

# FOOD ACCESS GUIDE

For Hastings & Prince Edward Counties



— Prince Edward County —

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 [PEC Specialized Transit](#) or call 613-476-6505.**

## Legend



Wheelchair Accessible



Facebook Link



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# PRINCE EDWARD COUNTY

Consecon • Demorestville • Picton • Wellington

EMERGENCY FOOD SERVICES

4

MEAL PROGRAMS

6

COLLECTIVE KITCHENS, COOKING CLASSES & OTHER PROGRAMS

10

FOOD BOX PROGRAMS

13

COMMUNITY GARDENS & LOCAL FOOD INITIATIVES

16

GROCERY DELIVERY & TRANSPORTATION SERVICES

19

STUDENT NUTRITION PROGRAMS




20

# EMERGENCY FOOD SERVICES

- 1** Salvation Army Food Bank
- 2** Picton United Church County Food Bank
- 3** St Vincent de Paul Committee - Emergency Grocery Vouchers
- 4** Storehouse Wellington & District Food Bank

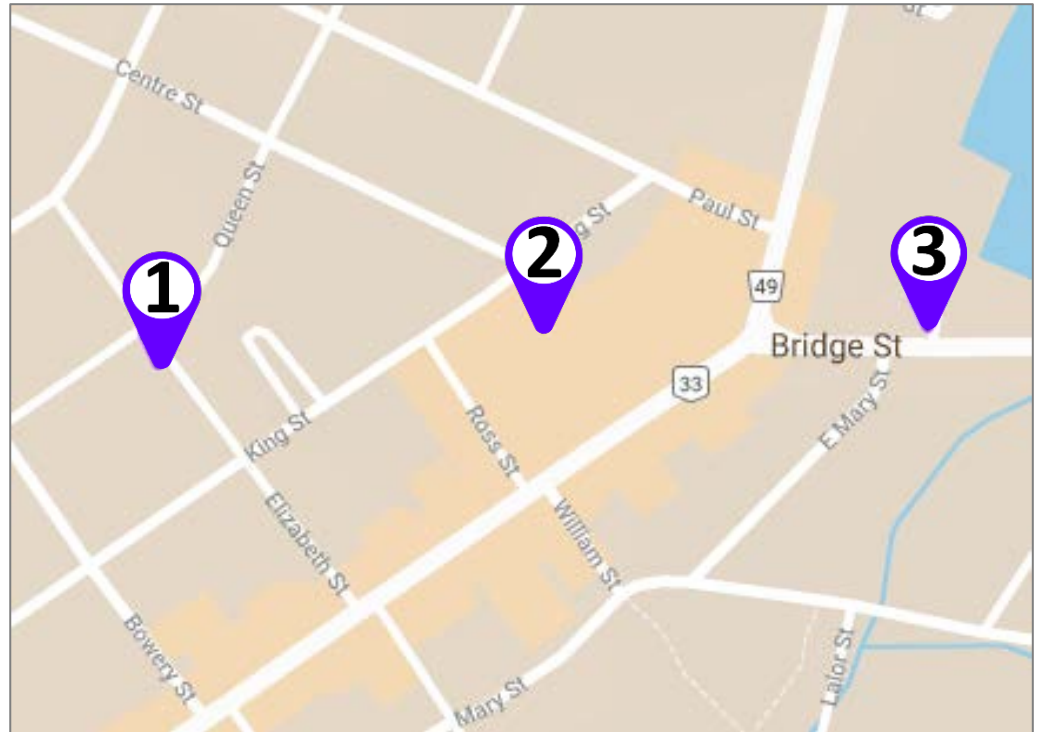


Map data: Google




Who Offers It?	When?	How Often Can I Use It?	Am I Eligible?
<p><b><u><a href="#">Picton United Church Food Bank</a></u></b></p> <p>12 Chapel Street, Picton 613-476-8516 or 613-476-6050 <a href="mailto:pictonunitedchurch@bellnet.ca">pictonunitedchurch@bellnet.ca</a> <a href="http://www.pictonunitedchurch.ca">www.pictonunitedchurch.ca</a></p>	<p>3<sup>rd</sup> Monday of each month 4:30pm-6:30pm</p> <p>Closed Christmas holidays</p>	<p>Once a month</p> <p>Emergency orders available-call for details</p>	<p>ID, proof of address, income statement, and expenses</p> <p>ID required for all family members being registered</p> <p>Delivery available, call for details</p>
<p><b><u><a href="#">Salvation Army Food Bank</a></u></b></p> <p>46 Elizabeth Street, Picton 613-476-3159 <a href="mailto:pictonsalvationarmy@gmail.com">pictonsalvationarmy@gmail.com</a></p> 	<p>Tuesday, Wednesday &amp; Thursday 9am-12pm</p> <p>Closed holidays</p>	<p>Once a month</p>	<p>Bring photo ID, rent receipt, income statement and expenses (e.g. food, housing, hydro)</p>
<p><b><u><a href="#">Storehouse Wellington &amp; District Food Bank</a></u></b></p> <p>304 Niles Street, Wellington Wellington Pentecostal Church basement 613-849-7403 or 613-399-1482 <a href="mailto:downeylinda45@gmail.com">downeylinda45@gmail.com</a> <a href="http://www.wellingtonfoodbank.org">www.wellingtonfoodbank.org</a></p>  	<p>Wednesday 1pm-3pm</p> <p>Or by appointment</p> <p>Open for donations from 10am-3pm (call for details)</p>	<p>Twice a month</p>	<p>For residents of Wellington &amp; District (North part of Prince Edward County)</p> <p>Delivery available for shut-ins or emergency cases</p>
<p><b><u><a href="#">St Vincent de Paul Committee Emergency Grocery Vouchers</a></u></b></p> <p>7 Church Street, Picton St. Gregory Parish 613-476-3371</p>	<p>Call for an appointment</p> <p>See clients on Tuesdays, Wednesdays, and Thursdays</p>	<p>Every other month</p> <p>Emergency situations only</p>	<p>ID may be needed upon request</p> <p>Residents of Prince Edward County</p>

# MEAL PROGRAMS





- 1** Salvation Army - Free Lunch and Community Lunch
- 2** The Prince Edward County Community Care for Seniors Association - Meals on Wheels
- 3** Friendship United Church - Potluck Supper
- 4** St. Andrew's Anglican Church Parish Hall - Hot Meal









Map data: Google

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u>Friendship United Church</u></b>  <b>Friendship Potluck Supper</b></p> <p>2765 County Road 5, Demorestville  613-403-4742  <a href="mailto:princeedward.north@kos.net">princeedward.north@kos.net</a>  <a href="http://www.friendshipchurch.ca">www.friendshipchurch.ca</a></p> 	<p>Potluck supper</p> <p>Christmas supper</p> <p>Free</p>	<p>September-June (closed July &amp; August)</p> <p>Last Tuesday of the month  6:00pm-7:30pm</p> <p>Open holidays</p>	<p>Everyone is welcome</p> <p>Contribute to potluck (bring a nut-free dish to share)</p> <p>Bring own plate, cup &amp; cutlery</p>
<p><b><u>Salvation Army</u></b>  <b>Free Lunch</b></p> <p>46 Elizabeth Street, Picton  Church Hall  613-476-3159  <a href="mailto:sapicton@bellnet.ca">sapicton@bellnet.ca</a></p> 	<p>Lunch</p> <p>Free</p>	<p>September-May (closed December)</p> <p>Last Wednesday of the month  12pm</p>	<p>Everyone is welcome</p>
<p><b><u>Salvation Army</u></b>  <b>Community Lunch</b></p> <p>46 Elizabeth Street, Picton  Church Hall  613-476-3159  <a href="mailto:sapicton@bellnet.ca">sapicton@bellnet.ca</a></p> 	<p>\$7 per meal</p>	<p>September-May (closed December)</p> <p>Last Tuesday of the month  12pm</p> <p>Call to reserve a space</p>	<p>Everyone is welcome</p>



Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u><a href="#">St. Andrew's Anglican Church Parish Hall</a></u></b>  <b>Wellington Community Supper</b></p> <p>244 Main Street, Wellington  613-399-3082  <a href="mailto:saintandrews@bellnet.ca">saintandrews@bellnet.ca</a>  <a href="http://www.standrewswellington.ca">www.standrewswellington.ca</a></p> 	<p>Hot meal and dessert</p> <p>Donations accepted</p> <p>Community organizations take turns hosting the event at the church location</p>	<p>September-June (closed July-August)</p> <p>3<sup>rd</sup> Wednesday of every month</p> <p>Christmas Dinner TBD</p> <p>4:30pm-6:30pm</p>	<p>Everyone is welcome</p>
<p><b><u><a href="#">The Prince Edward County Community Care for Seniors Association</a></u></b>  <b>Meals on Wheels (Hot)</b></p> <p>74A King Street, Picton  613-476-7493  <a href="mailto:info@communitycareforseniors.org">info@communitycareforseniors.org</a>  <a href="http://www.communitycareforseniors.org">www.communitycareforseniors.org</a></p>   	<p>Hot meals delivered to home</p> <p>Call for cost</p> <p>Special diets accommodated</p> <p>Also serves as a reassurance call</p>	<p>Delivery 3-5 days/week at noon depending on location</p>	<p>For seniors 60+</p> <p>Call the office to register:  Monday-Friday  9:00am-4:30pm</p>

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u><a href="#">The Prince Edward County Community Care for Seniors Association</a></u></b>  <b>Meals on Wheels (Frozen)</b></p> <p>74A King Street, Picton  613-476-7493  <a href="mailto:info@communitycareforseniors.org">info@communitycareforseniors.org</a>  <a href="http://www.communitycareforseniors.org">www.communitycareforseniors.org</a></p>   	<p>Frozen meals delivered to home</p> <p>Call for cost</p> <p>Special diets accommodated</p>	<p>Orders placed twice per month</p> <p>Meals can be picked up or delivery can be arranged</p>	<p>For seniors 60+</p> <p>Call the office to register:  Monday-Friday  9:00am-4:30pm</p>
<p><b><u><a href="#">The Prince Edward County Community Care for Seniors Association</a></u></b>  <b>Seniors Luncheon Social</b></p> <p>74A King Street, Picton  613-476-7493  <a href="mailto:info@communitycareforseniors.org">info@communitycareforseniors.org</a>  <a href="http://www.communitycareforseniors.org">www.communitycareforseniors.org</a></p>   	<p>Congregate dining program</p> <p>Home-cooked meal including soup and dessert, \$10 per person</p> <p>Take-out and delivery options also available for \$10 per person</p>	<p>Time and place are advertised in the Picton Gazette or call 613-476-7493</p>	<p>For seniors 60+</p> <p>Call office or go online for more details:  Monday-Friday  9:00am-4:30pm</p> <p>Transportation is available through the Volunteer Driver program</p>

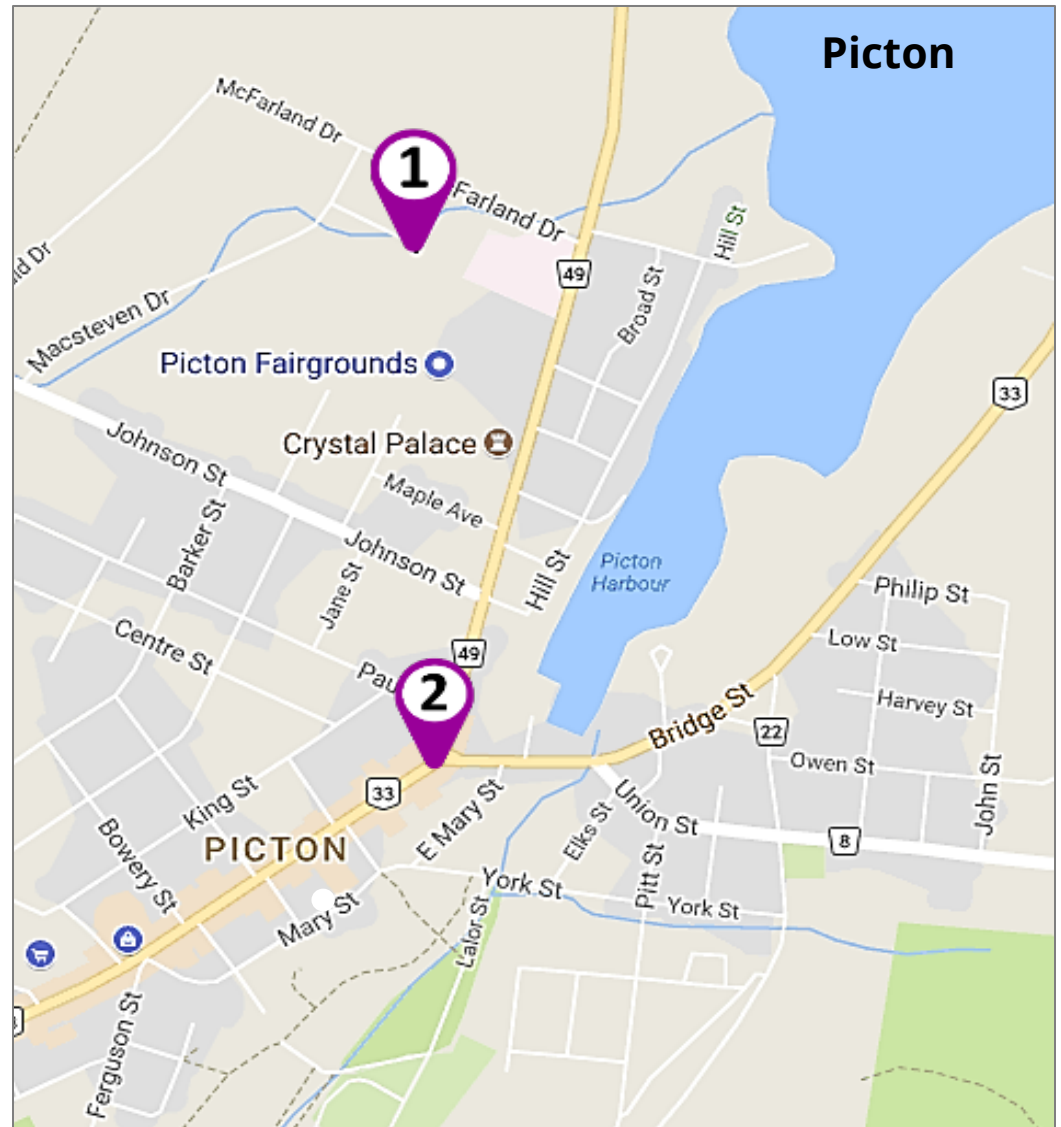
# COLLECTIVE KITCHENS, COOKING CLASSES & OTHER PROGRAMS











**The HUB Child & Family Centre**



**The ROC (Recreation Outreach Centre)**



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>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 dates and locations nearest you</p>	<p>Everyone is welcome</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></p> <p><b>Cooking with the Basic Shelf</b></p> <p>179 North Park Street, Belleville 613-966-5500 ext. 610 <a href="http://www.hpepublichealth.ca">www.hpepublichealth.ca</a></p> <p>  </p>	<p>Cooking class series for adults</p> <p>Free</p>	<p>Call for dates and locations or visit website</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>Adults 18+</p> <p>Call to register</p>
<p><b><u>The HUB Child &amp; Family Centre</u></b></p> <p><b>Healthy Food Healthy Families</b></p> <p>10 McFarland Court, Picton 613-476-8142 <a href="http://www.thehubcentre.ca">www.thehubcentre.ca</a></p> <p> </p>	<p>Nutrition and food skills classes. Hands-on preparation of group meal. Participants receive recipes and Good Food Box.</p>	<p>Monthly</p> <p>Call for program dates</p> <p>September-June</p>	<p>Call to register</p> <p>Office hours: Monday-Friday 8:30am-4:00pm</p>

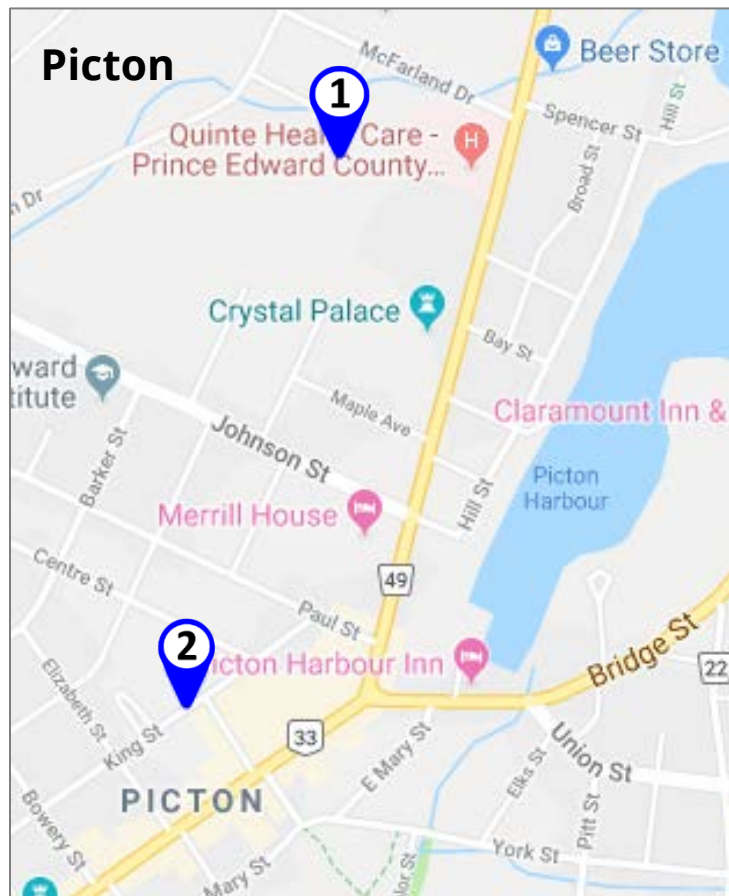
Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u><a href="#">The ROC (Recreation Outreach Centre)</a></u></b></p> <p>299 Main Street, Picton 613-476-1462 <a href="mailto:Darlene@theroc.ca">Darlene@theroc.ca</a> <a href="http://www.theroc.ca">www.theroc.ca</a></p>	<p>Free programs and opportunities for youth throughout Prince Edward County. Healthy meals and snacks are provided</p> <p>Free</p>	<p>Time and date depend on the program</p>	<p>Youth 6-18</p> <p>Call to register</p>

# FOOD BOX PROGRAMS







**1** The HUB Child & Family Centre







**3** Hillier Hall

**2** Community Living Prince Edward



Map data: Google

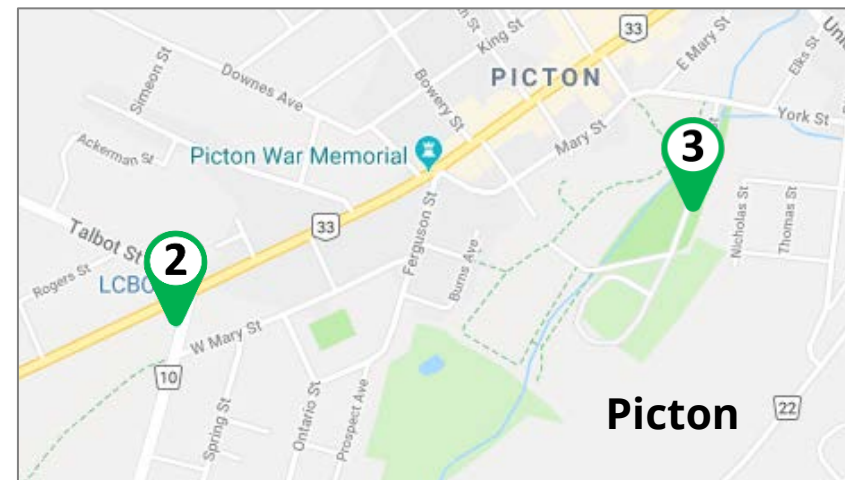
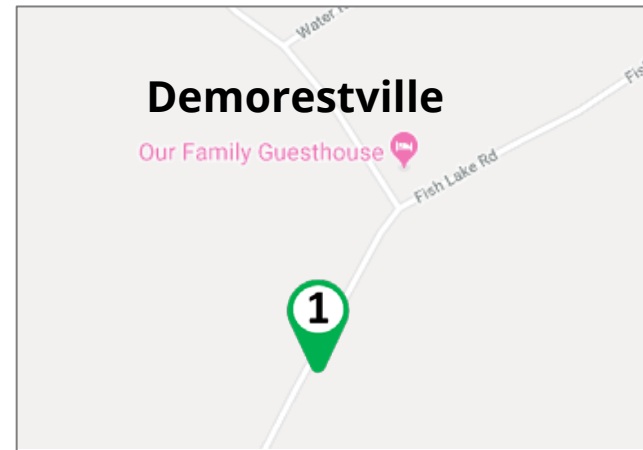
Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u>Community Living Prince Edward</u></b>  <b>Good Food Box Depot</b>            Through Community Development Council of Quinte (CDCQ)</p> <p>67 King Street, Unit 1, Picton            613-476-0323</p> <p>Contact CDCQ:            613-968-2466  <a 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:            1<sup>st</sup> Thursday of the month</p> <p>Pick up:            3<sup>rd</sup> Wednesday of the month</p> <p>Office hours:            8:30am-4:30pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register:            Call Community Living Prince Edward or call/email CDCQ</p> <p>Cash only</p> <p>Bring bags</p>
<p><b><u>Hillier Hall</u></b>  <b>Good Food Box Depot</b>            Through Community Development Council of Quinte (CDCQ)</p> <p>18560 Loyalist Pkwy, Hillier            613-399-2467  <a href="http://www.hillierhall.ca">www.hillierhall.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:            2<sup>nd</sup> Wednesday of the month</p> <p>Pick up:            304 Niles Street, Wellington            3<sup>rd</sup> Wednesday of the month            1pm-6pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register:            Call Hillier Hall or call/email CDCQ</p> <p>Cash only</p>

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u>The HUB Child &amp; Family Centre</u></b>  <b>Good Food Box Depot</b>            Through Community Development Council of Quinte (CDCQ)</p> <p>10 McFarland Court, Picton            613-476-8142  <a href="http://www.thehubcentre.ca">www.thehubcentre.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:            1<sup>st</sup> Wednesday</p> <p>Pick up:            3<sup>rd</sup> Wednesday after 2:30pm</p> <p>Monday-Friday            8:30am-4:00pm</p> <p>Access monthly</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register:            Call The HUB or call/email CDCQ</p> <p>Cash only</p> <p>Bring bags</p>
<p><b><u>The HUB Child &amp; Family Centre</u></b>  <b>Good Baby Box Store</b>            Through Community Development Council of Quinte (CDCQ)</p> <p>10 McFarland Court, Picton            613-476-8142  <a href="http://www.thehubcentre.ca">www.thehubcentre.ca</a></p> <p>Contact CDCQ:            613-968-2466  <a href="mailto:gbb@cdcquinte.com">gbb@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></p>   	<p>Baby Box \$6.50</p>	<p>Monday-Friday            8:30am-4:00pm</p> <p>Access during hours of operation</p>	<p>For residents of Hastings and Prince Edward Counties</p> <p>To register:            Call The HUB or call/email CDCQ</p> <p>Cash only</p> <p>Bring bags</p>






# COMMUNITY GARDEN & LOCAL FOOD INITIATIVES




- 1** Fiddlehead Farm CSA
- 2** Agrarian Farmers' Market
- 3** Picton Community Garden
- 4** Wellington Community Garden
- 5** Wellington Farmers' Market



Map data: Google



Who Offers It?	Where Is It?	When?	How Much Does It Cost?	Am I Eligible?
<p><b><u><a href="#">Agrarian Market</a></u></b>  <b>Farmers Market</b></p> <p>4 Lake Street, Picton  613-475-0001  <a href="mailto:agrarianfarmersmarket@gmail.com">agrarianfarmersmarket@gmail.com</a>  <a href="http://www.agrarianmarket.com">www.agrarianmarket.com</a></p> 	<p>4 Lake Street, Picton</p>	<p>Agrarian Farmers' Market (Sunday only)  8am-12pm</p> <p>Victoria Day  Weekend-  Thanksgiving  Weekend</p>	<p>Costs vary</p>	<p>Everyone is welcome</p>
<p><b><u><a href="#">Fiddlehead Farm</a></u></b>  <b>Community Supported Agriculture Program</b></p> <p>978 Fish Lake Road, Demorestville  Home: 613-476-2391  Cell: 613-970-0892  <a href="mailto:steve@fiddlehead-farm.ca">steve@fiddlehead-farm.ca</a>  <a href="http://www.fiddlehead-farm.ca">www.fiddlehead-farm.ca</a></p> 	<p>Farm pick up:  Wednesday or Saturday</p> <p>Pick up in Belleville:  Victoria Avenue and  MacDonald Avenue on  Wednesday</p> <p>Farmers' Market  Saturday</p>	<p>Full summer  June-October  18 weeks  Weekly pick up</p> <p>Half summer  June-October  9 weeks  Bi-weekly pick up</p> <p>Winter  November-March  Delivered to home</p>	<p>Full Summer  \$550</p> <p>Half Summer  \$300</p> <p>Winter  \$400</p> <p>Each box has \$75  worth of  vegetables</p>	<p>Annual registration January-  May</p> <p>Application form on website</p> <p>Register by mail or website  (PayPal)</p> <p>Call for details</p>
<p><b><u><a href="#">Picton Community Garden</a></u></b></p> <p>Tamara Segal  Garden Coordinator  <a href="mailto:pecgardens@gmail.com">pecgardens@gmail.com</a></p> 	<p>Delhi Park, Lalor Street,  Picton</p>	<p>Growing season April  – October</p>	<p>Free</p>	<p>Everyone is welcome</p> <p>Register by email</p>

Who Offers It?	Where Is It?	When?	How Much Does It Cost?	Am I Eligible?
<p><a href="#"><u>Wellington Community Garden</u></a></p> <p>Linda Guthrie Garden Coordinator 613-399-1624</p> 	<p>459 Main Street, Wellington (Water Filtration Plant)</p>	<p>Growing season is April – October</p>	<p>Free</p>	<p>Everyone is welcome Call to register</p>
<p><a href="#"><u>Wellington Farmers' Market</u></a></p> <p>647-822-7672 <a href="http://www.countymarkets.ca"><u>www.countymarkets.ca</u></a></p>  	<p>243 Main Street, Wellington United Church parking lot</p>	<p>May Long Weekend –Thanksgiving</p> <p>Saturday 8am-1pm</p>	<p>Costs vary</p> <p>Cash</p> <p>Credit card and debit available with some vendors</p>	<p>Everyone is welcome</p>

# GROCERY DELIVERY & TRANSPORTATION SERVICES

Who Offers It?	What Is It?	When?	Cost?
<p><a href="#"><u>Pierson's Foodland Grocery Store</u></a></p> <p>279 Wellington Main Street Wellington, ON K0K 3L0</p> <p>613-399-2076</p>	<p>Grocery Delivery</p>	<p>Call to order: Monday-Friday 9am-1pm</p> <p>Closed Holidays</p>	<p>\$7 for delivery inside of town</p> <p>\$12 for delivery outside of town</p>
<p><a href="#"><u>Sobeys</u></a></p> <p>97 Main Street, Picton, ON K0K 2T0</p> <p>613-476-3246</p>	<p>Grocery Delivery</p>	<p>Call to order: Monday and Thursday 8am-10am</p> <p>Delivered: Monday and Thursday by 12pm</p> <p>Closed holidays</p>	<p>Taxi charge</p>

# STUDENT NUTRITION PROGRAMS

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**Food for Learning** supports student nutrition programs in almost every school education site 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 Prince Edward County:

- Athol-South Marysburgh Public School
- CML Snider School
- Kente Public School
- Loyola School of Adult and Continuing Education
- Massassaga-Rednersville Public School
- Prince Edward Collegiate Institute
- Prince Edward Learning Centre
- Sophiasburgh Central School
- St. Gregory Catholic 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.