

# Preparing & Eating Food



## Collective Kitchens & Cooking Classes

- **Carleton Place & District Youth Centre**  
Carleton Place, ON  
613-257-8901  
[www.cpyouthcentre.org](http://www.cpyouthcentre.org)
- **Country Roads Community Health Centre (CRCHC)**  
Portland, ON  
613-272-3302 ext 237 or 1-888-998-9927  
[www.crchc.on.ca](http://www.crchc.on.ca)
- **Kemptville Youth Centre**  
Kemptville, ON  
[director@kemptvilleyc.com](mailto:director@kemptvilleyc.com)  
613-258-5212  
[www.kemptvilleyc.com](http://www.kemptvilleyc.com)
- **Lanark Highlands Youth Centre**  
Lanark, ON  
613-259-2012  
[lhyci@storm.ca](mailto:lhyci@storm.ca)  
**North Lanark Community Health Centre (NLCHC)**  
Lanark, ON  
Dietitian 613-259-2182  
[www.northlanarkchc.on.ca](http://www.northlanarkchc.on.ca)
- **Real Canadian Superstore**  
Brockville, ON  
[www.realcanadiansuperstore.ca](http://www.realcanadiansuperstore.ca)  
613-498-0994
- **Rideau Community Health Services - Merrickville**  
Merrickville, ON  
613-269-3400  
[www.rvds.ca](http://www.rvds.ca)
- **Rideau Community Health Services - Brockville**  
Rideau Valley Diabetes Services  
Brockville, ON  
[info@rideauchs.ca](mailto:info@rideauchs.ca)
- **Smiths Falls & District Club for Youth**  
Smiths Falls, ON  
613-284-1784  
[www.sfdcy.ca](http://www.sfdcy.ca)
- **Smiths Falls Community Health Centre**  
Smiths Falls, ON  
613-283-1952  
[www.rvds.ca](http://www.rvds.ca)
- **Youth Action Kommittee of Perth and District**  
Perth, ON  
613-264-8381  
[www.yakyouth.ca](http://www.yakyouth.ca)

### Other Programs

- **Connections Program for Families**  
[www.connectionsprogram.ca](http://www.connectionsprogram.ca)  
1-888-284-2204



Leeds . Grenville . Lanark

[www.foodcorelgl.ca](http://www.foodcorelgl.ca)

[foodcorelgl@gmail.com](mailto:foodcorelgl@gmail.com) or 1-800-660-5853 and ask for "foodcore"