

# Having a Baby?



## Healthiest Babies Possible Prenatal Program

- Visits with a dietitian
- Food certificates for healthy food if eligible
- Referrals to Public Health Nursing
- 65 locations across the City of Toronto

If you live in the City of Toronto and are less than 7 months pregnant please call for more information. Services are free and confidential.



416.338.7600 [toronto.ca/health](http://toronto.ca/health)

 **TORONTO** Public Health