

Where to Find Other Information and Recipes

Resources on the Internet

- **Canning with Bernardin:**
www.homecanning.com/can/

- **Dietitians of Canada:** Virtual Grocery Store and much more:
www.dietitians.ca

- **Food Safety Information Society:**
www.foodsafetyline.org

- **Health Canada**—Food and Nutrition, Recalls, Labeling, Food Safety:
www.hc-sc.gc.ca

- **Nutrition Connection**—Recipes:
<http://foodstamp.nal.usda.gov/recipes.php>

- **Shopping for Nutrition on a Budget:**
www.mmcwm.com/fasthealthtips/60_nutrition/index.htm

- **Other recipe collections**
www.allrecipes.com
www.cheapcooking.com
www.cooksrecipes.com
www.kraftcanada.com

Books

- **“Better Homes and Gardens, 75th Anniversary Edition”**
- **“Cook Great Food”**, Dietitians of Canada
- **“Cooking for Two”**, Better Homes and Gardens
- **“Cooking With Cents”**, Donna-Joy Halliday and Norma Bannerman
- **“Creative Cooking on a Budget”**
- **“Enjoy”** from the **Best of Bridge** series
- **“The Good and Easy Cookbook”**, by Jean Bunnell
- **“The Heart Smart Shopper: Nutrition on the Run”**, by Ramona Josephson, Heart and Stroke Foundation of Canada
- **“Many Hands”**, by Community Kitchens Publishing Vancouver
- **“The Senior Chef”**, Cooking for One or Two
- **“Straight A’s College Cookbook”** by Karen Wokes
- **“100 Meals for Under a Loonie”**, Nanaimo Community Kitchens Society