

# BATCH COOKING ON A BUDGET

NUTRITION SERVICES

Ohduq#exgj hwbj #wsv#dqg#wulfrv#z k.lh#frmlbj #d#p hde#ru#  
whfz krcn#dp b\$#



**Dates: Monday June 26th, 2023**

**Time: 2:00-4:00pm**

**Location: 354 Read Street, Merrickville**

For more information, contact [rdecouvreur@rideauchs.ca](mailto:rdecouvreur@rideauchs.ca)



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.