

# FOOD ACCESS GUIDE

For Hastings & Prince Edward Counties



— Quinte West —  
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 Quinte Access: [www.quinteaccess.org](http://www.quinteaccess.org) or call 613-392-9640.**

## Legend



Wheelchair Accessible



Facebook Link



Twitter Link

# QUINTE WEST

Frankford • Trenton

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# EMERGENCY FOOD SERVICES

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1

Frankford Food Pantry

2





Care & Share Food Bank

3

Salvation Army

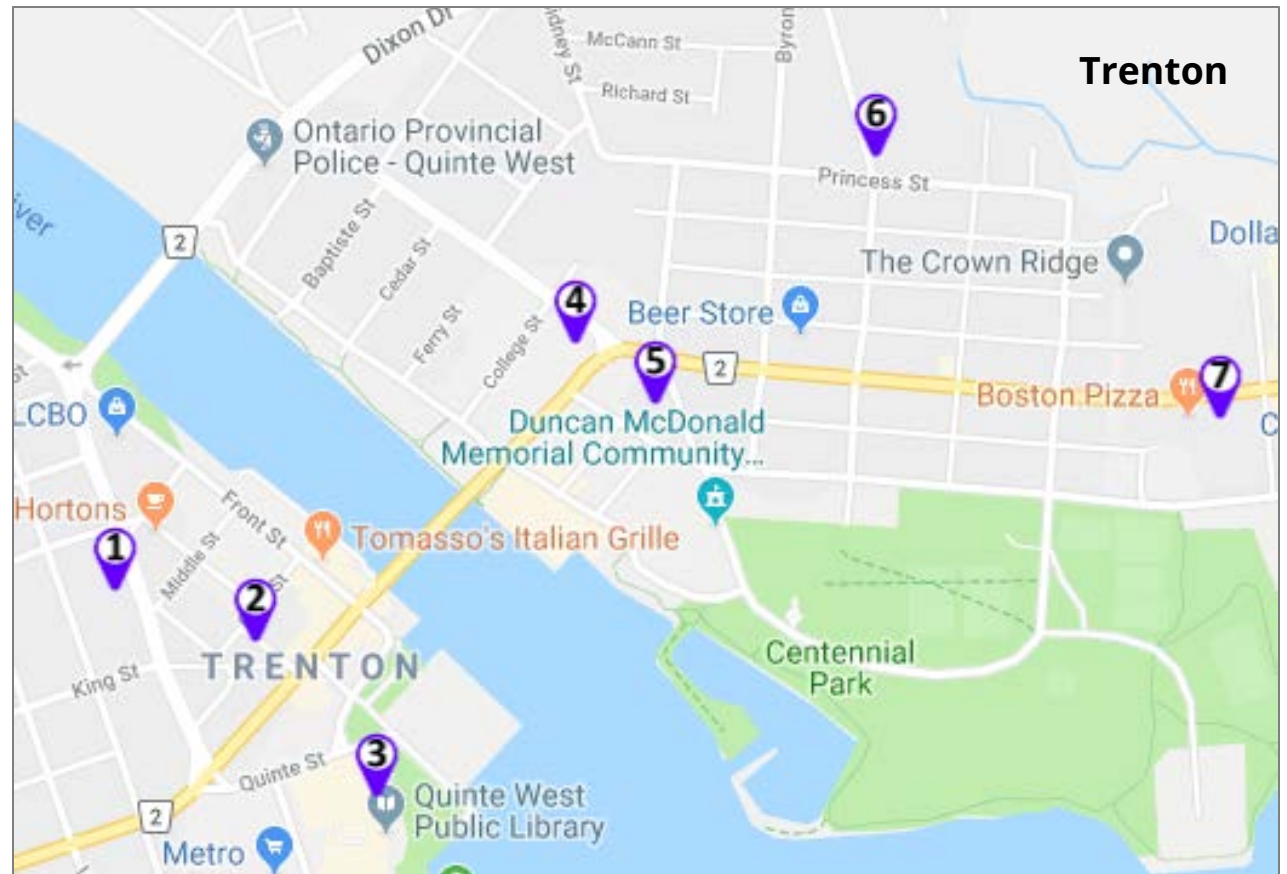


Map data: Google

Who Offers It?	When?	How Often Can I Use It?	Am I Eligible?
<p><b><u>Care &amp; Share Food Bank</u></b></p> <p>30 Pelham Street, Trenton 613-394-5551 caresharefoodbank@bellnet.ca <a href="http://www.trentonfoodbank.ca">www.trentonfoodbank.ca</a></p>  	<p>Monday-Friday (closed Wednesday) 10:00am-12:30pm</p> <p>Closed holidays</p>	<p>Once a month</p>	<p>Bring proof of ID, income and rent receipt</p>
<p><b><u>Frankford Food Pantry</u></b></p> <p>Through Trenton Care &amp; Share 149 King Drive, Frankford 613-398-7681 <a href="mailto:communitychurch@sympatico.ca">communitychurch@sympatico.ca</a> <a href="http://frankfordfoodpantry.wix.com/1112">frankfordfoodpantry.wix.com/1112</a></p> 	<p>Wednesday 5:30pm-7:30pm</p> <p>Friday 10am-12pm</p> <p>Closed holidays</p> <p>Drop in</p>	<p>Once a month</p>	<p>Bring proof of local residency, expenses and income, and photo ID</p>
<p><b><u>Salvation Army</u></b> <b>Food Bank</b></p> <p>244 Dundas Street East, Trenton 613-392-9905 <a href="mailto:cfstrenton@cogeco.net">cfstrenton@cogeco.net</a></p> 	<p>Monday-Thursday 9am-1pm</p> <p>Closed holidays</p>	<p>Once a month</p>	<p>Call to register</p> <p>Bring photo ID for whole family, income statement and expenses (e.g. food, housing, hydro)</p>

# MEAL PROGRAMS








- 1** VON Meals on Wheels
- 2** Foundations Youth Centre - Hot Supper
- 3** Royal Canadian Legion Branch 110 - Breakfast Program
- 4** Saint Andrew's Presbyterian Church - Hot Lunch
- 5** Trenton United Church - Hot Lunch
- 6** VON Diner's Club
- 7** Salvation Army - Free Lunch





Map data: Google

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u>Foundations Youth Centre</u></b>  <b>Hot Supper</b></p> <p>50 Elgin Street, Trenton  613-242-1125  Email via website:  <a href="http://www.sandamianofoundation.ca">www.sandamianofoundation.ca</a></p>	<p>Hot 3 course meal</p> <p>Free</p>	<p>Wednesday  6pm-9pm</p> <p>Friday  6:30pm-11:00pm</p>	<p>For youth</p>
<p><b><u>Royal Canadian Legion Branch 110</u></b>  <b>Breakfast Program</b></p> <p>19 Quinte Street, Trenton (Auditorium)  613-392-3740 (ask for Debbie)  <a href="mailto:rclbr110@bellnet.ca">rclbr110@bellnet.ca</a>  <a href="http://www.rcl110.ca">www.rcl110.ca</a></p> 	<p>Healthy breakfast</p> <p>Free</p>	<p>Every 2<sup>nd</sup> Sunday (may change)  8:30am-10:00am</p> <p>Drop in</p>	<p>Everyone is welcome</p> <p>Children encouraged to attend</p>
<p><b><u>Saint Andrew's Presbyterian Church</u></b>  <b>Healthy Hot Lunch</b></p> <p>16 Marmora Street, Trenton  613-392-1300  <a href="mailto:office@standrewstrenton.ca">office@standrewstrenton.ca</a>  <a href="http://www.standrewstrenton.ca">www.standrewstrenton.ca</a></p> 	<p>Hot lunch</p> <p>Free</p>	<p>Last Friday of the month  11:30am-1:00pm</p> <p>Drop in</p>	<p>Everyone is welcome</p>
<p><b><u>Salvation Army</u></b>  <b>Free Lunch</b></p> <p>244 Dundas Street East, Trenton  613-392-9905  <a href="mailto:cfstrenton@cogeco.net">cfstrenton@cogeco.net</a></p>	<p>Lunch</p> <p>Free</p> <p>Donations welcome</p>	<p>Monday-Thursday  11:30am-1:00pm</p>	<p>Everyone is welcome</p>



Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u>Trenton United Church</u></b> <b>Lunch</b></p> <p>85 Dundas Street East, Trenton 613-392-6001 <a href="mailto:office@trentonunited.ca">office@trentonunited.ca</a> <a href="http://www.trentonunited.ca">www.trentonunited.ca</a></p> <p>  </p>	<p>Hot lunch</p> <p>Free</p> <p>Special diets accommodated</p>	<p>All year</p> <p>1<sup>st</sup> and 3<sup>rd</sup> Friday 11:30am-12:30pm</p>	<p>Everyone is welcome</p> <p>Call to confirm times</p> <p>Office hours: Monday-Friday 9:30am-12:30pm</p>
<p><b><u>VON (Victorian Order of Nurses)</u></b> <b>Meals on Wheels (Hot)</b></p> <p>80 Division Street, Trenton 613-392-4181 <a href="http://www.von.ca/en/site/hastings">www.von.ca/en/site/hastings</a></p> <p> </p>	<p>Hot lunch delivered to home</p> <p>\$7/meal (main &amp; dessert)</p>	<p>Monday-Friday (closed Wednesday) 12pm</p> <p>Closed holidays</p>	<p>For older adults and persons with disabilities</p> <p>Short application</p> <p>Call to register Monday-Friday 8:30am-4:30pm</p>
<p><b><u>VON (Victorian Order of Nurses)</u></b> <b>Meals on Wheels (Frozen)</b></p> <p>80 Division Street, Trenton 613-392-4181 <a href="http://www.von.ca/en/site/hastings">www.von.ca/en/site/hastings</a></p> <p> </p>	<p>Frozen meals are ordered and delivered weekly</p> <p>\$5.75/meal</p>	<p>Delivery: Friday 9am-11am</p> <p>Pick up: Friday 8:30am-4:30pm</p> <p>Closed holidays</p>	<p>For older adults and persons with disabilities</p> <p>Short application</p> <p>Call to register Office hours: Monday-Friday 8:30am-4:30pm</p>

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><a href="#">VON (Victorian Order of Nurses)</a></b>  <b>Diner's Club</b></p> <p>Held at Nights of Columbus            57 Stella Crescent, Trenton            613-392-2310  <a href="http://www.von.ca/en/site/hastings">www.von.ca/en/site/hastings</a></p>  	<p>Healthy hot meal            \$8/meal</p>	<p>All year            3<sup>rd</sup> Wednesday of the month            12pm            Closed holidays</p>	<p>For older adults and persons with disabilities</p> <p>Free transportation offered to/from Hall (call to request)</p> <p>Call to register            Office hours:            Monday-Friday            8:30am-4:30pm</p>

# COLLECTIVE KITCHENS, COOKING CLASSES & OTHER PROGRAMS

1

**Frankford Food Pantry**

2

**Community Partners for Success - Frankford**

3

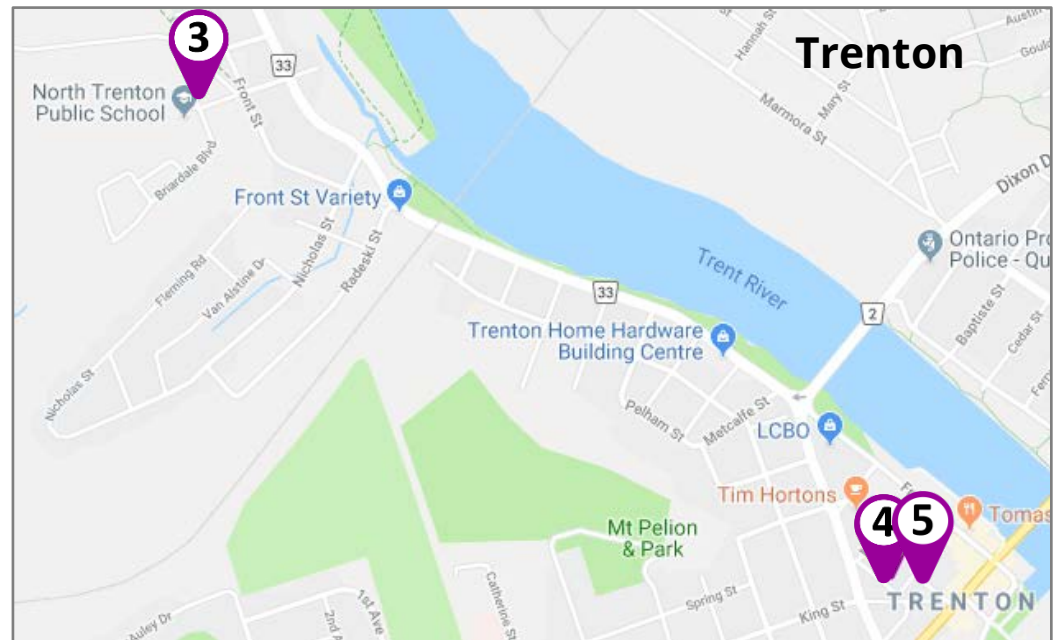
**Quinte West Youth Centre -  
Food for You: Food for Two**






4





**Belleville and Quinte West  
Community Health Centre**

5

**Community Partners for  
Success - Trenton**

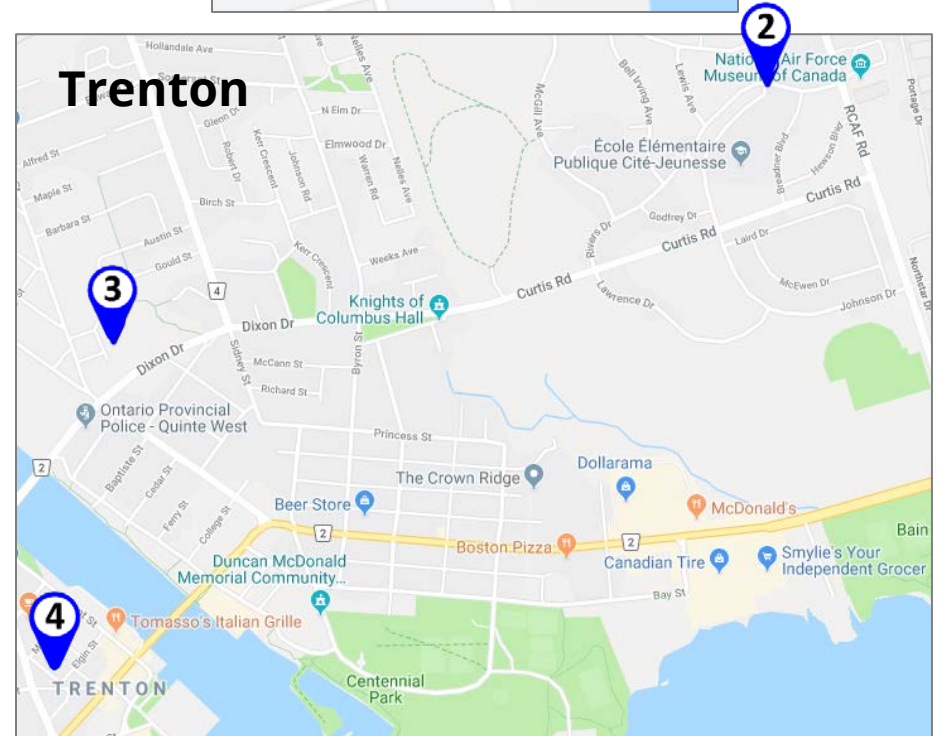


Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u>Belleville and Quinte West Community Health Centre</u></b>  <b>Food for Thought</b></p> <p>70 Murphy Street, Trenton  613-962-0000  <a href="http://www.bqwchc.com">www.bqwchc.com</a></p> 	<p>Cooking program for children</p> <p>Free</p>	<p>Twice a year: March Break and in the summer</p> <p>Call for dates</p> <p>Monday-Friday  Half day classes</p>	<p>Children 9-12</p> <p>Call to register  Monday-Friday  8:30am-12:00pm  1:00pm-4:30pm</p>
<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>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</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>Adults 16+</p> <p>Call to register</p>
<p><b><u>Community Partners for Success Family Support Program (Frankford)</u></b></p> <p>100 North Trent Street, Frankford  613-398-1881  <a href="mailto:helenabootsmacpfs@gmail.com">helenabootsmacpfs@gmail.com</a>  <a href="http://www.communitypartnersforsuccess.org">www.communitypartnersforsuccess.org</a></p> 	<p>12 week program includes lessons on healthy eating on a budget, menu planning and cooking skills</p> <p>Free</p>	<p>Call for program dates</p>	<p><b>Referral required</b> through Community Partners for Success or Ontario Works</p> <p>Office hours:  Monday-Thursday  9:00am-1:00pm  (closed on holidays)</p>

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u>Community Partners for Success</u></b>  <b>Family Support Program (Trenton)</b></p> <p>50 Elgin Street, Trenton  613-965-1167  <a href="mailto:sueolivercpfs@gmail.com">sueolivercpfs@gmail.com</a>  <a href="http://www.communitypartnersforsuccess.org">www.communitypartnersforsuccess.org</a></p> 	<p>12 week program includes lessons on healthy eating on a budget, menu planning and cooking skills</p> <p>Free</p>	<p>Call for program dates</p>	<p><b>Referral required</b> through Community Partners for Success or Ontario Works</p> <p>Office hours:  Monday-Friday  9:30am-1:00pm  (closed on holidays)</p>
<p><b><u>Frankford Food Pantry</u></b>  <b>Cooking Club</b></p> <p>Through Trenton Care &amp; Share  149 King Drive, Frankford  613-398-6386  <a href="mailto:communitychurch@sympatico.ca">communitychurch@sympatico.ca</a>  <a href="http://frankfordfoodpantry.wix.com/1112">frankfordfoodpantry.wix.com/1112</a></p>	<p>Prepare and eat a meal together</p> <p>Free</p>	<p>One Wednesday supper each month</p> <p>One Friday lunch each month</p> <p>Call for dates and times</p>	<p><b>Preregistration is required</b>  Call or email to register</p> <p>For Frankford residents</p> <p>Class sizes are limited</p>
<p><b><u>Hastings Prince Edward Public Health</u></b>  <b>Food for You: Food for Two</b></p> <p>Held at Quinte West Youth Centre  2 Wooler Road, Trenton  613-966-5500 ext. 223  <a href="http://www.hpePublicHealth.ca">www.hpePublicHealth.ca</a></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>Wednesday  10am–12pm</p> <p>Drop in</p>	<p>Pregnant moms who need extra support</p> <p>Must be a resident of Quinte West</p> <p>Visit to complete a form to register</p>










# FOOD BOX PROGRAMS

- 1** Community Partners for Success - Frankford
- 2** Military Family Resource Centre
- 3** Trent River Public School
- 4** Belleville and Quinte West Community Health Centre











Map data: Google

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u><a href="#">Belleville and Quinte West Community Health Centre</a></u></b>  <b>Good Food Box Depot</b>            Through Community Development Council of Quinte (CDCQ)</p> <p>70 Murphy Street, Trenton            613-965-0698  <a href="http://www.bqwchc.com">www.bqwchc.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> </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            9am-12pm and 1pm-4pm</p> <p>Pick up:            3<sup>rd</sup> Wednesday of the month            1pm-4pm</p> <p>Office hours:            Monday to Friday            9am-12pm            1pm-4pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register:            Call Community Health Centre or call/email CDCQ</p> <p>Exact Cash only (no change made)</p> <p>Bring bags</p>
<p><b><u><a href="#">Community Partners for Success</a></u></b>  <b>Good Food Box Depot</b>            Through CDCQ</p> <p>100 North Trent Street, Frankford            613-398-1881  <a href="http://communitypartnersforsuccess.org">communitypartnersforsuccess.org</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> Tuesday of the month            9:30am-1:30pm</p> <p>Pick up at 149 King Drive,            Christian Reformed Church:            3<sup>rd</sup> Wednesday of the month            3:00pm-7:30pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register:            Call Community Partners for Success or call/email CDCQ</p> <p>Cash only</p> <p>Bring bags</p>

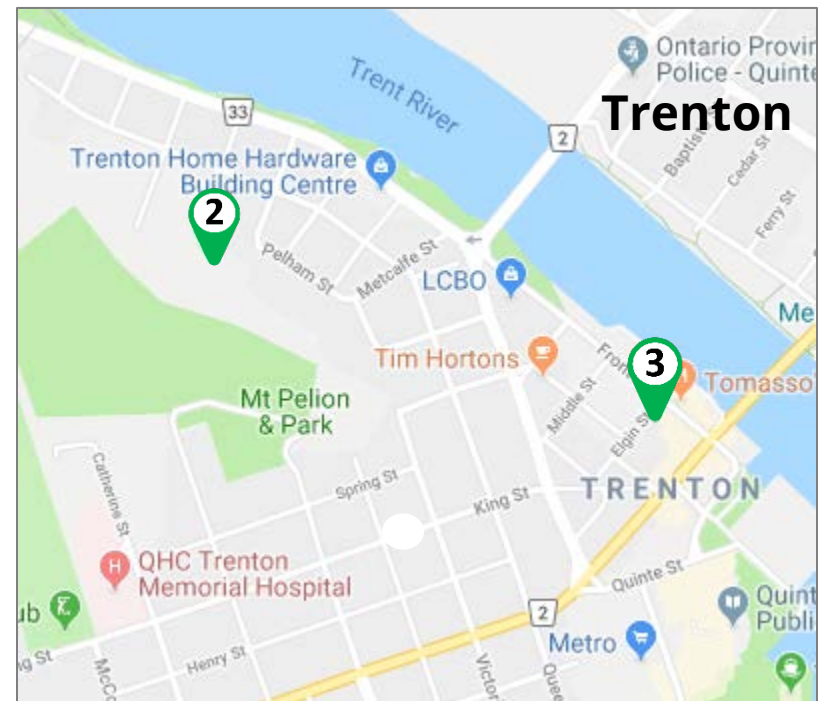
Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u>Community Partners for Success</u></b>  <b>Good Baby Box Depot</b>            Through CDCQ</p> <p>100 North Trent Street, Frankford            613-398-1881  <a href="http://communitypartnersforsuccess.org">communitypartnersforsuccess.org</a></p> <p></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> </p> 	<p>Offers families with young children subsidized baby food and baby care products at a very low-cost</p> <p>\$6.50</p>	<p>Monthly order with weekly product limits</p> <p>Order and pay by:            2<sup>nd</sup> Tuesday of the month            9:30am-1:30pm</p> <p>Pick up at 149 King Drive,            Christian Reformed Church:            3<sup>rd</sup> Wednesday of the month            3pm-6pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register:            Call Community Partners for Success or call/email CDCQ</p> <p>Cash only</p> <p>Bring bags</p>
<p><b><u>Military Family Resource Centre</u></b>  <b>Good Food Box Depot</b>            Through CDCQ</p> <p>50 Rivers Drive East, Trenton            613-392-2811 ext. 3575  <a href="mailto:rabia.s@trentonmfrc.ca">rabia.s@trentonmfrc.ca</a>  <a href="http://www.trentonmfrc.ca">www.trentonmfrc.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>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> Tuesday of the month</p> <p>Pick up:            3<sup>rd</sup> Wednesday of the month            Before 6:30pm</p> <p>Office hours:            Monday–Thursday            8:00am–6:30pm            Friday 8am–5pm</p> <p>Summer hours:            Monday-Friday            7:30am-5:00pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register:            Call Military Family Resource Centre or call/email CDCQ</p> <p>Cash or debit</p> <p>Bring bags</p>



Who Offers It?	What Is It?	When?	Am I Eligible?
<p><b><u>Military Family Resource Centre</u></b>  <b>Good Baby Box Depot</b>  Through CDCQ</p> <p>50 Rivers Drive East, Trenton  613-392-2811 ext. 3575  <a href="mailto:rabia.s@trentonmfr.ca">rabia.s@trentonmfr.ca</a>  <a href="http://www.trentonmfr.ca">www.trentonmfr.ca</a></p> <p> </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>  </p>	<p>Offers families with young children subsidized baby food and baby care products at a very low-cost</p> <p>\$6.50</p> <p>Unlimited Access</p>	<p>Order and pay by:  2<sup>nd</sup> Tuesday of the month</p> <p>Pick up:  3<sup>rd</sup> Wednesday of the month before 6:30pm</p> <p>Office hours:  Monday–Thursday  8:00am–6:30pm  Friday 8am–5pm  Summer hours:  Monday-Friday  7:30am-5:00pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register:  Call Military Family Resource Centre or call/email CDCQ</p> <p>Cash or debit</p> <p>Bring bags</p>
<p><b><u>Trent River Public School</u></b>  <b>Good Baby Box Store</b></p> <p>84 Dixon Drive, Trenton  613-966-9427  <a href="mailto:gbb@cdcquinte.com">gbb@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></p> <p>  </p>	<p>Offers families with young children subsidized baby food and baby care products at a very low-cost</p> <p>\$6.50</p>	<p>Monday, Wednesday, Friday  8:30am-12pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p>


# COMMUNITY GARDEN & LOCAL FOOD INITIATIVES

- 1** Community Partners for Success - Frankford
- 2** City of Quinte West Farmers' Market
- 3** Quinte West Gardens - Growing Community



Map data: Google

Who Offers It?	Where Is It?	When?	How Much Does It Cost?	Am I Eligible?
<p><b><u><a href="#">City of Quinte West Farmers' Market</a></u></b></p> <p>Ben Hagerman 613-392-2841 ext. 4416 <a href="mailto:benh@quintewest.ca">benh@quintewest.ca</a> <a href="http://www.quintewest.ca">www.quintewest.ca</a></p> 	<p>67 Front Street, Downtown Trenton</p>	<p>May-October</p> <p>Wednesday and Saturday 8am-1pm</p>	<p>Costs vary</p>	<p>Everyone is welcome</p>
<p><b><u><a href="#">Community Partners for Success Good Food Market</a></u></b> Through CDCQ</p> <p>100 North Trent Street, Frankford 613-398-1881 <a href="http://communitypartnersforsuccess.org">communitypartnersforsuccess.org</a></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>Community Partners for Success</p> <p>100 North Trent Street, Frankford</p>	<p>First Wednesday of the month 9:30am-11:30am</p> <p>All year</p>	<p>Costs vary</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>Cash only</p> <p>Bring bags</p>

Who Offers It?	Where Is It?	When?	How Much Does It Cost?	Am I Eligible?
<p><b><u><a href="#">Community Partners for Success</a></u></b>  <b>Community Gardens</b></p> <p>100 North Trent Street, Frankford  613-398-1881  Helena Bootsma</p> <p><a href="http://communitypartnersforsuccess.org">communitypartnersforsuccess.org</a></p> 	<p>Community Partners for Success</p> <p>100 North Trent Street, Frankford</p> <p>5 raised garden beds available to community members</p>	<p>Available during growing season: Summer-Fall</p>	<p>Free</p>	<p>For residents of Quinte West: Frankford area</p> <p>Garden plots are available through registration and are allocated on a first come basis</p> <p>Call to register</p>
<p><b><u><a href="#">Quinte West Gardens – Growing Community</a></u></b></p> <p>47 Guelph Street, Trenton  613-438-4682  Colette Richardson</p> <p><a href="mailto:richardson@quintewestgardens.org">richardson@quintewestgardens.org</a></p>	<p>47 Guelph Street, Trenton (beside Trenton Care &amp; Share Food Bank)</p> <p>Communal garden space (no individual plots). Responsibilities shared by all members. Majority of produce donated to local food banks.</p>	<p>During the growing season, summer to fall:  Monday-Friday  9am-11am or by appointment</p>	<p>Free</p>	<p>All welcome to volunteer and share in social benefits of community gardening</p> <p>Call for more information or to get involved.</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 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 Quinte West:

- Bayside Public School
- Bayside Secondary School
- École Élémentaire Publique Cité Jeunesse
- École Secondaire Marc-Garneau
- Frankford Public School
- Loyola School of Adult and Continuing Education
- North Trenton Public School
- Prince Charles Public School
- Quinte Youth Centre
- Sacred Heart Catholic School
- St. Mary Catholic School
- St. Paul Catholic Secondary
- St. Peter Catholic School
- Trenton High School
- Trent River Public School
- VP Carswell Elementary 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.