



**Investing in People,
Building the Future Together**

Mother Baby Nutrition Supplement

Healthy eating is important for you and your baby. In fact, did you know good nutrition while you are pregnant can have a life-long impact on the health of your child?

That's why the Department of Human Resources and Employment offers financial assistance with the cost of healthy food while you are pregnant and during the first year of your baby's life.

To learn more about how you can access the Mother Baby Nutrition Supplement as well as other health resources in your area contact:

Human Resources and Employment

1-877-729-7888

www.gov.nl.ca/hre



Government of Newfoundland and Labrador
Department of Human Resources and Employment