



COOKING FOR HEALTH PROGRAM

COMMUNITY RESOURCES

WellFort Community Health Centre -

Diabetes Education Program <https://www.diabeteseducationprogram.ca/>

Dental Clinic

<https://www.healthnsmiles.ca/>

Eye See, Eye Learn Program - Free eyeglasses for children in Ontario

www.eyeseeeyelearn.ca

<https://optom.on.ca/wp-content/uploads/2021/01/ESEL-JK-Registration-2021-2022-1.pdf>

MindBeacon: free mental health support and counselling services for residents of Ontario

<https://info.mindbeacon.com/btn542>

Food Programs in Peel Region

<https://www.peelregion.ca/planning-maps/foodprograms/foodprograms.html>

The Essential Guide to Ethnic Grocery Stores in Brampton

<https://bramptonist.com/the-essential-guide-to-ethnic-grocery-stores-in-brampton/amp/>

Find programs and services in your community, in your language

<https://211ontario.ca/>

Food-specific Programs and Services

<https://211ontario.ca/211-topics/food/>

Map of Peel Community Gardens

<https://ecosource.ca/mississauga-community-gardens-map/>

FOODSHARE Toronto Programs

<https://foodshare.net/programs/>

Community Connections for Newcomers

<http://www.induscs.ca/community-connections/>

Contd.



ADDITIONAL RESOURCES

Best Buys

[https://healthunit.org/wp-content/uploads/Best Buys using Canadas Food Guide.pdf](https://healthunit.org/wp-content/uploads/Best_Buys_using_Canadas_Food_Guide.pdf)

Fruits & Vegetables Guide

https://www.seattle.gov/util/cs/groups/public/@spu/@conservation/documents/webcontent/1_037049.pdf

Home Storage Guide for Fresh Fruits & Vegetables

https://www.halfyourplate.ca/wp-content/uploads/2014/12/cpma_fruits_and_vegetables_storage_guide-final1.pdf

Home Freezing Guide for Fresh Vegetables

https://www.halfyourplate.ca/wp-content/uploads/2014/12/cpma_fruits_and_vegetables_freezing_guide_screen.pdf

DIABETIC RECIPES

Chef Burgi's Diabetes-Friendly Recipes

https://b54ca695-9f56-450b-8047-d4cb3f79005f.filesusr.com/ugd/d56777_e15dd2bd8ab941f78939cc0c59a468b2.pdf

Healthy Eating During Covid

https://www.afhto.ca/sites/default/files/documents/2020-04/healthy_eating_during_the_pandemic_recipes_2020_pcda.pdf

Multicultural Comfort Food

<https://diabetes.ca/about-diabetes/stories/multicultural-comfort-food>

Diabetes Health Eating Insight

<https://www.srchc.ca/wp-content/uploads/2017/06/South-Asian-Cookbook-Diabetes-Healthy-Eating-Insight.pdf>

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DIABETES INFORMATION

Diabetes Meal Planning

<https://www.cdc.gov/diabetes/managing/eat-well/meal-plan-method.html>

50 Ways to Prevent Diabetes

<https://www.niddk.nih.gov/health-information/diabetes/overview/preventing-type-2-diabetes/50-ways?dkrd=hiscr0008>

Diabetes Canada: Just the Basics

<https://www.diabetes.ca/DiabetesCanadaWebsite/media/Managing-My-Diabetes/Tools%20and%20Resources/just-the-basics.pdf?ext=.pdf>

The Glycemic Index

[https://www.diabetes.ca/managing-my-diabetes/tools---resources/the-glycemic-index-\(gi\)](https://www.diabetes.ca/managing-my-diabetes/tools---resources/the-glycemic-index-(gi))

Are you at Risk?

<https://www.diabetes.ca/diabetescanadawebsite/media/managing-my-diabetes/tools%20and%20resources/are-you-at-risk.pdf?ext=.pdf>

Carbohydrate Counting

<https://www.diabetes.ca/diabetescanadawebsite/media/managing-my-diabetes/tools%20and%20resources/are-you-at-risk.pdf?ext=.pdf>

FRESH HARVEST IDEAS

Fresh Vegetable Storage and Cooking Tips

<http://communitymatterstoronto.org/wp-content/uploads/2017/08/Produce-Cards.pdf>

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