

NEWCOMER FOOD AND NUTRITION PROGRAMS IN WINNIPEG



1 CENTENNIAL COMMUNITY IMPROVEMENT ASSOCIATION

Gardening, Cooking Classes
(204) 586-8061
centennial.winnipeg@gmail.com
545 Alexander Avenue
Translation available.

2 ELMWOOD NEIGHBOURHOOD SETTLE PROGRAM

Gardening, Cooking Classes
Main Contact: Anna Murray
(204) 982-1720 ext. 205
nisw@elmwoodcrc.ca
545 Watt Street
Translation available.

3 FAMILY DYNAMICS

Cooking Classes
Main Contact: Edie Martinez
(204) 947-1401 ext. 281
emartinez@familydynamics.ca
40-393 Portage Avenue
Translation available.

4 FOOD MATTERS MANITOBA

Gardening, Nutrition/Cooking Classes, Food Handler Certification
Main Contact: Amy Henderson
(204) 943-0822 ext. 5
amy@foodmattersmanitoba.ca
Programs are run at different locations.
Translation available.

5 IMMIGRANT AND REFUGEE COMMUNITY ORGANIZATION OF MANITOBA (IRCOM)

Gardening
Main Contact: Jim Beckta
(204) 943-8765
95 Ellen Street
jbeckta@mymts.net
Translation available.

6 IMMIGRANT CENTRE

Nutrition/Cooking Classes
Main Contact: Val Gonzalez
(204) 943-9969 ext. 252
vgonzalez@icmanitoba.ca
100 Adelaide Street
Translation available.

7 MANITOBA INTERFAITH IMMIGRATION COUNCIL INC. (WELCOME PLACE)

Cooking Classes
Main Contact: Karen Montgomery-Gibbes
(204) 977-1000
karenm@miic.ca
521 Bannatyne Avenue
Translation available.

8 MARY JANE'S COOKING SCHOOL

Nutrition/Cooking Classes
(204) 775-2522
mjcookin@mymts.net
252 Arlington Street



9 NORWEST CO-OP

Gardening, Nutrition/Cooking Classes

Main Contact: Abigail Legaspi

(204) 806-3972

alegaspi@norwestcoop.ca

785 Keewatin Street

Translation available.



10 RAINBOW COMMUNITY GARDENS

Gardening, Social Support

Main Contact: Raymond Ngarboui

(204) 509-6259

iifcc.coop@gmail.com

<http://iifcc.ca>

Various Locations.

Translation available.



11 MOSAIC NEWCOMER FAMILY RESOURCE NETWORK

Nutrition/Cooking Classes

(204) 774-7311

mosaicinfo@mosaicnet.ca

397 Carlton Street

Translation available.



12 SEVEN OAKS SCHOOL DIVISION

Nutrition/Cooking Classes, Gardening

(204) 586-8061

nisw3@7oaks.org

950 Jefferson Avenue

Translation available.



13 WINNIPEG REGIONAL HEALTH AUTHORITY (WRHA)

Knox Newcomer Healthy Start for Mom & Me

Drop-in on Wednesdays at 1:30

406 Edmonton Street

http://www.hsmm.ca/wp/?post_type=tribe_events

Translation available.