



Expanded Food and Nutrition Education Program
Alabama Cooperative Extension system



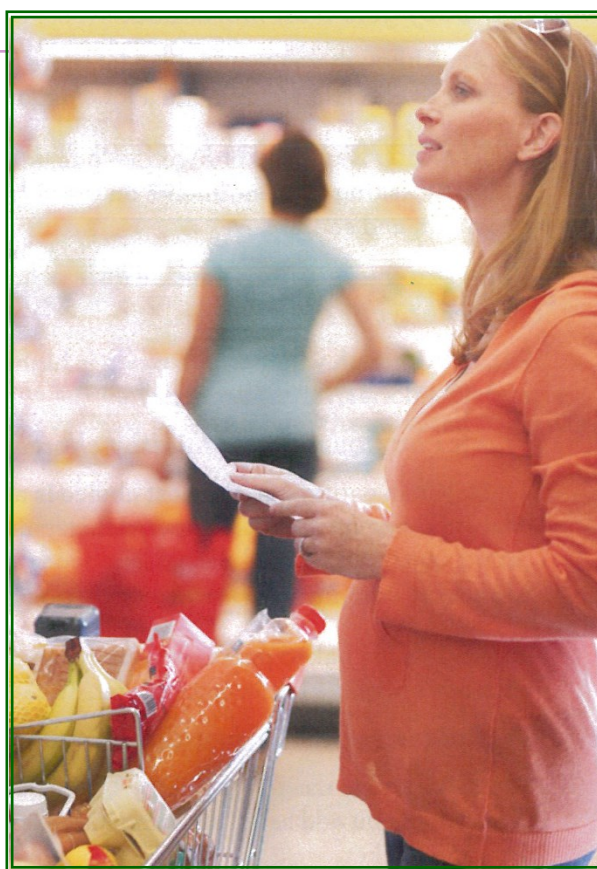
Nutrition Education for mom and baby

Presented by MSU Extension
Nutrition Program Instructors

“Today’s Mom is a nutrition education program for moms-to-be of limited resources. . . All materials used in the lessons follow the most current food recommendations and standards of the American College of Obstetricians and Gynecologists and the United States Department of Agriculture. Themes include healthy and safe food options, growth and development of Baby, optimal weight gain for Mom, and the importance of physical activity.”

What to Expect

- June 2 to July 7, 2017
- 1:30-2:30 pm
- St. Clair County MSU Extension office,
200 Grand River, PH
- Register at (810) 989-6935
- 6 one-hour sessions
- Keep you and your baby healthy tips
- Physical activity recommendations
- Common discomforts and dangers to avoid



Today’s Mom is a nutrition education program developed by Alabama A & M and Auburn Universities. Michigan State University Extension Nutrition Program Instructors will pilot the curriculum.

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