

Food and Nutrition Apps & Websites:



Unlock Food www.unlockfood.ca

Credible nutrition information, recipes, videos and more.

Cookspiration www.cookspiration.com

Free app/weblink for menu planner and recipes.

Well and Good www.wellandgood.com/good-food/eat-healthy-on-a-budget

Article about tips for eating well on a budget.

Budget Bytes <https://www.budgetbytes.com>

Free app/weblink for menu planner and recipes.

Good and Cheap www.leannebrown.com

Free recipe eBook for people on a tight budget that want eat well.

Real Good Eats <https://www.realgoodeats.ca/>

“Real food, real easy.” Recipes, food blog, chat and more

COOKSMARTS www.cooksmarts.com

Podcasts, meal ideas, time saving tips and more. Follow Jess Dang on Instagram.

Healthy 5-Day Meal Plan <https://globalnews.ca/news/5072910/healthy-meal-plan-idea/>

“Video and article about cooking and eating well for 1 person based on \$65/wk.

Canada’s Food Guide <https://food-guide.canada.ca/en/>

Canada’s New Food guide: Facts, info, recipes and visual plate of a balanced meal.

Telehealth Service Toll free Dial 8-1-1

Free service. Speak to a Registered Dietitian about nutrition related questions or concerns.