

COMMUNITY GARDENS

PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ELIGIBILITY	SERVICE DETAILS
Thompson Creek Community Garden 905-701-5916	550 George Street, Dunnville Open May – Oct	No restrictions, all are welcome.	Community gardens for people to grow vegetables and fruit. Communal plots are free. Private plots are \$10.

PRENATAL NUTRITION PROGRAMS

PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ELIGIBILITY	SERVICE DETAILS
Haldimand-Norfolk REACH - Healthy Moms Eating Well for 2 519-587-2441 or 1-800-265-8087 ext. 407	Program delivered at home as needed.	Pregnant women over the age of 24	Free home visiting program providing food gift cards, prenatal vitamins and counselling from a dietitian.

COMMUNITY KITCHENS AND FOOD SKILLS PROGRAMS

PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ELIGIBILITY	SERVICE DETAILS
Destination, Demo and Dine Community Support Centre 905-765-4408	103 Inverness St, Caledonia 5 – 7 pm Call for dates	No restrictions, all are welcome.	Learn about a country, its food and culture. Watch a cooking demo and help prepare new dishes. Dinner included. Cost is \$5.



Food in Haldimand

Emergency & Low Cost Support

2019 EDITION



*This list may not be complete. It is meant to be a useful guide for persons in immediate need of food.

*Many churches also offer a variety of services to neighbours with need.

* For more information about a specific program, please call the contact numbers listed.

If you have updates for this list, please email churchoutserving@gmail.com, or call the Haldimand-Norfolk Health Unit at 519-426-6170 (Simcoe) or 905-318-6623 (Caledonia) and ask to speak with a Registered Dietitian.

Health and Social Services
Haldimand and Norfolk
www.hnhu.org



www.churchoutserving.org

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EMERGENCY FOOD SERVICES

PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ELIGIBILITY	SERVICE DETAILS
Caledonia and District Food Banks Serves Caledonia and surrounding areas 905-765-9287	103 Inverness St, Caledonia Fri 9:30-12 noon (Thurs if Fri is a holiday)	All in need of assistance are eligible up to twice a month. Clients must register in person, show proof of income and address (rental agreement/lease, tax bill, etc.)	4 – 5 days' supply of food available to those in need at no cost. Free sample of nutritious and delicious dish, including recipe and ingredients to make at home.
Sue's Savoury Samples Program	same as above	Food Bank clients	
Caring Hands Food Cupboard 905-774-7225	First Baptist Church 114 Broad Street East Dunnville, Ontario 2nd Thurs. of the month 10 am – 12 pm	All in need of assistance are eligible. Clients must complete a registration form, show ID and proof of income.	Emergency supply of perishable and non-perishable food available to those in need at no cost.
Cayuga Food Bank 289-370-0320 cayugafoodbank@gmail.com	8 McKay St. W., Cayuga Donations accepted: Wed. 9 am – 12 pm Clients served: Fri. 9am – 12 pm *Closed last Fri. of the month	All in need of assistance are eligible. Clients must complete a registration form, show ID, proof of income and address.	Emergency supply of food available to those in need at no cost.
Hagersville Food Bank Serves Hagersville and the six rural routes 289-758-3789 hvillefoodbank12@rogers.com	5 Marathon St, Hagersville Donations accepted: Thurs. 9 am – 12 pm Clients served: Thurs. 12 pm – 4 pm (new clients must register before 3:30 pm)	All in need of assistance are eligible. New clients must show ID, proof of income and expenses for last 2 months.	Emergency supply of food available to those in need at no cost.
Jarvis Caring Cupboard (serves Fisherville, Hagersville, Jarvis, Nanticoke, Selkirk, Townsend, Walpole) 905-779-3542 After Hours: 289-377 8555 bookdalefarms@gmail.com	Parish Centre of the Anglican Church, 136 Rainham Rd, Nanticoke Fri 11am-2pm	All in need of assistance are eligible. Clients must show ID with present address, proof of income, rent/mortgage payment and utility bills.	Emergency supply of non-perishable food available to those in need at no cost.
Salvation Army Community and Family Services (serves Dunnville) Office: 905-774-4251	217 Broad St. E., Unit 1, Dunnville Tues. and Thurs. 11 am – 3 pm (closed at lunch 12 – 1 pm) Wed. 1 – 4 pm	All in need of assistance are eligible. Clients must apply in person. Inquiries and requests can be made with Joy Quail, ext. 25.	Emergency supply of food available to those in need at no cost. Refers to other programs.
St Vincent de Paul Society Serves Caledonia 905-765-2729 stpatschurch@rogers.com	St. Patrick's Church, Caledonia Deliveries as needed.	No restrictions, all are eligible. Call office to request assistance.	Emergency supply of food delivered to the homes of the sick, elderly and those in need of food assistance at no cost.
St Vincent de Paul Society Serves Dunnville 905-701-9999 svdp-dunnville@outlook.com	116 Lock St. E., Dunnville 2nd, 3rd and 4th Fri. of the month - 10 am – 12 pm	All in need of assistance are eligible once a month. Apply in person.	Food vouchers and/or emergency supply of food available to those in need at no cost.
Let's Eat Right Dunnville Shared Harvest Community Farm and Education Center 905-701-7255	834 North Shore Dr., Dunnville June to Jan. Sat. 9 am – 12 pm Wed. 5 – 7:30 pm	All in need are eligible. Call to register.	Basket of locally grown vegetables and fruit available once a week to those in need for \$10 (value of \$25). Pick up at the farm. Delivery \$5.

MEAL PROGRAMS

PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ELIGIBILITY	SERVICE DETAILS
Meals on Wheels Haldimand-Norfolk Community Senior Support Services Inc. Serves all of Haldimand County 1-800-265-2818	Deliveries Mon. – Fri.	For seniors 60+ and adults 18+ with disabilities who are clients of Haldimand-Norfolk Community Senior Support Services Inc.	Healthy prepared meals are delivered 1 – 5 times/week to the homes of clients in need for a fee.
Diner's Club Haldimand-Norfolk Community Senior Support Services Inc. 1-800-265-2818	Held in Caledonia, Cayuga, Hagersville and Dunnville Monthly meals; call for dates and times	For seniors 60+ who are clients of Haldimand-Norfolk Community Senior Support Services Inc.	Offering a nutritious meal, socialization and entertainment. Transportation available. \$11 meal only \$13 meal + in-town transportation \$15 meal + out-of-town transportation
Agape's Door Soup Kitchen 905-701-1214	Word of Faith Fellowship Church (basement) 210 Forest St. W., Dunnville Wed. 11:30 am – 1 pm Dinner served at Thanksgiving, Christmas and Easter	No restrictions, all are eligible.	A free, drop-in community lunch. Wheelchair accessible.
Salvation Army and Flyers Bakery and Café 905-774-4251	Flyers Bakery and Café, 144 Queen St, Dunnville One Tues./month; call for dates 6 pm	No restrictions, all are welcome	A free community dinner. Pick up tickets from The Salvation Army any time after the 1st of the month.
Join Us For Dinner & Community Café Community Support Centre 905-765-4408	103 Inverness St, Caledonia Dinner: 3rd Wed. of the month 5:30 pm Café Lunch: Tues. 11:30 am – 12:30 pm Fri. 11:30am–12:30 pm	No restrictions, all are welcome. Call to RSVP for dinner.	Community meals available to everyone for a small donation (\$2 Tues., \$5 Fri.) or at no cost for those in need.