

Preparing & Eating Food



Other Nutrition Programs

* These programs may not be conducted by a Registered Dietitian

- **Big Brothers Big Sisters of Lanark County**
18 William St. E., Smiths Falls, ON, K7A 1C2
613-283-0570
<https://lanark.bigbrothersbigsisters.ca/what-we-do/our-programs/>
- **Big Brothers Big Sisters of Leeds and Grenville**
Brockville:
36 George St. Lower Level, Brockville, ON, K6V 3V5
Kemptville:
North Grenville Municipal Centre
285 Cty Rd. 44, Kemptville, ON, K0G 1J0
1-866-344-9972
<https://leeds.bigbrothersbigsisters.ca/what-we-do/our-programs/>
- **Connections - Good Food for a Healthy Baby**
Weekly group for pregnant women and their partners/Cook with a Dietitian or meet with a Public Health Nurse
Each woman gets \$10.00 a week in grocery cards and free prenatal vitamins as needed.
Various days & times in Smiths Falls, Perth & Carleton Place
613-257-2779 X3101
audrey@connectionsprogram.ca
- **Connections – Play Groups for Parents with children 0-6**
Weekly groups – access to parent information and community resources
Healthy snacks are offered weekly to parents and their children.
Monthly cooking sessions with a Registered Dietitian /Children’s activities
Various days & times in Smiths Falls, Perth & Carleton Place
613-257-2779 X3101
audrey@connectionsprogram.ca
- **Kemptville Youth Centre**
5 Oxford St. W., Kemptville ON, K0G 1J0
613-258-5212
<http://www.kyc.team/index.php/about-us/1284-2/#.Wk5PNHnluUI>
- **Lanark, Leeds & Grenville Addictions and Mental Health**
25 Front Ave. W., Brockville, ON, K6V 4J2
1-866-499-8445
<https://llgamh.ca/wellness-program-3.php>

foodcore

Leeds . Grenville . Lanark

www.foodcoregl.ca

foodcoregl@gmail.com or 1-800-660-5853 and ask for “foodcore”