

## Harvest Bucks Food Literacy Resources

All the food literacy resources below are free to order or access (except the Basic Shelf Cookbook). Choose the resources that will work best for your program and clients.

### [Basic Shelf Cookbook](#)

- Tips and recipes for cooking and shopping on a budget
- Copies are \$7.50 each

### [Canada's Food Guide \(Health Canada\)](#)

- Includes a food guide snapshot, healthy eating recommendations and recipes
- [Snapshot](#) may be [ordered](#) in 30 languages

### [Community Meal and Food Bank Calendar](#)

- Information about free community meals and emergency food cupboards in London and Middlesex County

### **Farmers' Market Tours**

- Participating farmers' markets provide tours for program organizers (Western Fair, Covent Garden) and program participants (Covent Garden).
- Email the contacts below for potential tour times and dates.
  - The Market at Western Fair District: Dan Ross ([dross@westernfairdistrict.com](mailto:dross@westernfairdistrict.com))
  - Covent Garden Market: Sam Regier ([sregier@coventmarket.com](mailto:sregier@coventmarket.com))

### [Fruit and Vegetable Availability Guide \(Foodland Ontario\)](#)

- Online guide lists when various vegetables and fruit are grown in Ontario

### [Half Your Plate \(Canadian Produce Marketing Association\)](#)

- Recipes, facts, and information
- Includes cooking and storage guides

### [Health811](#)

- Call 811 to ask a question to a Registered Dietitian
- Dietitians are available Monday, Wednesday, and Friday (9 am to 5pm) and Tuesday and Thursday (9 am to 9 pm).
- Translation services are available in over 100 languages.

### [www.unlockfood.ca](http://www.unlockfood.ca)

- Includes recipes, videos, interactive healthy eating tools and articles.