

References for Lesson Plans



The following websites were used to develop the four lesson plans and participant packages

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Canadian Diabetes Association [Internet]. Toronto ON: Canadian Diabetes Association;2015. Basic Meal Planning. Available from: <http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/diet-nutrition/basic-meal-planning>

Canned Food Alliance [Internet]. Pittsburgh PA: Canned Food Alliance; 2015. Available from: <http://www.mealtime.org/consumers.aspx>

