

To know the help and the foodstuffs resources of your neighborhood, you can reach the **CLSC** near your home or call **Info santé**. There still the **Cran** who can give you an helping hand to find healthy food.



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With the collaboration of the **Cran** intervener

## Ressources

**Accueil Bonneau** alimentary resources  
427, Street de la Commune East  
tel 514-845-3906

Open hours : Meal 7/7 days hours 9:30am to 11:15am, and 2:00pm to 3:15pm.

**Mission bon accueil** alimentary resources :  
1490, street Saint Antoine West  
tel 514-935-6395

Dinning room.  
Opening hours: bag of food tuesday and fridat before noon with appointment

**Old Brewery Mission.**  
915, Clark street Montreal  
tel 514-866-6591

Services : Breakdown service: breakfast and supper and supper only for those who stend the night.  
Oppening hours : 6:30am to 7:00am breakfast , Supper 5:00pm to 6:30pm.

**ROC** , Teen Help, alimentary Ressource  
1448 Street Beaudry  
tel 514-523-5288  
Service : Free Supper tree times a week.  
For teen : 13 to 26 years old.

**La maisonnée**  
Help Service and alimentary ressource  
6865, Christophe Colomb Avenue  
tel 514-271-3533  
For destitute and immigrants.  
Oppening hours: Monday to friday 9:00am to 5:00pm for evaluation and friday 11:30am to 1:30pm for food.  
Cost : 2:00\$ per basket each week.



*How to be a team with your Stomac for a cheap price*



Hi ,

This pamphlet can help you to find different options who can give you more **Energie** without beeing mor expensive for you





Canned foods are least cheap, and there is many choise.



Eating healty make you save the taxes

Soft drink : drink DIET  
(If you want to prepare your self for the teast, mixte 1/2 Diet with regular



Find Fruits and Vegetables of the season.  
It's cheaper and your sure it's always Fresh



Avoid going to bead just after eating a big meal because you will risk sleapping problem as nightmare



: canne of Salmon or Tuna = 99 C at the grocery

500 ml Milk = 90 cents compare to 335ml of a Soft drink for 1.15\$ (there is anything goof for health)



Frozen Concentraited Orange juce is 99 ¢.



Find Canne of BEANS=99 ¢. (don't forget to rinse them)



Reward your self with a Milk Shake  
-1 cup of Milk  
- 1 egg  
- one mashed banana\*  
\* whip with a fork if you don't have a mixer.



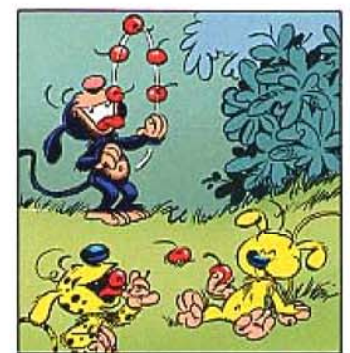
Water is always the best drink for your health and it's always FREE



Nuts are a good Energy source and replacement of meat



Do your Diet as a social activity



Choose whole-wheat produce. It will help you to prevent constipation (a sad effect of methadone)

Don't forget to take your milk produce



Eat slowly you will feel has your Stomach is Full



For a Snak = Do like him, some supply. ( A fruit, oat cookie... and put it in your bag for latter)



-Canne of Soupe: Check for the SPECIAL at 99 ¢



(Brown bread, cereal with whole or oats)



Eat Light Pop Corn. It's better for your Healt than a bag of chips (and it's without the bad fat)



Go in little fruits and vegetables grocery. It's more often cheaper there than in super market.

