

PHYSICAL WELLNESS



INFORMATION RESOURCES

Visit the Government of Canada's Website @

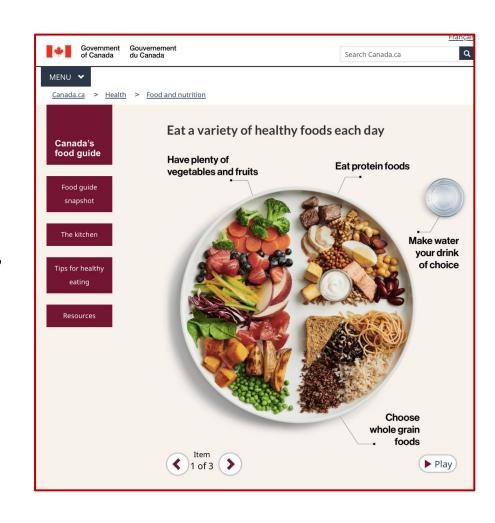
https://food-guide.canada.ca/en/

To learn about CANADA'S FOOD GUIDE

You'll find lots of information about CANADA'S FOOD GUIDE,

meal planning, nutritious recipes, and more.

Subscribe to the site to get monthly updates about healthy eating choices.



If you don't have computer access to the Internet, visit the Grimsby Public Library, or your local library. They can help you.