



Websites

D'licious Food

This website is an online meal-planning and recipe tool for families of all sizes. The website features recipes in both gourmet and quick easy versions to best suit any lifestyle and skill level and a sample two-week menu plan. It also generates a shopping list for the recipes selected.

<http://www.dlicious.ca>

The Canadian Produce Marketing Association's 5 to 10 a Day for Better Health program

Eat Together

This website was created by the Registered Dietitians of Fraser Health Authority's Health Promotion and Prevention department to address the needs of Fraser Health parents, as identified by focus group studies. It provides easy recipes, menu planning tools, and tips to enjoy eating meals with their family.

<http://www.eattogether.net/index.htm>

Fraser Health Authority

Jamie Oliver's Ministry of Food

Ministry of Food is all about getting people cooking again. It shows that anyone can learn to cook—and that it's fun, cool, can save you money and help you, your family and friends to live a healthier life.

<http://www.jamieoliver.com/jamies-ministry-of-food/>

Spatulatta: Cooking 4 Kids Online

Spatulatta teaches children to cook with free step-by-step videos. It encourages children to take pride in their accomplishments in the kitchen and to understand the connection between farm and dinner table. It also encourages children to ask their family members and friends for recipes and to cook those dishes together.

<http://spatulatta.com/>

Wovenfare.com- Inspiring Meals every day

This website offers the option of free weekly menu plans and with recipes chosen for you or, for a fee, personalized meal plans can be ordered.

<http://www.wovenfare.com/index.php>

