



Hamilton

# Nutrition Resources

For You and Your Family

## Nutrition Information

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

Credible nutrition information (prenatal nutrition, feeding baby, feeding young children, meal planning, recipes and more!)

### **ODPH - [www.odph.ca/prenatal-infant-nutrition](http://www.odph.ca/prenatal-infant-nutrition)**

Resources from Ontario Dietitians in Public Health

### **Canada's Food Guide - [www.canada.ca/foodguide](http://www.canada.ca/foodguide)**

An interactive guide to choosing, preparing, and enjoying food

### **Hamilton Food Access Guide - [www.foodaccessguide.ca](http://www.foodaccessguide.ca)**

Find places in Hamilton where you can access free or low-cost food

### **Cookspiration - [www.cookspiration.com](http://www.cookspiration.com)**

Recipes and menu planning resources





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## Nutrition Services

**Free nutrition workshops - [www.hamilton.ca/nutrition](http://www.hamilton.ca/nutrition)**

Join a Public Health Dietitian at an EarlyON centre to learn about feeding your baby, making baby food, and feeding young children.

**Healthy Families Hamilton - [www.facebook.com/HealthyFamiliesHamilton](http://www.facebook.com/HealthyFamiliesHamilton)**

Do you have questions about pregnancy and parenting children in Hamilton? Like us on Facebook to learn and engage with nurses and dietitians!

**Health811 - [www.health811.ontario.ca](http://www.health811.ontario.ca)**

Dial 8-1-1 to speak with a dietitian for free! Or start a chat online.  
Monday-Friday 9:00AM-5:00PM (Tuesday & Thursday until 9:00PM)



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