



Bright Horizons at Lexington is pleased to present
Baby Food Making Seminar
With Special Guest Seth Fernald,
Executive Chef at Lil Foodie



Join us for an hour of fun and education!
Saturday, February 2, 2013
11:00a.m.-12:00p.m.
Open to the Public

Our seminar will include:

- Information and tips on how to make your own organic baby food
- Understanding the importance of introducing organic foods to your child
- Insights on safe and healthy feedings for your baby
- Learn where organic foods are from, how they're grown and their benefits
- Learn where to buy organic foods and what foods to purchase
- **A live demonstration and samples will be available!**

About Lil Foodie:

Lil Foodie is Boston's first fresh, organic baby food delivery service. The company, founded by sisters and childcare professionals Janine, Jessica, and Jocelyn Aston is the first of its kind in Boston. Lil Foodie sources fresh, seasonal ingredients from local farms and employs a professional chef to whip up a pure, healthy concoction for infants to enjoy, delivered directly to parents' doorsteps. For more information about Lil Foodie please visit www.lilfoodieofboston.com

About Bright Horizons:

Bright Horizons® is the leading provider of high-quality early education and preschool. Our programs empower children from infancy on to become confident, successful learners and secure, caring people. We strive to grow young readers, scientists, artists, and explorers who are engaged and curious. Our programs invite children to approach school and academics with skills, confidence, and a drive for excellence.

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