



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/>

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Community Connections for Newcomers

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

The People's Pantry Toronto

<https://www.thepeoplespantryto.com/>

** To make a request for groceries/hot meals for Mississauga residents, fill out the form at this link:*

<https://docs.google.com/forms/d/e/1FAIpQLSfO8Z0fHQCH5stBMfw-ONbSh8mbBL124jiC6l8NUSpN0VrUrQ/viewform>

ADDITIONAL RESOURCES

Best Buys

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

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DIABETIC RECIPES

Chef Burgi's Diabetes-Friendly Recipes

https://d5677767-c0b3-45d6-a2a6-d324e1c86eb3.usrfiles.com/ugd/d56777_18a2e21ef34c4b8884d807b981a3fdd5.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>

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>

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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://communitymatterstontoronto.org/wp-content/uploads/2017/08/Produce-Cards.pdf>

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