

NUTRINATAL

NUTRITION & WELLNESS INITIATIVE FOR PREGNANT AND POSTPARTUM MOTHERS

NUTRINATAL! The Best nutrition program for pregnant and postpartum mothers.

WHY NUTRINATAL?

We want healthier moms and babies...period!

NUTRINATAL is a holistic and comprehensive maternal health nutrition program. Our program provides a full range of nutrition services including meal deliveries, cooking classes, lactation support, online resources, and much more.

Healthy food leads to improvement in the health of moms and babies. We believe that you deserve healthy nutrition and better health.

Scan the code below to join our NUTRINATAL program today!

EARLY TRIMESTERS

Weeks 1 - 26

- Weekly Nutri Box (Fresh Produce & Food Products)
- Workshops & Hands-On Cooking Classes
- Connections to Nutritionists, Dieticians, Maternal Health Groups & Supportive Services

LATE TRIMESTER

Weeks 27 - 42 +

- Early trimester Services
- Weekly Meal Prep Services
- Specialized Dietary Support
- Monthly Workshops & Discussions

POSTPARTUM

AFTER BIRTH OF CHILD & ONGOING

- Continuing NUTRINATAL Supportive Services
- Weekly Meal Prep Services (Until Three Months)
- NUTRINATAL Community - Support Groups, Discussions, etc.
- Vouchers, Discounts & More!

PICK UP & DELIVERY SERVICE AVAILABLE

SCAN OR VISIT

<https://linktr.ee/nutrinatal>

 **@nutri.natal**



Initiatives powered by

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COLLECTIVE FOOD WORKS

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EMPOWER ♦ COMMUNITY

501(c)3 non profit organization

@collectivefoodworks

@cfoodworks

access@collectivefoodworks.org

collectivefoodworks.org

Collective Food Works Inc.'s mission is to create, collaborate and sustain equitable initiatives surrounding community food systems, food security, workforce development, and the necessary changes needed toward food sovereignty. Our initiatives & programs focus on health, wellness, culinary arts, and sustainable agriculture. We aim to address food accessibility within communities, providing viable solutions for lasting change. Along with partner organization Collective Fare, a chef collaborative, catering, and food production company, Collective Food Works provides critical resources and tools to impact the future of food systems positively.

The pillars of our initiatives and programs are:

- Community Food Systems & Access
- Agriculture & Sustainability
- Health & Wellness Culinary Skills
- Education & Training for Workforce Opportunities

INITIATIVES & PROGRAMS

FOOD IS MEDICINE INITIATIVES

Creating access to healthy, nutritious, and delicious food to address food security & preventable chronic disease



LOCAL PRODUCE & FARM PRODUCTS, WEEKLY CSA MEAL BOX

VISIT OUR FARM STAND 154 CLINTON AVE, BKLYN, NYC

SATURDAYS 10 AM - 4 PM

ONLINE ORDERING FOR PICK UP & DELIVERY @

linktr.ee/collectiveworks

NUTRINATAL

MATERNAL NUTRITION & WELLNESS

- ACCESS TO MATERNAL SUPPORT & WELLNESS SERVICES
- FRESH FOOD DELIVERY
- MEAL PREP SUPPORT
- MONTHLY NUTRITION CLASSES & MORE!

LEARN MORE @ linktr.ee/nutrinatal

WORKFORCE + PATHWAYS INITIATIVES

Training & empowering the future leaders and innovators of the food service and hospitality industry so they can empower, support, and impact their own communities' food systems.

Culinary PREP

CULINARY & HOSPITALITY INTERNSHIP & TRAINING FOR SKILLS DEVELOPMENT & INDUSTRY EXPOSURE FOR AGES 16 - 25

COLLECTIVE COMMISSARY

FOOD SUSTANABILITY CAREER & WORKFORCE DEVELOPMENT

EAST BKLYN & SOMMERSET NJ

- FOOD & PRODUCT PRODUCTION & DEVELOPMENT
- AGRICULTURAL FOOD WASTE PROCESSING
- ENTREPRENEURSHIP INCUBATOR