

## **Resource List – see links for additional information**

### **Quick and Healthy Recipe Cookbook from Heart and Stroke Foundation**

[http://www.heartandstroke.mb.ca/site/c.lgLSIVoyGpF/b.3759587/k.1CDF/Quick\\_Healthy\\_Cookbook\\_and\\_featured\\_recipes.htm](http://www.heartandstroke.mb.ca/site/c.lgLSIVoyGpF/b.3759587/k.1CDF/Quick_Healthy_Cookbook_and_featured_recipes.htm)

### **A Guide to Healthy Eating for Older Adults from EatRight Ontario**

[http://www.eatrightontario.ca/EatRightOntario/media/ERO\\_PDF/en/Seniors/A-guide-to-healthy-eating-for-older-adults-August-2015.pdf](http://www.eatrightontario.ca/EatRightOntario/media/ERO_PDF/en/Seniors/A-guide-to-healthy-eating-for-older-adults-August-2015.pdf)

### **Guide to Healthy Eating from the Heart and Stroke Foundation**

<http://www.heartandstroke.ca/get-healthy/healthy-eating>

### **Working Together For Seniors Toolkit**

<http://www.seniors-housing.alberta.ca/documents/Seniors-Toolkit-WorkingTogether-2007.pdf>

### **Pulse Canada Cookbook**

<http://www.pulsecanada.com/wp-content/uploads/2017/12/Community-Food-Centres-Canada-Recipe-Book.pdf>

### **Canola Oil Recipes**

<https://www.canolainfo.org/recipes/find-canola-oil-recipes.php>

### **Canadian Celiac Association Diet and Nutrition Info**

<https://www.celiac.ca/living-gluten-free/diet-nutrition/>

### **Nutrition Resource Guide**

<http://www.gov.mb.ca/healthyliving/hlp/docs/nutrition/nutriguide.pdf>

### **Manitoba Local Produce Guide**

<https://www.gov.mb.ca/agriculture/local-food/pubs/winnipeg.pdf>

### **Safe Food Handling for Adults 60+**

<http://healthycanadians.gc.ca/alt/pdf/eating-nutrition/healthy-eating-saine-alimentation/safety-salubrite/vulnerable-populations/older-adults-adultes-agees-eng.pdf>

### **Safe Food Handling For People with Weakened Immune Systems**

[http://www.wrha.mb.ca/prog/nutrition/files/FoodSafetyGuide\\_lowImmunity.pdf](http://www.wrha.mb.ca/prog/nutrition/files/FoodSafetyGuide_lowImmunity.pdf)

### **Four Weeks of Healthy Menus- With Grocery Lists and Recipes Included**

[http://www.wrha.mb.ca/healthinfo/prohealth/nutrition/files/Nutrition\\_HealthyMenu.pdf](http://www.wrha.mb.ca/healthinfo/prohealth/nutrition/files/Nutrition_HealthyMenu.pdf)

### **Winnipeg Cooks Together- A Handbook for Community Kitchens**

<http://www.wrha.mb.ca/extranet/nutrition/files/WinnipegCooksHandbookforCommunityKitchens.pdf>