

COOK WITH YOUR DIETITIAN

COOK ONCE EAT TWICE

Learn how to use those leftovers to create delicious meals the next day!



Dates: Wednesdays, February 24, March 3,
March 10, March 17, 2020

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->

RCCHS 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.