

## COMMUNITY GARDENS

PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ELIGIBILITY	SERVICE DETAILS
<b>Thompson Creek Community Garden</b>  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
<b>Haldimand-Norfolk REACH - Healthy Moms Eating Well for 2</b>  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
<b>Pantry 103 on Inverness</b>  905-765-4408	103 Inverness St, Caledonia  Thursdays from 12 - 3pm	Individuals experiencing food insecurity.  Call to register.	Cooking workshops using affordable ingredients provided at the food bank.



# Food in Haldimand

## Emergency & Low Cost Support

2024 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](mailto: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](http://www.hnhu.org)



[www.churchoutserving.org](http://www.churchoutserving.org)

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## EMERGENCY FOOD SERVICES

PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ELIGIBILITY	SERVICE DETAILS
<b>Caledonia and District Food Banks</b> Serves Caledonia and surrounding areas  905-765-9287 <a href="mailto:caledoniafoodbank1@gmail.com">caledoniafoodbank1@gmail.com</a>	103 Inverness St, Caledonia  Fri 9am -12pm (Thurs if Fri is a holiday)	Call to make an appointment. All in need of assistance are eligible up to twice a month.  Clients must register in person with identification of all household members and verification of address.	4 – 5 days' supply of food available to those in need at no cost.
<b>Caring Hands Food Cupboard Fresh Start Program</b> 905-774-7225	First Baptist Church 114 Broad Street East, Dunnville 3rd Wed. of the month 3:30 pm - 5:30 pm (while supplies last)	All in need of assistance are eligible.	Fresh produce at no cost. Clients may stay for refreshments and conversation.
<b>Cayuga Food Bank</b>  289-370-0320 <a href="mailto:cayugafoodbank@gmail.com">cayugafoodbank@gmail.com</a>	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.
<b>Hagersville Food Bank</b>  Serves Hagersville (town and rural)  289-758-3789 <a href="mailto:hvillefoodbank12@rogers.com">hvillefoodbank12@rogers.com</a>	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 and proof of address.	Emergency supply of food available to those in need at no cost.
<b>Jarvis Caring Cupboard</b> (serves Fisherville, Hagersville, Jarvis, Nanticoke, Selkirk, Townsend, Walpole) 905-779-3542 After Hours: 289-377-8555 <a href="mailto:bookdalefarms@gmail.com">bookdalefarms@gmail.com</a>	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.
<b>Salvation Army</b> Community and Family Services (serves Dunnville)  Office: 905-774-4251	217 Broad St. E., Unit 1, Dunnville Tues., Wed. & Thurs. 10 am – 3:30 pm (closed at lunch 12 – 1 pm)	All in need of assistance are eligible once every 2 weeks. Appointment required.  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.
Gleaner's Table	Same hours as above	All are welcome, no appointment required	Fresh produce available at no cost.
<b>St Vincent de Paul Society</b>  Serves Caledonia 905-765-2729 <a href="mailto:stpatschurch@rogers.com">stpatschurch@rogers.com</a>	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.
<b>St Vincent de Paul Society</b> Serves Dunnville  905-701-9999 <a href="mailto:svdp-dunnville@outlook.com">svdp-dunnville@outlook.com</a>	116 Lock St. E., Dunnville  2nd, 3rd and 4th Fri. of the month 10 am – 12 pm Voucher Days: 2nd & 3rd Fri. of the month, 9 am - 12 pm	All in need of assistance are eligible once a month.  Apply in person.	Emergency supply of food available to those in need at no cost.  Voucher Days: food vouchers. Use the back door of the store.

## MEAL PROGRAMS

PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ELIGIBILITY	SERVICE DETAILS
<b>Meals on Wheels</b> 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.
<b>Diner's Club</b> 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
<b>Community Support Centre Haldimand-Norfolk</b>  905-765-4408 <a href="mailto:communitycafe@cschn.org">communitycafe@cschn.org</a>	Dinner: 3rd Wed. of the month 5:30 pm (temporarily at St. Pauls Anglican Church) Tasty Tuesday Lunch 11:30am-12:30pm 103 Inverness St, Caledonia	No restrictions, all are welcome. RSVP by email/phone week before. Register by email/phone by noon Monday.	Free meal for the community.  Suggested donation: \$5 (or within means)
<b>Youth Impact Centre</b>  905-774-6233 <a href="mailto:youthimpactcentre.com">youthimpactcentre.com</a> <a href="mailto:info@unnvilleyouthimpact.com">info@unnvilleyouthimpact.com</a>	Community Brunch, Tues 10:30 am – 12:30 pm in July & August Community Dinners (rest of year) – see service details	All welcome to both the community brunch and dinners. Community dinners are once per month, see website or Facebook page for details.	Free meal at no cost. Call or email for more details.
<b>Community Café</b>  Community Support Centre Haldimand-Norfolk  905-765-4408 <a href="mailto:communitycafe@cschn.org">communitycafe@cschn.org</a>	103 Inverness St, Caledonia	Café Lunch: Friday mornings 9am – 12pm takeout lunch available for food bank clients. Tasty Tuesday: Tuesday 11:30am – 12:30pm free lunch, all welcome. Join Us for Dinner: free community meal third Wednesday of each month, 5 – 6:30pm, all welcome. Bistro 103: free dine-in only self-serve continental breakfast, Mondays, Thursdays and Fridays 7:30am & 10:30am.	Free community meals.  Suggested donation for café lunch: \$5 (or within means)  RSVP by email/phone week before for dinner and Monday by noon for Tasty Tuesday.