

ITEM 3
MANAGER'S REPORT NO. 3
COUNCIL MEETING 91/01/21

TO: Municipal Manager January 16, 1991
FROM: Medical Health Officer
SUBJECT: "Eat Well For Less" Recipe Book
PURPOSE: To provide Council with an introduction to this book

RECOMMENDATION:

1. That this report be received for information purposes.

REPORT

"Eat Well For Less" is a recipe book produced by and for low income families in Burnaby.

This project began with a group of single parents at the Burnaby Food Bank attempting to exchange recipe ideas for using the food they received from the food bank. They expressed a need for ideas "to make tasty, interesting meals that would not cost too much, were good for you, and that kids would eat".

The Burnaby Health Department, together with the Burnaby Family Life Institute, applied for and received a grant from the Ministry of Health under the Strengthening the Family/Local Action Grants, and the project to produce this recipe book was conceived.

"Eat Well For Less" will be distributed free-of-charge by the Burnaby Family Life Institute to those single parents who worked on the book and others who would benefit from it.

It is a welcome and much needed resource to "Healthiest Babies", the Health Department's nutrition counselling program for high risk pregnant women. It will be used in future community initiatives such as "Collective Kitchens" or community cooking projects.

Copies of the book are being made available to Council. A copy is available in the Clerk's Department for viewing by the public.

S L Hemming

S. L. Hemming, M.B.Ch.B., F.R.C.P.(C)
Medical Health Officer

SLH/cl
cc: Director Administrative & Community Services
cc: Municipal Clerk