

FOOD ACCESS GUIDE

For Hastings & Prince Edward Counties



— South East 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 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.
For more information, please visit hpepublichealth.ca

About This Guide

Go to 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 [Deseronto Transit](#) or call 613-396-4008.

Legend



Wheelchair Accessible



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Twitter Link

SOUTH EAST HASTINGS

Deseronto • Marysville • Tyendinaga

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EMERGENCY FOOD SERVICES



Helping Hands Food Bank

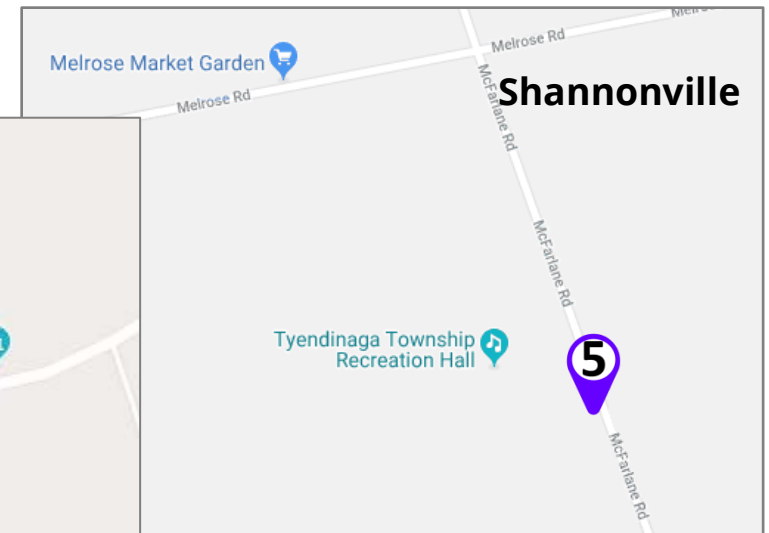
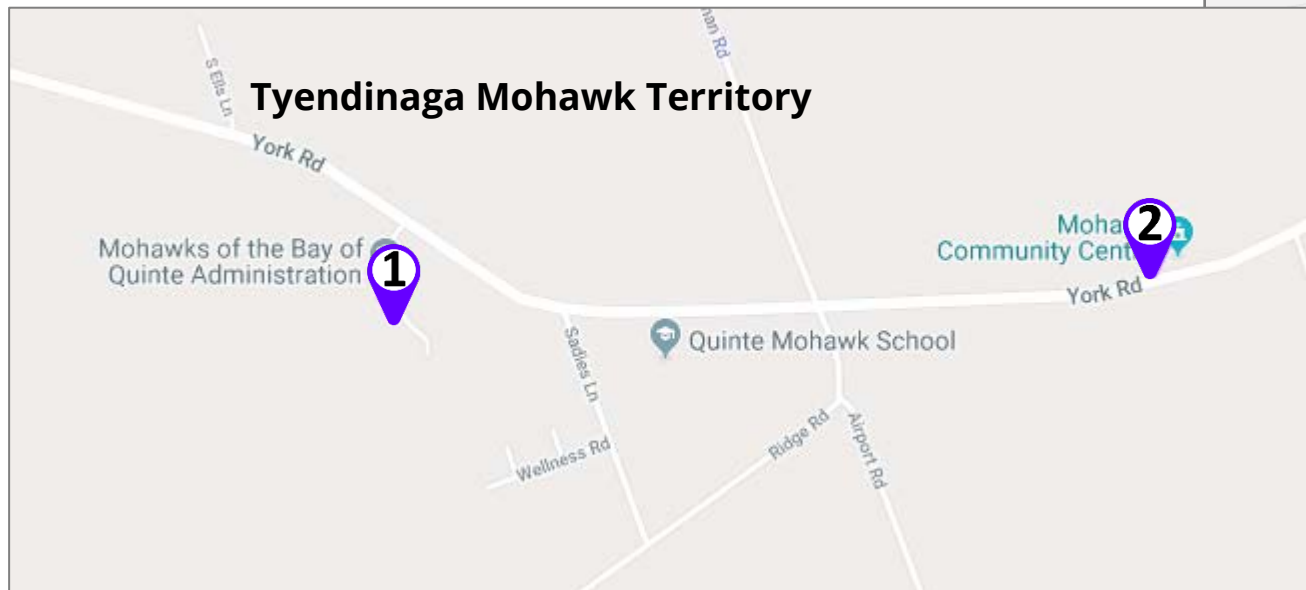
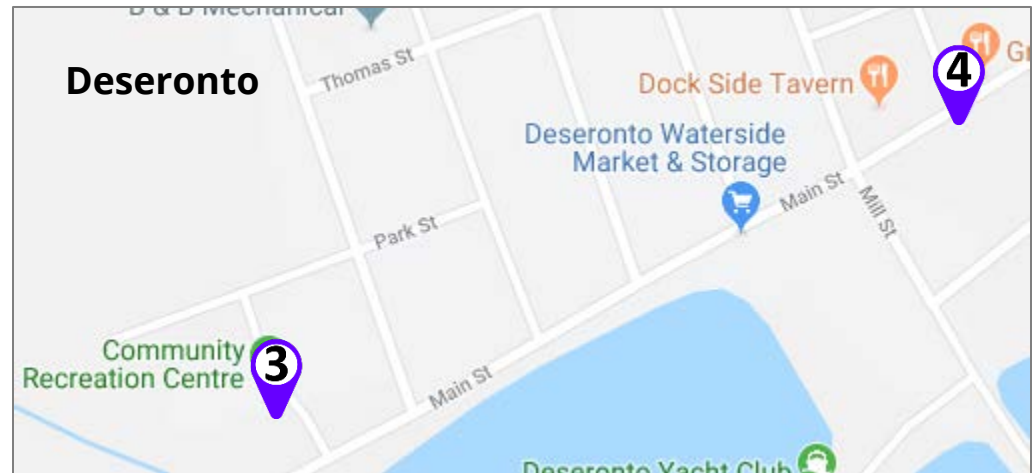


Map data: Google



Who Offers It?	When?	How Often Can I Use It?	How Often Can I Use It? Am I Eligible?
<p><u>Helping Hands</u> Food Bank</p> <p>316 Edmon Street, Deseronto Part of Fire Hall 613-396-2440</p>	<p>2nd, 3rd, 4th and 5th Thursday of the month 10am-12pm</p> <p>Closed holidays</p>	<p>Once a month</p>	<p>Bring ID, address, income statement and expenses (e.g. food, housing, hydro)</p> <p>Town Hall accepts phone calls and donations</p>







MEAL PROGRAMS




- 1** Mohawks of the Bay of Quinte - Meals on Wheels
- 2** Mohawks of the Bay of Quinte - Diner's Club
- 3** CCSH - Deseronto Diner's Club
- 4** CCSH - Deseronto Meals on Wheels
- 5** CCSH - Shannonville Diner's Club



Map data: Google

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><u>Community Care for South Hastings (CCSH)</u> Meals on Wheels (Hot)</p> <p>293 Main Street, Deseronto 613-396-6591 lisac@ccsh.ca www.ccsh.ca</p> 	<p>Hot meal \$6.00/meal</p>	<p>Monday, Wednesday and Friday 11:30am-12:30pm</p> <p>Delivered to home</p> <p>Call for details</p>	<p>For older adults (55+ years) and adults with disabilities</p> <p>Call to register</p> <p>Office hours: Monday-Friday 8:30am-4:30pm (closed 12:30pm-1:30pm)</p>
<p><u>Community Care for South Hastings (CCSH)</u> Meals on Wheels (Frozen)</p> <p>293 Main Street, Deseronto 613-396-6591 lisac@ccsh.ca www.ccsh.ca</p> 	<p>Frozen meal and side \$6.00/meal</p>	<p>Delivery as needed</p> <p>Call for details</p>	<p>For older adults (55+ years) and adults with disabilities</p> <p>Call to register</p> <p>Office hours: Monday-Friday 8:30am-4:30pm (closed 12:30pm-1:30pm)</p>

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><u>Community Care for South Hastings (CCSH)</u> Diner's Club</p> <p>Held at 51 Mechanic Street, Deseronto</p> <p>293 Main Street, Deseronto 613-396-6591 lisac@ccsh.ca www.ccsh.ca</p>   	<p>Sit-down meal</p> <p>\$6.00/meal</p>	<p>September-June</p> <p>1st Wednesday of the month</p>	<p>For older adults (55+ years) and adults with disabilities</p> <p>Call to register</p> <p>Office hours: Monday-Friday 8:30am-4:30pm (closed 12:30pm-1:30pm)</p>
<p><u>Community Care for South Hastings (CCSH)</u> Diner's Club</p> <p>Held at 363 McFarlane Road, Shannonville</p> <p>293 Main Street, Deseronto 613-396-6591 lisac@ccsh.ca www.ccsh.ca</p>   	<p>Sit-down meal</p> <p>\$7.00/meal</p>	<p>September-June</p> <p>3rd Thursday of the month</p>	<p>For older adults (55+ years) and adults with disabilities</p> <p>Call to register</p> <p>Office hours: Monday-Friday 8:30am-4:30pm (closed 12:30pm-1:30pm)</p>

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><u>Mohawks of the Bay of Quinte-Tyendinaga Home Support Program</u> Meals on Wheels (Hot)</p> <p>Community Wellbeing Centre 50 Meadow Drive Tyendinaga Mohawk Territory 613-967-3603 ext. 144 www.mbg-tmt.org</p> 	<p>Hot meal</p> <p>Call for cost</p>	<p>Tuesday, Thursday, Friday 11:30pm-12:30pm</p> <p>Delivered to home</p> <p>Call for details</p>	<p>For older adults (55+ years)</p> <p>Call to register</p> <p>Office hours: Monday-Friday 8:30am-4:30pm</p>
<p><u>Mohawks of the Bay of Quinte-Tyendinaga Home Support Program</u> Diner's Club (Hot)</p> <p>Held at Mohawk Community Centre 1807 York Road Tyendinaga Mohawk Territory 613-967-3603 ext. 144 www.mbg-tmt.org</p>  	<p>Hot meal</p> <p>Call for cost</p>	<p>2nd, 4th, and 5th Wednesday of the month</p> <p>Call for times</p>	<p>For older adults (55+ years)</p> <p>Call to register</p> <p>Office hours: Monday-Friday 8:30am-4:30pm</p>

COLLECTIVE KITCHENS, COOKING CLASSES & OTHER PROGRAMS










Mohawks of the Bay of Quinte – Breastfeeding Support Program



Mohawks of the Bay of Quinte – Moms-in-Waiting



Map data: Google

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><u>Community Development Council of Quinte Community Kitchens</u></p> <p>Locations throughout HPE Counties Main office: 65 Station Street, Belleville 613-968-2466 cdc@cdcquinte.com www.cdcquinte.com</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</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><u>Mohawks of the Bay of Quinte Breastfeeding Support Program</u></p> <p>G-Tech Training Centre, 5707 Old Highway 2, Deseronto 613-967-3603 ext. 122 www.mbg-tmt.org</p> <p>  </p>	<p>Support for women who are breastfeeding</p> <p>Information about child growth and development</p> <p>Moms receive a \$40 monthly food voucher (only for Status members. At least one parent)</p> <p>Free</p>	<p>Tuesdays 10:30am-12:00pm</p> <p>Drop in</p>	<p>Women who are breastfeeding</p> <p>Women interested in gaining more knowledge about the benefits of breastfeeding</p> <p>Women who would like to support other women who are breastfeeding</p>
<p><u>Mohawks of the Bay of Quinte Moms-in-Waiting</u></p> <p>Community Wellbeing Centre 50 Meadow Drive Tyendinaga Mohawk Territory 613-967-3603 ext. 122 www.mbg-tmt.org</p> <p> </p>	<p>Prenatal program for expecting moms</p> <p>Expecting moms receive a \$40 monthly food voucher (only for Status members)</p> <p>Free</p>	<p>Monthly appointments to be scheduled with the nurse</p> <p>Call office</p>	<p>Pregnant women who are registered members of Mohawks of the Bay of Quinte</p> <p>Call to register</p>

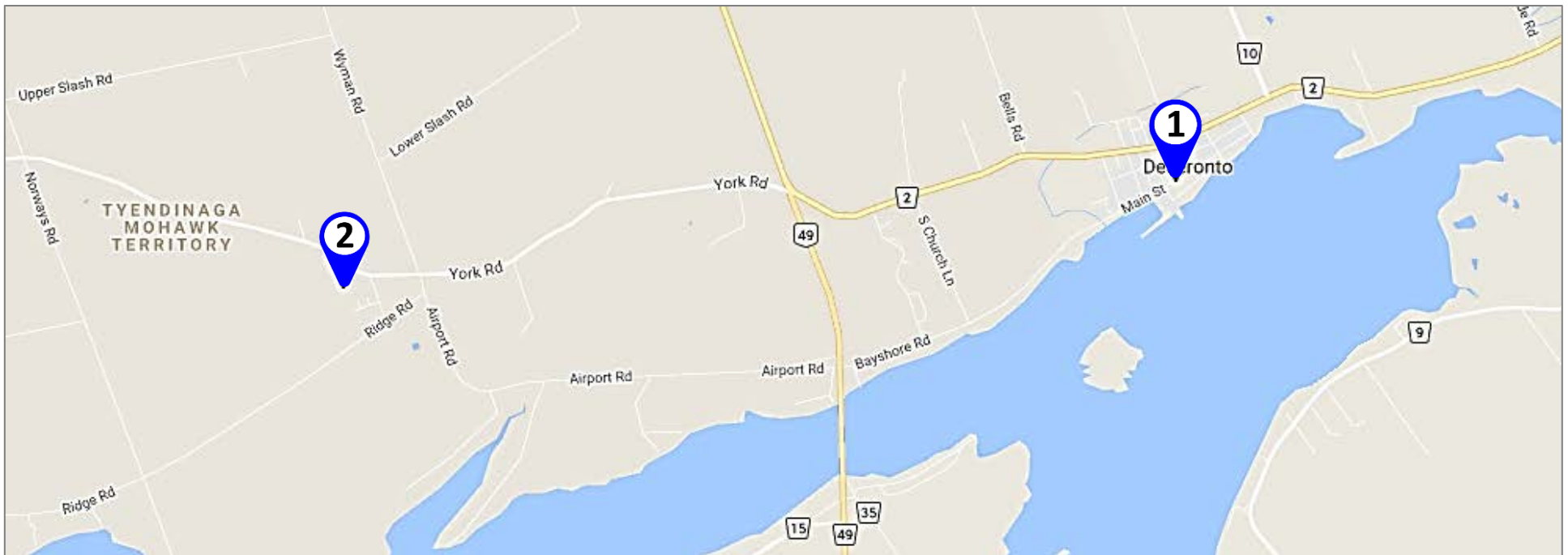
FOOD BOX PROGRAMS







Community Care for South Hastings












Mohawks of the Bay of Quinte








Map data: Google

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><u>Community Care for South Hastings</u> Good Food Box Depot Through Community Development Council of Quinte (CDCQ)</p> <p>293 Main Street, Desoronto 613-396-6591 juliem@ccsh.ca www.cssh.ca</p> <p> </p> <p>Contact CDCQ: 613-968-2466 gfb@cdcquinte.com www.cdcquinte.com</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: 1st Wednesday of the month</p> <p>Pick up: 3rd Wednesday of the month 3:00pm-4:30 pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register: Call Community Care for South Hastings or call/email CDCQ</p> <p>Office hours: 8:30am-4:30pm (Closed 12pm-1pm)</p> <p>Cash only</p> <p>Bring bags</p>

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><u>Community Care for South Hastings</u> Good Baby Box Depot Through CDCQ</p> <p>331 Edmon Street, Deseronto 613-396-6591 juliem@ccsh.ca www.ccsch.ca</p> <p> </p> <p>Contact CDCQ: 613-968-2466 gbb@cdcquinte.com www.cdcquinte.com</p> <p> </p>	<p>Baby Box \$6.50</p> <p>Formula for added cost</p>	<p>Order and pay by: 1st Wednesday of the month</p> <p>Pick up: 3rd Wednesday of the month</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register: Call Community Care for South Hastings or call/email CDCQ</p> <p>Office hours: 8:30am-4:30pm (Closed 12pm-1pm)</p> <p>Cash only</p> <p>Bring bags</p>

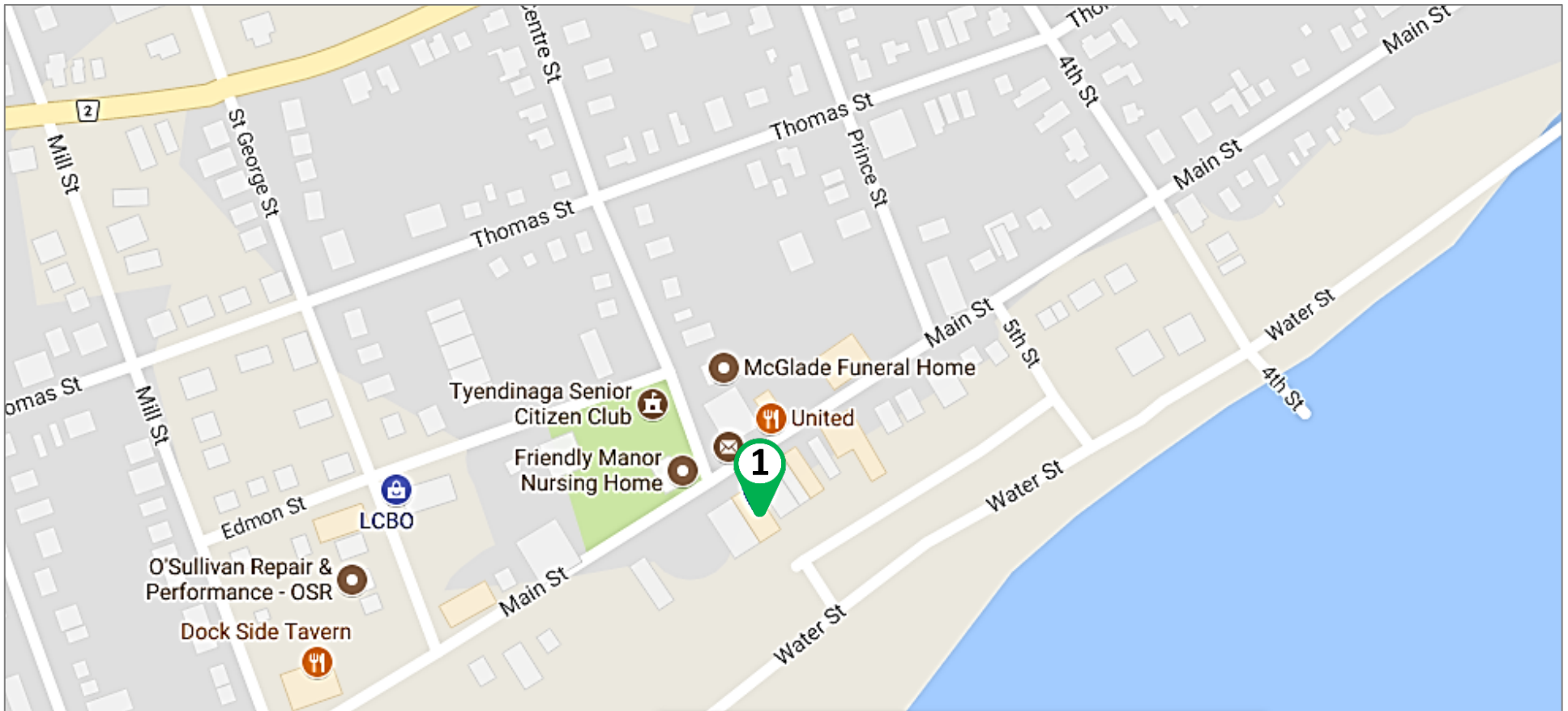
Who Offers It?	What Is It?	When?	Am I Eligible?
<p><u>Mohawks of the Bay of Quinte</u> Good Food Box Program</p> <p>Community Wellbeing Centre 50 Meadow Drive Tyendinaga Mohawk Territory</p> <p>613-967-3603 ext. 144 wendys@mbq-tmt.org www.mbg-tmt.org</p> <p> </p> <p>Contact CDCQ: 613-968-2466 gfb@cdcquinte.com www.cdcquinte.com</p> <p>  </p>	<p>Large Good Food Box \$15</p> <p>Small Good Food Box \$10</p> <p>Fruit Bag \$5</p>	<p>Order and pay in person by: 2nd Tuesday of the month</p> <p>Pick up: 3rd Wednesday of the month 2pm-4pm</p>	<p>Everyone is eligible</p> <p>Cash only</p>

Who Offers It?	What Is It?	When?	Am I Eligible?
<p><u>Mohawks of the Bay of Quinte</u> Good Baby Box Program</p> <p>Community Wellbeing Centre 50 Meadow Drive Tyendinaga Mohawk Territory</p> <p>613-967-3603 ext. 144 <u>www.mbg-tmt.org</u></p> <p> </p> <p>Contact CDCQ: 613-968-2466 <u>gbb@cdcquinte.com</u> <u>www.cdcquinte.com</u></p> <p>  </p>	<p>Baby Box \$6.50</p>	<p>Order and pay in person by: 2nd Tuesday of the month</p> <p>Pick up: 3rd Wednesday of the month</p>	<p>Everyone is eligible</p> <p>Cash only</p>




COMMUNITY GARDEN & LOCAL FOOD INITIATIVES



Deseronto Royal Canadian Legion



Map data: Google

Who Offers It?	Where?	When?	Cost?	Am I Eligible?
<p><u>Deseronto Royal Canadian Legion</u> Good Food Market Through CDCQ</p> <p>340 Main Street, Deseronto</p> <p>Contact CDCQ: 613-968-2466 <u>gfb@cdcquinte.com</u> <u>www.cdcquinte.com</u></p> <p>  </p>	<p>Deseronto Royal Canadian Legion</p> <p>340 Main Street, Deseronto</p>	<p>2nd Wednesday of every month 9:30am-12:00pm</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>

STUDENT NUTRITION PROGRAMS

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

Education sites that have student nutrition programs in South East Hastings:

- Deseronto Public School
- Haudenosaunee Opportunity for Personalized Education (HOPE)
- Holy Name of Mary Catholic School
- Kawenna'on:we Primary Immersion
- Quinte Mohawk School
- St. Mary Catholic School
- Totahne Language Nest
- Tyendinaga Public School

Glossary

Emergency Food Services

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

Meal Programs

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 wishes 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.