

# FOOD ACCESS GUIDE

For Hastings & Prince Edward Counties



— North Hastings —  
2019



## About This Guide

The **Food Access Guide for Hastings & Prince Edward Counties** provides information about free or low-cost food and meal programs and services in Hastings and Prince Edward Counties.

The information contained in this document is for general information purposes only. Reasonable effort is made to keep the information up-to-date and correct. We accept no liability connected to the accuracy, reliability or completeness of the information or to any site which is listed in this document.

Visit [www.foodaccess.ca](http://www.foodaccess.ca) for the most up-to-date version of the Guide.

References to organizations are for the information of the reader only. It is not an endorsement of the organization or program. If a particular organization or program is not included, it is not a sign of our opinion of that organization.

Organizations who wish to update their information or add their programs or services to this document can contact:

**Healthy Life Line at Hastings Prince Edward Public Health**  
**613-966-5500 ext. 610 or 1-800-267-2803 ext. 610**

This document was inspired by the Food Access Guide created by the Guelph & Wellington Task Force for Poverty Elimination.

We are committed to providing accessible publications, programs and services to all. For assistance, please call 613-966-5500; TTY: 711 or email [accessibility@hpeph.ca](mailto:accessibility@hpeph.ca). For more information, please visit [hpepublichealth.ca](http://hpepublichealth.ca).

## About This Guide

Go to [www.foodaccess.ca](http://www.foodaccess.ca) and click on the region of interest.

Each program or service is colour coded as shown on the next page. Click on the name to go to the list of organizations that offer that program or service.

Click on the organization of interest to be taken to Google Maps to see its location.

See the Glossary at the end of the Food Access Guide for the definitions of each program and service.

**For information on local transportation, visit [Bancroft Community Transit](#) or call 613-332-2732.**

## Legend



Wheelchair Accessible



Facebook Link



Twitter Link

# NORTH HASTINGS

Bancroft • Coe Hill • Maynooth

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# EMERGENCY FOOD SERVICES

**1** Maynooth & Area Food Bank

**2** Word of Life Outreach Food Bank

**3** North Hastings Children's Services Food Bank


**4** North Hastings Community Cupboard

**5** Coe Hill Food Bank



Map data: Google

Who Offers It?	When?	How Often Can I Use It?	Am I Eligible?
<p><b><u>Coe Hill Food Bank</u></b></p> <p>2254 B Highway 620 Royal Canadian Legion (basement) 613-337-8660</p> 	<p>Every Monday (holidays exempt) 12:30pm-2:00pm</p>	<p>Unlimited access as availability allows</p> <p>Notify ahead of time for wheelchair access</p>	<p>Bring photo ID, rent receipt, income statement and proof of residency</p> <p>Must be a resident of community (Limerick, Wollaston, Tudor or Cashel)</p>
<p><b><u>Maynooth &amp; Area Food Bank</u></b></p> <p>33064 Highway 62 Holy Trinity Anglican Church 613-338-2085</p> 	<p>2<sup>nd</sup> and 3<sup>rd</sup> Thursday of the month 11:30am-12:30pm</p>	<p>Unlimited access as availability allows</p>	<p>Bring proof of residence in Maynooth and Area (e.g. rent receipt, driver's licence)</p>
<p><b><u>North Hastings Children's Services</u></b> <b>Food Bank</b></p> <p>20 Hastings Heritage Way, Bancroft 613-332-0179 <a href="http://www.nhcs.ca">www.nhcs.ca</a> <a href="mailto:sphoenix@nhcs.ca">sphoenix@nhcs.ca</a></p>	<p>Monday-Friday 8:30am-4:30pm</p>	<p>Access by referrals only</p> <p>Access 3 times per year</p>	<p>Referral required (can also be referred by other agencies)</p> <p>Office hours: Monday-Friday 7:30am-4:30pm</p>
<p><b><u>North Hastings Community Cupboard</u></b></p> <p>2 Madawaska Street, Bancroft 343-476-0177 <a href="mailto:northhastingscc@gmail.com">northhastingscc@gmail.com</a> <a href="http://www.communitycupboard.ca">www.communitycupboard.ca</a></p> 	<p>Tuesday and Friday 10am-11:30am</p> <p>Thursday 4:00pm-5:30pm</p> <p>Closed holidays</p>	<p>Seniors (65+years)</p> <p>Access 4 times a month</p>	<p>Everyone is welcome</p> <p>Bring photo ID of all family members</p> <p>No wheelchair access but they will bring food outside</p>

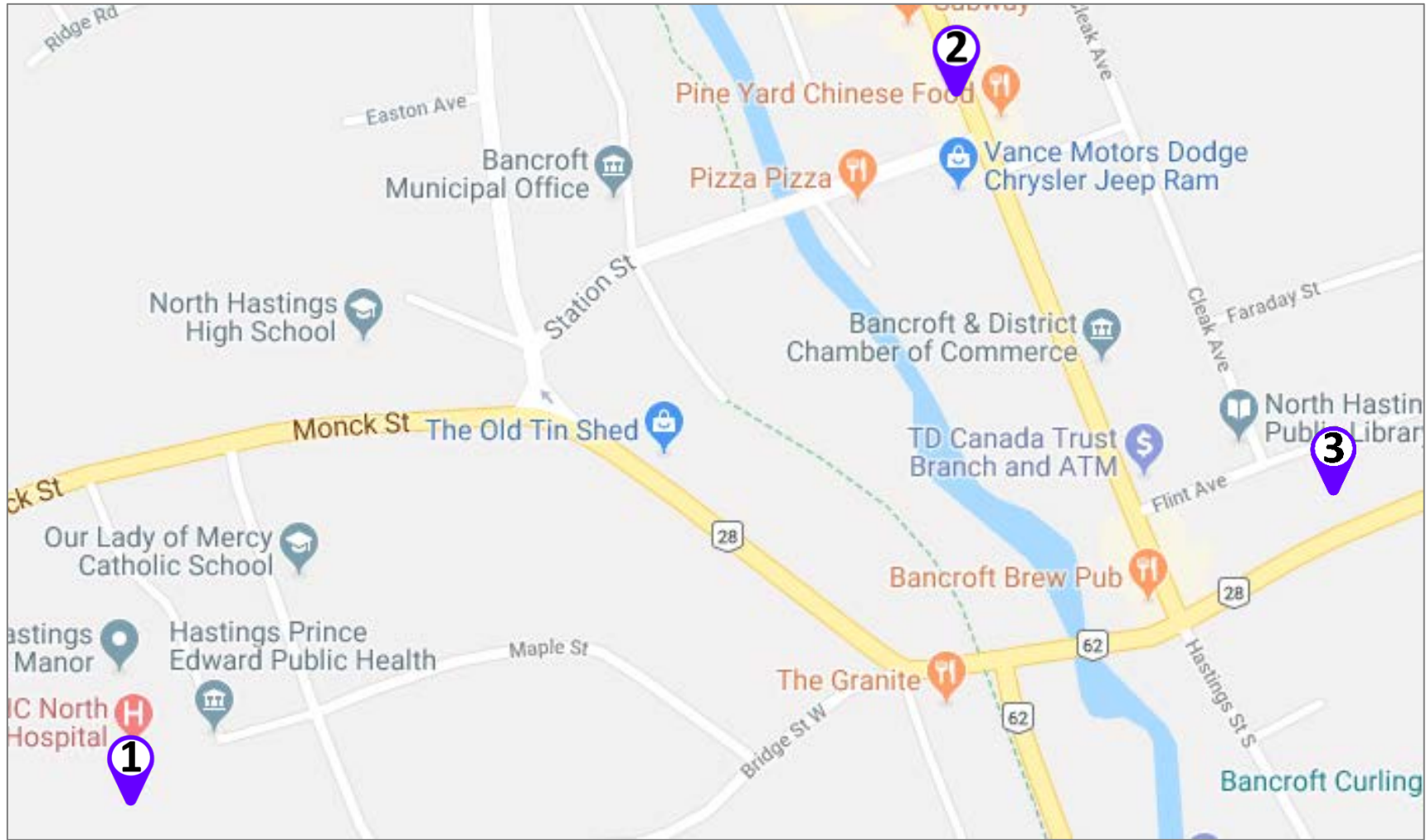
Who Offers It?	When?	How Often Can I Use It?	Am I Eligible?
<p><b><u>Word of Life Outreach</u></b>  <b>Food Bank</b></p> <p>2016 Highway 127, Lake St. Peter  613-338-2121  <a href="mailto:info@wolo.ca">info@wolo.ca</a></p> 	<p>Tuesday  1pm-3pm</p>	<p>Twice a month</p>	<p>Everyone is welcome</p> <p>Application form to be filled out at first visit</p> <p>Clothing depot –  Tuesday to Friday 10am-3pm.  Open to everyone.</p>

# MEAL PROGRAMS

**1** CARE North Hastings  
- Meals on Wheels  
and Hot Lunch (West)






**2** CARE North Hastings  
- Hot Lunch (East)





**3** Anglican Parish of  
North Hastings



Map data: Google

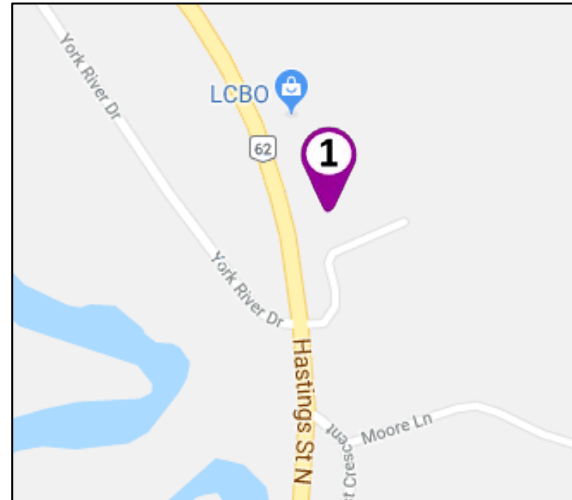


Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u><a href="#">Anglican Parish of North Hastings</a></u></b></p> <p>21 Flint Avenue, Bancroft 613-332-3662 <a href="mailto:anglicanparishnh@bellnet.ca">anglicanparishnh@bellnet.ca</a></p> 	<p>Hot meal and dessert \$4/person</p>	<p>Tuesday 11am-1pm</p>	<p>Everyone is welcome Wheelchair accessible</p>
<p><b><u><a href="#">CARE North Hastings</a></u></b> <b>Meals on Wheels (Hot)</b></p> <p>1 Manor Lane, Lower Level Professional Services Building, Bancroft 613-332-4700 ext. 4 <a href="mailto:asmith@carenh.org">asmith@carenh.org</a> <a href="http://www.carenorthhastings.org">www.carenorthhastings.org</a></p>  	<p>Hot meal Call for pricing</p>	<p>Call to register Monday-Friday 9am-4:30pm</p> <p>Home delivery Tuesday and Thursday 12pm-1pm</p> <p>On hold for summer, back in September. Call for more information</p>	<p>18+ with disability 55+ seniors</p>
<p><b><u><a href="#">CARE North Hastings</a></u></b> <b>Meals on Wheels (Frozen)</b></p> <p>1 Manor Lane, Lower Level Professional Services Building, Bancroft 613-332-4700 ext. 4 <a href="mailto:asmith@carenh.org">asmith@carenh.org</a> <a href="http://www.carenorthhastings.org">www.carenorthhastings.org</a></p>  	<p>Frozen meal \$5/entrée \$2/soup or dessert</p>	<p>Call to register Monday-Friday 9am-4:30pm</p> <p>Pick up from office or home delivery Last Thursday of every month</p> <p>Walk-in purchase from stock supply Monday-Friday 9am-4:30pm</p> <p>On hold for summer, back in September. Call for more information</p>	<p>18+ with disability 55+ seniors</p>

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u>CARE North Hastings</u></b>  <b>Social Meal &amp; Activities</b></p> <p>1 Manor Lane, Lower Level  Professional Services Building,  Bancroft  613-332-4700 ext. 4  <a href="mailto:asmith@carenh.org">asmith@carenh.org</a></p>  	<p>Hot Lunch and Learn  Donation</p>	<p>Every Monday  11:00am-2:30pm</p> <p>No registration required</p>	<p>18+ with disability  55+ seniors</p>
<p><b><u>CARE North Hastings</u></b>  <b>Social Meal &amp; Activities</b></p> <p>109 Hastings Street North, Bancroft  613-332-4700 ext. 6  <a href="mailto:jpostma@carenh.org">jpostma@carenh.org</a></p>  	<p>Hot lunch  Donation</p>	<p>2<sup>nd</sup> Friday of every month  11:30am-1:30pm</p> <p>Call to register</p>	<p>18+ with disability  55+ seniors</p>

# COLLECTIVE KITCHENS, COOKING CLASSES & OTHER PROGRAMS

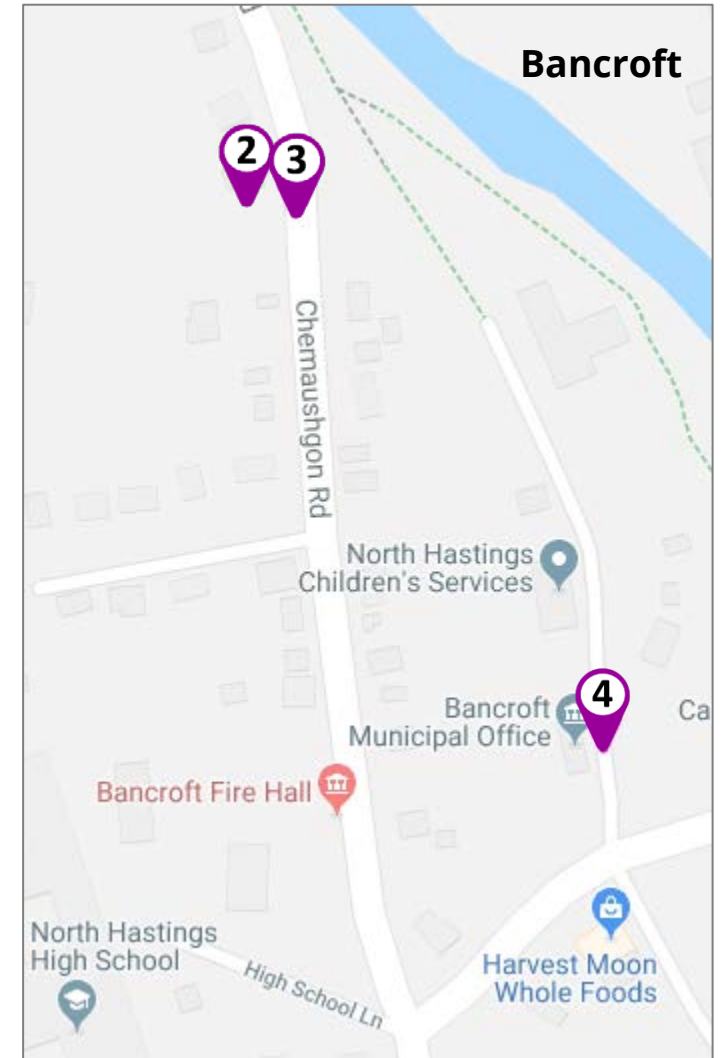
**1** North Hastings Children's Services – Kitchen Connection












**2** Hastings Prince Edward Public Health – Food For You: Food For Two

**3** Métis Nation of Ontario – Community Kitchen

**4** North Hastings Children's Services – Collective Kitchen and Healthy Busy Bodies



Map data: Google

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u>Community Development Council of Quinte Community Kitchens</u></b></p> <p>Locations throughout HPE Counties Main office: 65 Station Street, Belleville 613-968-2466 <a href="mailto:cdc@cdcquinte.com">cdc@cdcquinte.com</a> <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></p> <p> </p> <p></p>	<p>A hands-on cooking experience and participate in cooking a healthy budget-friendly meal</p> <p>Free</p>	<p>All year</p> <p>Call for a location nearest you</p>	<p>For residents of Hastings and Prince Edward counties</p> <p>Ages 16+</p> <p>Call to register</p>
<p><b><u>Hastings Prince Edward Public Health</u></b> <b>Food For You: Food For Two</b></p> <p>Métis Nation of Ontario office 91 Chemaushgon Road, Bancroft 613-966-5500 ext. 610 <a href="http://www.hpepublichealth.ca">www.hpepublichealth.ca</a></p> <p> </p> <p></p>	<p>Learn about healthy eating, healthy pregnancy, and child development</p> <p>Moms receive free groceries, milk, prenatal vitamins, transportation, and onsite child care</p> <p>Free</p>	<p>Thursday 10am–12pm</p> <p>Drop in</p>	<p>Pregnant moms who need extra support</p> <p>Must be a resident of North Hastings</p> <p>Visit and complete a form to register</p>
<p><b><u>Métis Nation of Ontario</u></b> <b>Community Kitchen</b></p> <p>91 Chemaushgon Road, Bancroft 613-332-2575 ext. 27 <a href="mailto:robins@metisnation.org">robins@metisnation.org</a> <a href="http://www.metisnation.org">www.metisnation.org</a></p> <p> </p> <p></p>	<p>Part of Community Action Programs for Children</p> <p>Also offer gardening workshops, menu planning, and other no cost food-related activities</p> <p>Free</p>	<p>Weekly</p> <p>Call office for dates and times</p>	<p>For all families with children 0-6 years old</p> <p>Call to register Monday-Friday 8:30am-4:30pm</p>

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u>North Hastings Children's Services</u></b>  <b>Collective Kitchen</b></p> <p>20 Hastings Heritage Way, Bancroft  613-332-0179  <a href="http://www.nhcs.ca">www.nhcs.ca</a></p> 	<p>Free</p>	<p>Access by referral only  Call for referral information</p>	<p>For parent/caregiver and child  0-12 years</p> <p>Call to register  Monday-Friday  7:30am-5:30pm</p>
<p><b><u>North Hastings Children's Services</u></b>  <b>Healthy Busy Bodies</b></p> <p>20 Hastings Heritage Way, Bancroft  613-332-0179  <a href="http://www.nhcs.ca">www.nhcs.ca</a></p> 	<p>Prepare and enjoy a lunch</p> <p>Go home with a nutritious,  low-cost recipe card and a  \$10 food card for a local  grocery store (to buy recipe  ingredients)</p> <p>Free</p>	<p>Thursday  10:00am-12:30pm</p> <p>Drop in</p>	<p>For parent/caregiver and child  0-12 years</p>
<p><b><u>North Hastings Children's Services</u></b>  <b>Kitchen Connection</b></p> <p>Held at <a href="#">Bancroft Pentecostal Church</a>  311 Hastings Street North, Highway 62 N  613-332-0179  <a href="http://www.nhcs.ca">www.nhcs.ca</a></p> 	<p>Parent/caregiver and child  interactive group</p> <p>Free</p>	<p>Wednesday  10:00am-12:30pm</p> <p>Closed holidays</p> <p>Call for details</p>	<p>For parent/caregiver and child  0-12 years</p> <p>Call to register  Monday-Friday  7:30am-5:30pm</p>

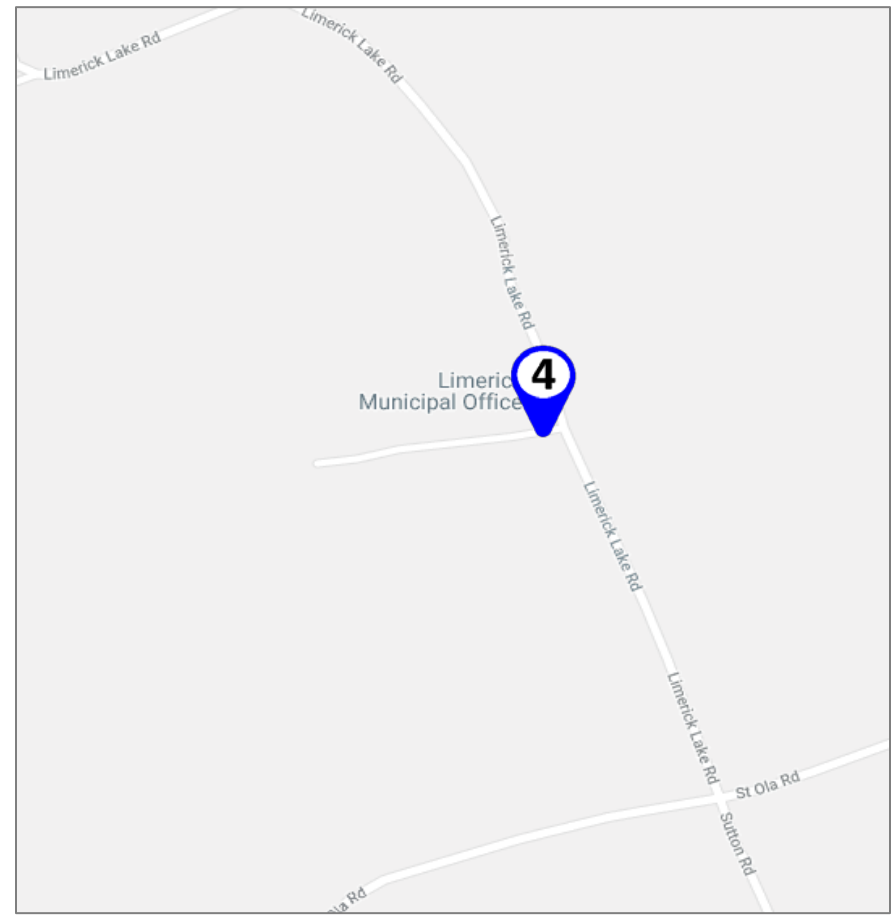
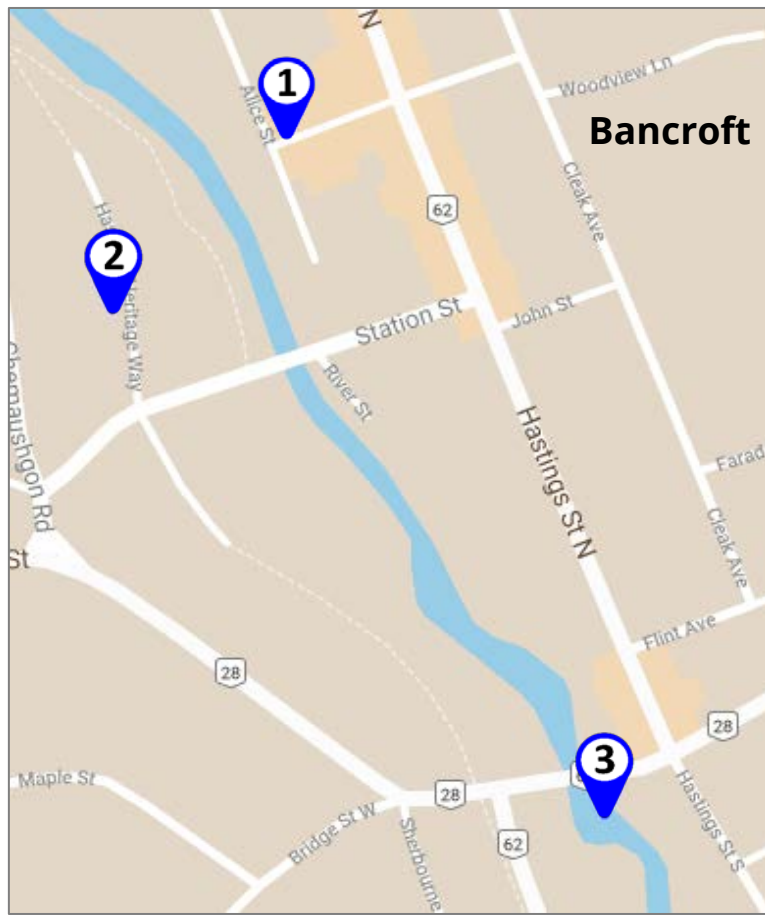
# FOOD BOX PROGRAMS

**1** North Hastings Community Cupboard









**2** North Hastings Children's Services







**3** North Hastings Community Trust

**4** Limerick Municipal Office



Map data: Google

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u><a href="#">North Hastings Children's Services</a></u></b>  <b>Good Baby Box Depot</b>            Through Community Development Council of Quinte (CDCQ)</p> <p>20 Hastings Heritage Way, Bancroft            613-332-0179  <a href="http://www.nhcs.ca">www.nhcs.ca</a></p> <p></p> <p>Contact CDCQ:            613-968-2466  <a href="mailto:gfb@cdcquinte.com">gfb@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></p> <p>  </p>	<p>Baby Box \$6.50</p>	<p>Order and pay by:            First week of the month            Monday-Friday            9am-4pm            Saturday 10am-12pm</p> <p>Pick up:            3<sup>rd</sup> Wednesday of the month            1pm-4:30pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward counties</p> <p>To register:            Call North Hastings Children's Services or call/email CDCQ</p> <p>Cash only</p> <p>Bring bags</p>
<p><b><u><a href="#">North Hastings Community Cupboard</a></u></b>  <b>Good Food Box Depot</b>            Through Community Development Council of Quinte (CDCQ)</p> <p>2 Madawaska Street, Bancroft            343-476-0177  <a href="http://www.northhastingscc.com">www.northhastingscc.com</a></p> <p></p> <p>Contact CDCQ:            613-968-2466  <a href="mailto:gfb@cdcquinte.com">gfb@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></p> <p>  </p>	<p>Large Good Food Box \$15</p> <p>Small Good Food Box \$10</p> <p>Fruit Bag \$5</p> <p>Unlimited Access</p>	<p>Order and pay by:            2<sup>nd</sup> Monday of the month</p> <p>Pick up:            3<sup>rd</sup> Wednesday of the month            3pm-5pm</p> <p>Office hours:            Tuesday &amp; Friday            10am-11:30am</p> <p>Thursday            4pm-7pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>Request free delivery when ordering box (in town only)</p> <p>To register:            Call North Hastings Community Cupboard</p> <p>Cash only</p> <p>Bring bags</p>

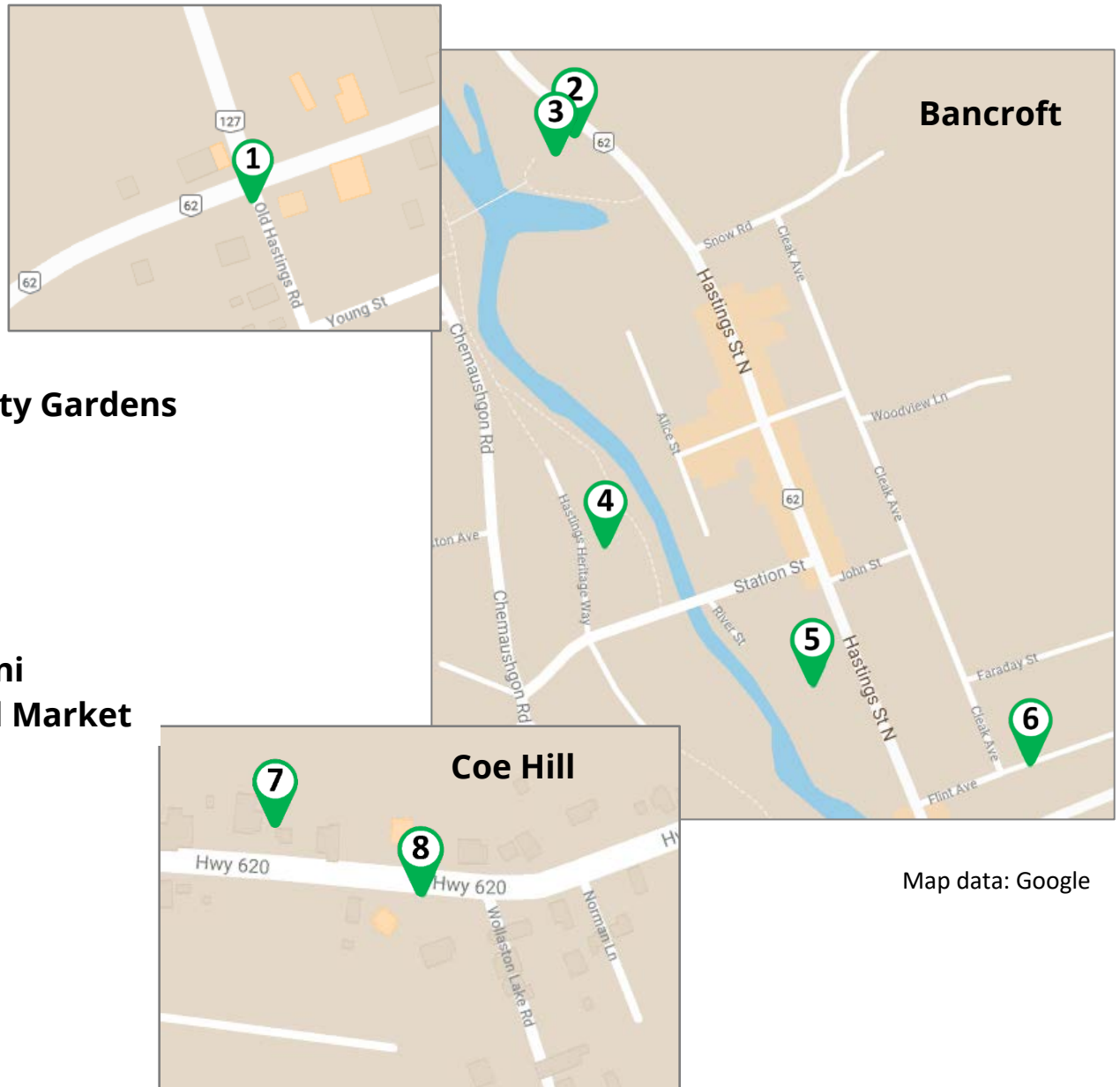
Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u><a href="#">North Hastings Community Cupboard</a></u></b>  <b>Good Baby Box Depot</b>            Through Community Development Council of Quinte (CDCQ)</p> <p>2 Madawaska Street, Bancroft            343-476-0177  <a href="http://www.northhastingscc.com">www.northhastingscc.com</a></p> <p>Contact CDCQ:            613-968-2466  <a href="mailto:gfb@cdcquinte.com">gfb@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></p>   	<p>Baby Box \$6.50</p>	<p>Order and pay by:            1<sup>st</sup> week of the month</p> <p>Pick up:            3<sup>rd</sup> Wednesday of the month            2pm-4pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward counties</p> <p>Request free delivery when ordering box (in town only)</p> <p>To register:            Call North Hastings Community Cupboard or call/email CDCQ</p> <p>Cash only</p> <p>Bring bags</p>
<p><b><u><a href="#">North Hastings Community Trust</a></u></b>  <b>Good Food Box Depot</b>            Through Community Development Council of Quinte (CDCQ)</p> <p>23B Bridge Street, Bancroft            613-332-3657  <a href="mailto:nhcommunitytrust@gmail.com">nhcommunitytrust@gmail.com</a></p> <p>Contact CDCQ:            613-968-2466  <a href="mailto:gfb@cdcquinte.com">gfb@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></p>   	<p>Large Good Food Box \$15</p> <p>Small Good Food Box \$10</p> <p>Fruit Bag \$5</p> <p>Unlimited Access</p>	<p>Order and pay by:            First Wednesday of the month</p> <p>Pick up:            3<sup>rd</sup> Wednesday of the month            2:30pm-4:30pm</p> <p>Office hours:            Tuesday-Friday            10am-3:30pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward counties</p> <p>To register:            Call North Hastings Community Trust</p> <p>Cash only</p> <p>Bring bags</p>



Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u>Limerick Municipal Office</u></b>  <b>Good Food Box Depot</b>            Through Community Development            Council of Quinte (CDCQ)</p> <p>89 Limerick Lake Road, Gilmour            613-332-3657  <a href="mailto:clerk@township.limerick.on.ca">clerk@township.limerick.on.ca</a></p> <p>Contact CDCQ:            613-968-2466  <a href="mailto:gfb@cdcquinte.com">gfb@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></p>   	<p>Large Good Food Box \$15</p> <p>Small Good Food Box \$10</p> <p>Fruit Bag \$5</p> <p>Unlimited Access</p>	<p>Order and pay by:            First Wednesday of the            month</p> <p>Pick up:            3<sup>rd</sup> Wednesday of the month            1:30pm-4pm</p> <p>3<sup>rd</sup> Thursday of the month            8am-4pm</p> <p>Office hours:            Monday-Friday            8am-4pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince            Edward counties</p> <p>To register:            Call Limerick Municipal Office</p> <p>Bring bags</p>

# COMMUNITY GARDEN & LOCAL FOOD INITIATIVES

- 1** Maynooth Farmers' Market
- 2** Bancroft Farmers' Market
- 3** Club 580 Good Food Market
- 4** Harvest the North Community Gardens
- 5** Bancroft Good Food Market
- 6** Kijicho Manito Madaouskarini Algonquin Nation Good Food Market
- 7** Coe Hill Good Food Market
- 8** Coe Hill Farmers' Market



Map data: Google

Who Offers It?	Where Is It?	When?	Cost?	Am I Eligible?
<p><b><u><a href="#">Bancroft Good Food Market</a></u></b> Through CDCQ:</p> <p>68 Hastings Street North, Bancroft</p> <p>Contact CDCQ: 613-968-2466 <a href="mailto:gfb@cdcquinte.com">gfb@cdcquinte.com</a> <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></p> 	<p>Bancroft</p> <p>68 Hastings Street North, Bancroft</p>	<p>1<sup>st</sup> Thursday of every month</p> <p>10am-12pm</p> <p>Once a month, year- round</p>	<p>Costs vary</p> <p>Cash only</p> <p>Bring bags</p>	<p>Everyone is welcome</p> <p>For residents of Hastings County</p>
<p><b><u><a href="#">Bancroft Farmers' Market</a></u></b></p> <p>168 Hastings Street North, Bancroft 613-332-3331 <a href="mailto:isauter@bancroft.ca">isauter@bancroft.ca</a></p>  	<p>Millennium Park 168 Hastings Street North, Bancroft</p>	<p>First weekend in June to Thanksgiving</p> <p>Friday 11am-4pm</p>	<p>Costs vary</p> <p>Cash only</p> <p>Credit card and debit available with some vendors</p>	<p>Everyone is welcome</p>

Who Offers It?	Where Is It?	When?	Cost?	Am I Eligible?
<p><b><u>Club 580</u></b>  <b>Good Food Market</b>            Through CDCQ:</p> <p>168 Hastings Street North,            Bancroft</p> <p>Contact CDCQ:            613-968-2466  <a href="mailto:gfm@cdcquinte.com">gfm@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></p> 	<p>Club 580            168 Hastings Street            North, Bancroft</p>	<p>2<sup>nd</sup> Friday of every            month</p> <p>4:30pm-6pm</p> <p>Once a month, year-            round</p>	<p>Costs vary</p> <p>Cash only</p> <p>Bring bags</p>	<p>Everyone welcome</p> <p>For residents of            Hastings County</p>
<p><b><u>Coe Hill</u></b>  <b>Good Food Market</b>            Through CDCQ</p> <p>Royal Canadian Legion Hall,            2254 Highway 620 Coe Hill</p> <p>Contact CDCQ:            613-968-2466  <a href="mailto:gfm@cdcquinte.com">gfm@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></p>  	<p>Royal Canadian Legion            Hall, 2254 Highway 620</p>	<p>1<sup>st</sup> Thursday of every            month</p> <p>1:30pm-3:00pm</p> <p>Once a month, year-            round</p>	<p>Costs vary</p> <p>Cash only</p> <p>Bring bags</p>	<p>Everyone is welcome</p> <p>For residents of            Hastings County</p>
<p><b><u>Coe Hill Farmers’            Market</u></b></p> <p>2230 Highway 620, Coe Hill            613-334-1007  <a href="http://www.harvesthastings.ca">www.harvesthastings.ca</a></p>	<p>Coe Hill</p> <p>2230 Highway 620            (beside Royal            Canadian Legion)</p>	<p>May-September</p> <p>Saturday            9am-2pm</p>	<p>Costs vary</p> <p>Cash only</p>	<p>Everyone is welcome</p>

Who Offers It?	Where Is It?	When?	Cost?	Am I Eligible?
<p><b><u>Harvest the North</u></b>  <b>Community Gardens</b></p> <p>613-339-1100  <a href="mailto:nhcommunitytrust@gmail.com">nhcommunitytrust@gmail.com</a></p> 	<p>River Side Park  4-26 Hastings Heritage Way, Bancroft</p>	<p>Growing season  April–October</p>	<p>Free</p>	<p>Everyone is welcome  Email to register</p>
<p><b><u>Kijicho Manito</u></b>  <b><u>Madaouskarini</u></b>  <b><u>Algonquin Nation</u></b>  <b>Good Food Market</b>  Through CDCQ:</p> <p>24 Flint Street, Bancroft</p> <p>Contact CDCQ:  613-968-2466  <a href="mailto:gfm@cdcquinte.com">gfm@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></p>  	<p>Bancroft  24 Flint Street, Bancroft</p>	<p>1<sup>st</sup> Thursday of every month  10am-12pm  Once a month, year-round</p>	<p>Costs vary  Cash only  Bring bags</p>	<p>Everyone is welcome  For residents of Hastings County</p>
<p><b><u>Maynooth Farmers' Market</u></b></p> <p>613-338-5303  <a href="mailto:christinehass44@gmail.com">christinehass44@gmail.com</a></p>	<p>Maynooth Community Centre  33090 Highway 62, Maynooth</p>	<p>Last weekend in May to the Saturday of Thanksgiving  Saturday  8am-1pm</p>	<p>Costs vary  Cash only, some vendors accept debit and credit</p>	<p>Everyone is welcome</p>

# STUDENT NUTRITION PROGRAMS

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**Food for Learning** supports student nutrition programs in almost every school in Hastings and Prince Edward Counties. Snack, breakfast and lunch programs are available to all children and youth in participating schools. Program dates and times vary according to individual school schedules. You must be a student at one of the education sites to participate.

For more information contact:

Kellie Brace, Food for Learning Coordinator  
c/o The Hastings and Prince Edward Learning Foundation  
156 Ann Street, Belleville, ON K8N 3L3  
613-966-1170 ext. 62232  
[kbrace@hpedsb.on.ca](mailto:kbrace@hpedsb.on.ca)

Education sites that have student nutrition programs in North Hastings:

- Bird's Creek Public School
- Coe Hill School
- Hermon Public School
- Maynooth Public School
- North Hastings High School
- Our Lady of Mercy Catholic School
- York River Public School

# Glossary

## **Emergency Food Services**

Food banks, pantries, cupboards, vouchers or hampers all provide access to food in times of crisis.

## **Meal Programs**

Organizations that offer free or low-priced breakfast, lunch, supper, and/or snacks.

## **Collective Kitchens, Cooking Classes & Other Programs**

Collective Kitchen: members plan, budget, prepare, and take-home meals, at a lower cost.

Community Kitchen: similar to a collective kitchen, groups prepare food to sit down and have a meal together.

Cooking Class: hands-on class where members plan, prepare and taste food.

## **Food Box Programs**

Christmas Sharing: food boxes for families living on a low income, who wish to enjoy a festive Christmas supper.

Large Good Food Box: contains affordable fresh fruit and vegetables suitable for a larger family.

Small Good Food Box: contains affordable seasonal fresh fruit and vegetables suitable for a smaller family.

Fruit Bag: contains affordable seasonal fruit.

Good Baby Box: helps families to stretch their food dollar, reduce costs, and meet the nutritional and hygiene needs of their infants and toddlers.

## **Community Gardens & Local Food Initiatives**

Community Gardens: community members harvest fruit and vegetables from a shared piece of land. Harvested crops may be for plot-owners or donated to local food access programs.

Farmers' Markets: local farms gather on a weekly basis to set up stands and sell their seasonal produce, baked goods and other specialties.

Community Supported Agriculture (CSA): members pay local farmers at beginning of growing season to receive weekly or biweekly shares of seasonal crops (fruit, vegetables, eggs, meat, etc.). Risks and benefits are shared between the community members and local farmers.

## **Grocery Delivery & Transportation Services**

Grocery Delivery: groceries are delivered to your home.

Transportation Services: transportation is provided to and from your home and grocery stores.