to be the guest speaker for the YMCA's "New Mom's Group" to discuss the benefits of and strategies for preparing homemade baby food. The class is offered to the community and benefits from high participation from teenage mothers from a local vocational school.

In this presentation, Nurture highlighted:

- *the benefits of breastfeeding
- * infant nutritional needs
- * cost effective strategies to prepare homemade baby food
- * storage options for homemade baby food
- * the basics of homemade baby food preparation



Program Feedback:

- 100% of participants rated the program as "Excellent."
- 100% of participants would recommend this program to another parent.

Participant Comments:

"I wish every single mother out there could hear this information."

"I love the idea of ice cube tray storage for my baby's food!"

"I loved all of this class. There were so many things that I didn't know; I really wish every mom could have this class."

"This presentation was very informative for the teenage mothers and fathers in our program. I hope Nurture can come back each month."

