

Preparing & Eating Food



Collective Kitchens & Cooking Classes

- **Carleton Place & District Youth Centre**
Carleton Place, ON
613-257-8901
www.cpyouthcentre.org
- **ConnectWell Community Health – Connections Program**
Good Food for a Healthy Baby group
 - Weekly group for pregnant women and their partners/Cook with a Dietitian or meet with a Public Health Nurse
 - Each woman receives a \$10.00 per week grocery card and has access to free prenatal vitamins as needed.
 - Groups offered in various locations: Brockville, Smiths Falls, Perth and Carleton Place
 - Outreach program is available through the Lanark Leeds and Grenville Health Unit for women who live outside group locations.

For more information please contact 613-257-2779 ext. 3100 via e-mail at lgibson@connectwell.ca
- **Country Roads Community Health Centre (CRCHC)**
Portland and Westport, ON
613-272-3302 ext 237 or 1-888-998-9927
www.crchc.on.ca
- **Kemptville Youth Centre**
Kemptville, ON
director@kemptvilleyc.com
613-258-5212
<https://www.kyc.team/>
- **Lanark Highlands Youth Centre**
Lanark, ON
613-259-2012
<https://www.lhyci.ca/>
- **Mississippi Mills Youth Centre**
613-256-5959
coordinator.mmyc@gmail.com
www.mmyc.ca
- **Rideau Community Health Services - Merrickville**
Merrickville, ON
613-269-3400
<https://www.rideauchs.ca/locations/merrickville-site>
- **ConnectWell Community Health (formerly N Lanark CHC)**
Lanark, ON Dietitian
613-259-2182
www.connectwell.ca
- **Rideau Community Health Services - Smiths Falls**
Smiths Falls, ON
613-283-1952
<https://www.rideauchs.ca/locations/smiths-falls-site>

- **The Table**
613-267-6428 ext. 6
info@thetablecfc.org
www.thetablecfc.org
- **YAK Youth Centre**
Perth, ON
613-264-8381
www.yakyouth.ca

foodcore

Leeds . Grenville . Lanark

www.foodcorelgl.ca

foodcorelgl@gmail.com or 1-800-660-5853 and ask for "foodcore"