The Home & Garden Information Center's information specialists are happy to assist you from 8 a.m. to 4:30 p.m. Monday through Friday (except holidays).

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HGIC 4102 Introducing Solid Foods to Infants
HGIC 4103 Feeding Your Preschooler
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HGIC 4105 Making Mealtimes Pleasant
HGIC 4106 Brighten Up With Breakfast
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Special Nutrition Needs

HGIC 4151 Fluid Needs
HGIC 4152 Caffeine
HGIC 4158 Food Allergies

Food Shopping & Preparation

Menu Planning

HGIC 4200 Planning Meals for a Family
HGIC 4203 Planning for Snacks
HGIC 4204 Planning to Eat Out
HGIC 4220 Stretch Your Food Dollars Part 1: Before Going to the Store

Food Shopping

HGIC 4221 Stretch Your Food Dollars Part 2: At the Grocery Store
HGIC 4222 Stretch Your Food Dollars Part 3: At Home
HGIC 4223 Fast Food & Take-Out Meals
HGIC 4224 Choosing Breakfast Cereals
HGIC 4225 Stocking the Home Pantry for Quick Meals

Food Preparation

HGIC 4240 Quick Meals
HGIC 4241 Serve a Healthy, Low-Cost Holiday Meal
HGIC 4246 Packing Lunches for Work or School
HGIC 4247 Using & Storing Apples
HGIC 4248 Using & Storing Asparagus
HGIC 4249 Using & Storing Broccoli
HGIC 4250 More Broccoli, Please!
HGIC 4251 Using & Storing Carrots
HGIC 4252 Using & Storing Green Beans
HGIC 4253 Using & Storing Peaches
HGIC 4254 Using & Storing Potatoes
HGIC 4255 Using & Storing Strawberries
HGIC 4256 Using & Storing Summer Squash
HGIC 4257 Using & Storing Tomatoes
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