

# Help for Getting Food



## Community Food

- **Connections - Good Food for a Healthy Baby**

- Weekly group for pregnant women and their partners/Cook with a Dietitian or meet with a Public Health Nurse
- Each woman gets \$10.00 a week in grocery cards and free prenatal vitamins as needed.
- Various days & times in Smiths Falls, Perth & Carleton Place  
613-257-2779 X3101, [audrey@connectionsprogram.ca](mailto:audrey@connectionsprogram.ca)

- **Connections – Play Groups for Parents with children 0-6**

- Weekly groups – access to parent information and community resources
- Healthy snacks are offered weekly to parents and their children.
- Monthly cooking sessions with a Registered Dietitian /Children's activities
- Various days & times in Smiths Falls, Perth & Carleton Place  
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foodcore

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[www.foodcorelgl.ca](http://www.foodcorelgl.ca)

***foodcorelgl@gmail.com or 1-800-660-5853 and ask for "foodcore"***