



# MATERNAL & CHILD NUTRITION

## Home Visiting Program

### How Does it Work?

A Registered Dietitian Nutritionist (RDN) from Oakland County Health Division will visit you at home to provide education and guidance on healthy eating.

### What to Expect?

Better nutrition during your pregnancy and your child's first years promotes positive health outcomes. The RDN can:

- Educate on the basics of good nutrition
- Support feeding practices
- Encourage healthy habits
- Monitor growth trends
- Provide up-to-date nutrition recommendations
- Help identify and navigate nutrition myths & misinformation

### Who Can Sign Up?

This free service is for pregnant women, infants, and children living in Oakland County. Use the QR code to sign up.



For more information, call Nurse on Call at 1-800-848-5533 or visit our website at: [oakgov.com/nutritionservices](http://oakgov.com/nutritionservices)

