

Local Places to Check Out

- Elsafadi Mediterranean Market (209-10807 Castledowns Road; 11316 134 Avenue)
- Evoolution (104 Street Downtown; Southgate Centre; The Enjoy Centre)
- Farmer's Markets
- H&W Produce (4 locations in Edmonton)
- Mercato Foods (St. Albert)
- OLIV Tasting Room (St. Albert)
- Spinelli Italian Centre Shop (3 locations in Edmonton; Sherwood Park- Late 2021)
- The Silk Road Spice Merchant (Whyte Avenue: 10818- 82 Avenue)
- U-Pick Farms

Community Supported Agriculture (CSA's)

- Grey Arrow Farm
- Prairie Gardens
- Riverbend Gardens
- Sparrow's Nest
- Steve & Dan's Fresh BC Fruit
- Stonepost Farms
- Sun Dog Organic Farm

Local Cooking Classes (*offering virtual classes)

- Atco Blue Flame Kitchen*
- Awn Kitchen
- Barb's Kitchen
- City of Edmonton- Cooking & Baking Programs*
- Get Cooking*
- Kitchen by Brad
- Metro Continuing Education*
- Palates Culinary Kitchen & Learning Centre*
- Sorrentino's Restaurant Group*
- Sunterra Market

Recommended Cookbooks

- Heart Smart (Stern)
- Nourish (Cronish & Rosenbloom)
- Dietitians of Canada Cook! (Waisman)
- Spilling the Beans (Van Rosendaal)
- The Mindful Glow Cookbook (Sharp)
- Love & Lemons Every Day (Donofrio)
- 30 min Heart Healthy (Strachan)
- Lighthearted at Home (Anne Lindsay)
- The Oh She Glows Cookbook (Liddon)
- Pure Prairie Eating Plan (Chan & Bell)
- Ottolenghi Simple (Ottolenghi)

Websites with Plant-Centered Recipes

- www.realgoodeats.ca
- www.therealfoodrds.com
- www.cookspiration.com
- www.pulses.org
- www.lentils.org

Edmonton Oliver Primary Care Network (EOPCN)

- www.eopcn.ca
- The website is updated regularly with upcoming nutrition class dates. Some classes are offered pre-recorded and some are offered virtually live (on Zoom). All classes are free.
- For 1:1 counselling, a referral from a physician is required.