

Staff

About Nutritionist/Prenatal Coordinator

Leanne Webb is our Centre's Nutritionist. She is a Registered Dietitian with nearly 15 years experience in community nutrition / public health. Her areas of focus include prenatal/baby nutrition, nutrition for children and families, community food systems (food security) breastfeeding promotion and coordinating programs.

For More Information

Ask us for more information on other Programs offered at the Centre or see the Centre's Brochure for a full list of Programs and Services. Also see the monthly New Ross Flyer for when programs are offered.

Tell us What You Think!

The Food and Nutrition Programs at the Centre are new to the Resource Centre. If you have any ideas or feedback, please let us know!

Who We Are

About Us

The New Ross Family Resource Centre strives to reach all members in our community, from the young to the young at heart. We are a non-profit facility responsible for bringing health and well-being programs to the residents of New Ross and surrounding areas. Our Goal is to make New Ross area a comfortable, well-serviced community with many of the amenities provided in larger areas.

Find Out More &/or Register:

Leanne Webb, Registered Dietitian, BScAHN

Phone: 902-689-2414

E-mail: nrfrcleanne@gmail.com

Web: www.nrfrc.ca

Resource Centre Facebook:

www.facebook.com/nrfrc

Leanne is in the office 9:30 – 10:30 am on Mondays, and part-time throughout the week.

Feel free to drop by or set up a time to meet with her.

Food Project Facebook Group:

<http://bit.ly/NewRossFood>



NEW ROSS FOOD AND NUTRITION PROGRAMS

All Free!

New Ross Family Resource
Centre



About the Programs

Leanne Webb, Registered Dietitian/Nutritionist runs various programs, from cooking groups to helping with our existing programs and in the community.

The purpose of the Food and Nutrition programs are to help support healthy families in New Ross, through enjoying healthy foods and good nutrition. We do this by running programs, and helping to build a community more supportive of healthy eating!

Cooking Group

This is a 4-week cooking program focused on cooking healthy meals for families. We cook together, learn together and enjoy eating the food together (and take home any leftovers)! Each time the program is offered, new recipes and nutrition information are shared. This program is offered in the Fall and Winter at the Centre. This includes:

- Cooking on a tight budget
- Learning ways to boost the nutrition of meals you already make
- Healthy lunch and snack ideas for children
- Cooking in season and with local foods



It's a chance to have FUN and add some spark to your kitchen!

Prenatal & Baby Program



This program includes information and support one-on-one and in small groups. The following nutrition focused information/sessions include:

- Nutrition during pregnancy
- Feeding Your Baby
- Making Homemade Baby Food

Breastfeeding Support

Breastfeeding is the healthiest and natural way to feed babies. It is also a learning experience. Our program aims to help support mothers along the way! We provide:

- One-on-one peer support
- Connect breastfeeding mothers with other supports
- Baby Group, where new parents support each other. Topics of interest are discussed.



At the Resource Centre

Leanne is a resource for staff, programs and services at the Centre. She helps to ensure that healthy foods are provided at the Centre's programs and runs sessions at programs offered at the Centre, such as Girl Talk and Preschool.

New Ross Community Food Project



Are you interested in food? Getting foods produced in New Ross more easily? We know that along with learning about nutrition and healthy eating, having a community that supports this makes it easier to get the foods for your health.

The New Ross Community Food project is a community driven project.

How to get involved?

- Join us at a Community Group Meeting. This group meets monthly, usually on Thur. evenings or Mon. afternoons
- Bring your ideas and share how you'd like to be involved
- Get involved with special projects
- Join our e-mail list or Facebook Group "New Ross Community Food Project"

Purpose of the Group: To support the community of New Ross in getting involved in building and strengthening a sustainable food system in New Ross area.

School & Community

The NRFRC works with the school to support food and nutrition programs and projects. The NRFRC partners with community organizations, groups and individuals to help build a more food secure community.