

Staff

About Nutritionist/Prenatal Coordinator

Leanne Webb is our Centre's Nutritionist. She is a Registered Dietitian with 15 years experience in community nutrition / public health. Her areas of expertise include prenatal/baby nutrition, nutrition for children and families, public health, food security, community development and program development.

Resource Centre Staff:

Diane Webber is the Resource Centre's Executive Director and Early Childhood Educator. Janice Cornelius is the Afterschool Program Coordinator.

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. See the New Ross Flyer for specific program dates and registration throughout the year.

Tell us What You Think!

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's is typically in on Mondays, Wed. & Thurs. Feel free to drop by or set up a time to meet.

Food Project Facebook Group:

<http://bit.ly/NewRossFood>

Brochure Updated: Aug 2019



NEW ROSS FOOD AND NUTRITION PROGRAMS

New Ross Family Resource
Centre



About the Programs

Leanne Webb, BScAHN, P.Dt. Registered Dietitian/ Nutritionist runs various programs, from cooking groups, prenatal classes and working with Resource Centre programs and organizations in the community.

The purpose of the Food and Nutrition program is to help support healthy families in New Ross, through enjoying healthy foods, good nutrition and a food secure community. We do this by running programs, through policies, involvement in poverty reduction initiatives, and helping to build a community more supportive of healthy eating!

At the Resource Centre

Leanne is a support for staff, programs and services at the Centre. She makes sure that nutritious foods are offered at the Centre's programs.

Prenatal, Breastfeeding & Babies

All Free Programs

Prenatal: This program includes information and support, one-on-one and in small groups. Nutrition during pregnancy is discussed.

Breastfeeding is the healthiest and natural way to feed babies. It is also a learning experience. We offer one-on-one peer support and referrals.

Baby Group: Topics of interest to parents are discussed, such as feeding babies' food.

Cooking & Food Skills

We offer a wide variety of cooking programs:

Cooking with children: Children of all ages are involved in growing, harvesting and preparing food throughout Resource Centre programs.

Afterschool Cooking/food programs are offered 1-2 times per year, in partnership with the New Ross Consolidated School. Cooking programs are included at Day Camps.

Community Kitchens: NEW! Families get together and cook large batches of food. They each take home enough for three meals. This is a great way to spark childrens' interest in cooking, learn new recipes, save money, and leave with three meals all ready to go, while having fun! This is a pay what you can program.

Food Workshops: Workshops are offered throughout the year. They include cooking, canning and preserving foods. These are in partnership with the New Ross Community Food Project, Chester Municipality and/or Rural Roots Market. Check out our facebook page and flyer.

Gardening

Gardens: The NRFRC helps with the school garden, Day Care and Centre's raised beds. Children plan, plant, care for and harvest veggies. School garden produce goes to day camps and Bulk Buying Club in the summer, and to the school cafeteria during the school year.

Workshops: A wide variety of gardening workshops are offered periodically.

Bulk Buying Club

The Resource Centre helps ten families run a Bulk Buying Club at the Ross Farm Museum. Members each get fresh veggie boxes, saving them at least 50% off the store price! Boxes have very fresh, local, in season produce, and are every two weeks, and monthly in Winter. Members help run the club, and share from their gardens.

School, Day Care & Community

The NRFRC partners with community organizations and groups. The NRFRC works with the school and day care to support a wide variety of food, cooking and nutrition programs and projects.

New Ross Community Food Project



Are you interested in food? Food security?

Building a stronger food system? We welcome you to check out the Food Project, a community driven initiative, supported by the Resource Centre.

How to get involved?

- Join us at a group meeting; contact the Centre for dates.
- Bring your ideas and share how you'd like to be involved, lead or help out with workshops or projects.
- Join our e-mail list or Facebook Group "New Ross Community Food Project"