

COOK WITH YOUR DIETITIAN

BUDGET-SAVVY COOKING

Join our dietitian in cooking up some delicious and budget-friendly meals.



Dates: Wednesdays, April 21, 28 & May 5, 12

Time: 4:00pm - 5:30pm

Location: Your own home!

Connect with us virtually using your phone, tablet, or computer.

For more information, contact rnitschmann@rideauchs.ca



Rideau Community
Health Services

Your Community Health Centre

Photo from: <https://www.foodandwine.com/recipes/dutch-oven->

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