



# Let-Us Connect

Central Zone Population and Public Health Dietitian Team | Fall 2025



As you *fall* back into routine, check out our latest resources:

## NAVIGATING THE RISING COST OF INFANT FORMULA

Infant formula costs and other household costs have been rising, and more Albertans are experiencing financial strain. This new infographic explores ways care providers can support families who cannot or have made an informed decision not to exclusively breastfeed.

[CHECK OUT THE INFOGRAPHIC](#)

## BACK TO SCHOOL LUNCH IDEAS

Do you have kids heading back to school? Check out these lunch resources created by dietitians!

[LUNCH BOX BUILDER](#)

[LUNCH GENERATOR](#)

## CLASSES FOR FAMILIES

Our classes can help families learn how to introduce solid foods, navigate picky eating, and build healthy relationships with food. Classes are virtual, free, and open to all families in Alberta.

[LEARN MORE](#)

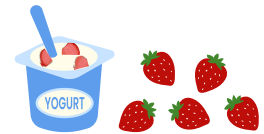
## NUTRITION CLASSES FOR ADULTS

Check out the free, virtual nutrition classes available through the Alberta Healthy Living Program. Please share the poster!

[LEARN MORE](#)

[Click here](#) for our social media kit. Please share our classes on social media!

### NUT FREE SCHOOL SNACKS



Yogurt and fruit



Cheese and whole grain crackers



Vegetables and dip



Seed and cereal mix

[MORE IDEAS HERE](#)



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