

# BUDGET FRIENDLY COOKING

RIDEAU COMMUNITY HEALTH SERVICES COMMUNITY PROGRAMS AND NUTRITION SERVICES.

JOIN YOUR REGISTERED DIETITIAN TO COOK UP DELICIOUS, BUDGET FRIENDLY RECIPES.



**Dates:** Mondays, September 11, 18, 25, October 4, 16, 23

**Time:** 2:00pm—4:00pm

**Location:** 354 Read St. Community Kitchen

For more information, contact 613-269-3400.



Rideau Community  
Health Services

Your Community Health Centre

RGHS funding is provided by Ontario Health - East Region, the Ontario Ministry of Children, Community and Social Services and by the communities and people we serve.