

Harvest Bucks Distributing Organization Resource List

All the food literacy resources below are free to order or access (except the Basic Shelf Cookbook). Choose the resources that will work best for your program and clients.

Basic Shelf Cookbook

- Tips and recipes for cooking and shopping on a budget.
- To order, visit <http://publications.cpha.ca>. Copies are \$7.50 each.

Canada's Food Guide (Health Canada)

- <https://food-guide.canada.ca/en>
- Canada's Food Guide includes a food guide snapshot, healthy eating recommendations and recipes.
- The food guide snapshot may be ordered in 30 different languages (<https://foodguide.canada.ca/en/food-guide-snapshot>).
- To order the snapshot, visit <http://www.hc-publication-sc.hc-sc.gc.ca/pacccb-dgapcc/cmcdcmc/webpubs.nsf/7?ReadForm&cat=00030&lang=eng&>.

Community Meal and Food Bank Calendar

- For information about free community meals and emergency food cupboards in London and Middlesex County, visit www.healthunit.com/emergency-food.

Farmers' Market Tours

- Participating farmers' markets provide tours for program organizers (Western Fair, Covent Garden) and program participants (Covent Garden). Email the contacts below for potential tour times and dates.
 - The Market at Western Fair District: Dan Ross dross@westernfairdistrict.com
 - Covent Garden Market: Sam Regier (sregier@coventmarket.com)

Fruit and Vegetable Availability Guide (Foodland Ontario)

- <https://www.ontario.ca/foodland/page/availability-guide>
- This online guide lists when various vegetables and fruit are grown in Ontario.

Half Your Plate (Canadian Produce Marketing Association)

- Recipes, facts and information available from www.halfyourplate.ca.
- To download the Home Storage Guide for Fresh Fruit and Vegetables (10 pages), go to https://www.halfyourplate.ca/wp-content/uploads/2014/12/cpma_fruits_and_vegetables_storage_guide-final2.pdf.

Health Connect Ontario (811)

- Clients with nutrition questions can call 811 to speak to a Registered Dietitian for free.
- Dietitians are available Monday, Wednesday, and Friday (9 am to 5pm) and Tuesday and Thursday (9 am to 9 pm).
- Translation services are available in over 100 languages.

Recipes

- Eat Well on \$4/Day Cookbook and other recipes may be downloaded from www.healthunit.com/recipes.

www.unlockfood.ca

- Includes recipes, videos, interactive healthy eating tools and articles.
- All content is written and review by dietitians.