

PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ ELIGIBILITY	SERVICE DETAILS
<b>The John Race Memorial Community Garden,</b> 519-443-4807 (Dave) dzeldon@hotmail.com 519-410-2027 (John)	Gilbertson Drive, Simcoe  Open May to Oct	No restrictions. All are welcome. Limit of 1 plot per gardener.	Community gardens where people rent a piece of land to grow vegetables, fruit or flowers. Plots are \$20 plus \$10 deposit.

#### COMMUNITY KITCHENS AND FOOD SKILL PROGRAMS

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<b>Riversyde 83 Community Kitchen</b> 519-428-1637 www.riversyde83.ca	83 Sydenham Street, Simcoe  See website for details.	Varies, see website for details.	All skill levels welcome. Classes range from food preservation to preparation to presentation.

#### PRENATAL NUTRITION PROGRAMS

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<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.
<b>Baby Be Healthy</b> (Sobey's Pharmacy)  519-426-6773 www.sobeyspharmacy.com/bbh	438 Norfolk St, Simcoe Open 7 days a week, apply online or in-store	Women who are pregnant or planning on becoming pregnant.	Free prenatal vitamins.

#### TRANSPORTATION TO FOOD

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<b>Ride Norfolk</b> On-demand transit service  Customer Service: 1-888-465-0783 Office: 519-428-3178 Email: transit@norfolkcounty.ca  On-demand transit is a shared-ride service that lets riders request trips through a mobile app, website, or over the phone by selecting a pickup point and destination. It is available from bus stop-to-bus stop on a first-come, first-serve basis. Brantford service will remain a fixed route service. There is no local fixed route or schedule.	Monday-Friday 7:30 a.m. - 6 p.m.	Book your ride one of three ways: 1. For the best experience, download the Blaise Transit App from the Apple Store or Google Play 2. Online at ride.blaisetransit.com 3. Call Ride Norfolk customer service at 1-888-465-0783  All vehicles are wheelchair accessible.  Be ready five (5) minutes ahead of your scheduled time. The driver is not required to wait past your scheduled pick-up time.



# Food Norfolk

## 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, 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.



www.hnhu.org

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www.churchoutserving.org

## EMERGENCY FOOD SERVICES

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<p><b>Simcoe Caring Cupboard</b> Serves Simcoe, Renton, Normandale and Turkey Point 519-428-1713 In emergency: 519-410-2068</p> <p><b>Salvation Army Community &amp; Family Services/Food Bank</b> Serves Norfolk County, as well as Jarvis, Townsend, Selkirk and Nanticoke 519-426-3640 or 226-567-0255 simcoe.cfs@salvationarmy.ca</p>	<p>23 Kent St. S., Simcoe Donations accepted: Wed, 8 – 9:30 am Clients served: Thurs. 8:15 am – 12 pm</p> <p>184 Colborne St. North, Simcoe Open for drop-in Tues, Wed, Thurs 1-4pm By appointment only if needed outside those hours. Closed holidays.</p>	<p>Frequency of service is based on income. Clients must show ID, proof of income, rent/mortgage payment, utility bills and drug card (if on assistance).</p> <p>Clients must show ID, proof of income and address.  May be accessed once every 30 days.</p>	<p>Emergency supply of food available to those in need at no cost.</p> <p>Emergency supply of food and other necessities available to those in need at no cost.  Wheelchair accessible.</p>
<p><b>St. Vincent de Paul</b></p> <p><b>Delhi</b> Serves Delhi 519-426-0887 ext. 7239 Leave a voice message requesting food assistance.</p> <p><b>Port Dover/Walsh</b> Serves Port Dover, Walsh and surrounding areas 519-426-0887 ext. 4238 Leave a voice message requesting food assistance.</p> <p><b>Simcoe</b> Serves Simcoe and Waterford 519-426-0887 ext. 4239 – Leave a voice message requesting food assistance.</p>	<p>Our Lady, Queen of Martyr's Parish, Delhi</p> <p>Deliveries Tues. and Thurs. 8:30 am - 4:30 pm</p> <p>St. Cecilia's Roman Catholic Church, Port Dover St. Michael's Church, Walsh  Deliveries as needed</p> <p>St. Mary's Church, Simcoe  Deliveries Tues. and Thurs. 8:30 am - 4:30 pm</p>	<p>No restrictions. All in need of assistance are eligible once every 2 months.</p> <p>Clients must show ID, proof of income and address. registering for the first time.</p>	<p>Emergency supply of food and/or grocery store vouchers delivered to homes of those in need at no cost.  Someone must be home to receive food/vouchers. A phone number must be provided.</p>
<p><b>Delhi Sharing Pantry</b> Serves Delhi, Teeterville and surrounding areas 519-582-2559 (Ruth)</p> <p><b>Mission Food Bank</b> (St. Williams) Serves Clear Creek, Houghton, Langton, Port Rowan, St. Williams and Walsingham 519-586-3003 - Mailing address for donations: PO Box 265 Port Rowan N0E1M0</p> <p><b>Life Line Food Bank</b> (serves Port Dover) 519-909-2845 portdoverfoodbank@gmail.com</p> <p><b>Waterford and District Food Cupboard</b> Serves Waterford, Bloomsburg, Vanessa, Wilsonville, Hartford and Villa Nova 519-443-5307</p>	<p>144 Western Ave., Delhi (the old Laugh and Learn day-care building at the end of the arena parking lot)  Thurs. 1 – 3 pm (call for emergency food)</p> <p>67 Queen St. W., St. Williams (former school building) 1st and 3rd Tues. of the month 10 am – 12 pm</p> <p>215 Market St E, Unit B, Port Dover  Tues from 9:00-11:45am</p> <p>61 St. James St. S., Waterford (rear entrance)  Clients served: Wed. 7 - 8pm Donations accepted: Monday 8:30 - 11am</p>	<p>All in need of assistance are eligible once a month. Clients must show ID and proof of address when registering for the first time.</p> <p>All in need of assistance are eligible twice a month. Clients must show proof of address, income and rent/mortgage payment.</p> <p>Clients must complete an application form, show 1 piece of ID, proof of income, rent/mortgage payment and utility bills.</p> <p>All in need of assistance are eligible once a month. Clients must complete an application form and show proof of address and ID for all family members.</p>	<p>Emergency supply of food available to those in need at no cost.</p> <p>Emergency supply of food available to those in need at no cost. Wheelchair accessible.</p> <p>Emergency supply of food available to those in need at no cost. Wheelchair accessible.</p> <p>Emergency supply of food available to those in need at no cost. Wheelchair accessible.</p>
<p><b>MEAL PROGRAMS</b> (Visit <a href="http://www.whenisthatagain.weebly.com">www.whenisthatagain.weebly.com</a> for postings of additional one-time meal programs.)</p>			
PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ELIGIBILITY	SERVICE DETAILS
<p><b>Meals on Wheels - Haldimand-Norfolk Community Senior Support Services Inc.</b> Serves all of Norfolk County 1-800-265-2818</p> <p><b>First Serving Community Meal</b> 226-534-1520</p>	<p>Deliveries Mon. – Fri.</p> <p>First Baptist Church of Simcoe, 129 Young St., Simcoe Monday &amp; Friday – 11am - 12pm</p>	<p>For seniors 60+ and adults 18+ with disabilities who are clients of Haldimand-Norfolk Community Senior Support Services Inc.</p> <p>No restrictions, all are welcome.</p>	<p>Healthy prepared meals are delivered 1 – 5 times/week to the homes of clients in need for a fee.</p> <p>A free, drop-in community lunch. Dine-in or take-out are available. Wheelchair accessible at Talbot St. entrance.</p>
<p><b>St. Vincent de Paul Soup Kitchen</b>  Office: 519-426-0887</p>	<p>Knights of Columbus Hall - upstairs 43 Kent St. S., Simcoe October - April - Tues, Wed, Thurs. Coffee served 10 am Lunch served 11 am – 12:30 pm</p> <p>184 Colbourne St. North, Simcoe May to September Every Tues. 11:30 am</p>	<p>No restrictions, all are welcome.</p> <p>No restrictions, all are welcome.</p>	<p>A free, drop-in, nutritious, hot lunch.</p> <p>A free, drop-in community lunch. Wheelchair accessible.</p>
<p><b>Salvation Army Community &amp; Family Services - Community Lunch</b> 519-426-3640 or 226-567-0255</p> <p><b>Diner's Club</b> Haldimand-Norfolk Community Senior Support Services Inc.  1-866-529-0849</p>	<p>Monthly meals: Simcoe – 2nd Tues St. Williams – 2nd Wed Delhi – 4th Thurs Waterford – 3rd Tues Port Dover – 4th Tues</p> <p>Trinity Anglican Church 80 Colborne St. S., Simcoe May to end of September Thurs 11:30 am – 12:30 pm</p> <p>Waterford United Church 135 Main St. S., Waterford 1st Wed. of every month 5 – 6 pm</p>	<p>For seniors 60 and older who are clients of Haldimand- Norfolk Community Senior Support Services Inc.</p> <p>No restrictions, all are welcome.</p> <p>No restrictions. All are welcome.</p>	<p>Nutritious meal, socialization and entertainment. Transportation available. \$11 – meal only \$13 – meal + transportation</p> <p>Free, drop-in community lunch.</p> <p>Wheelchair accessible.</p>
<p><b>Caring for the Core Community Lunch</b> 519-426-0501</p> <p><b>Waterford United Church Community Supper</b> 519-443-5261</p> <p><b>The Warming Centre (Shelter)</b> Church Out Serving: 519-428-1637</p>	<p>Corner of Talbot St. N and Young St. in Simcoe (within First Baptist Church)  Arrival between 8-11 pm, departure at 7:30am</p>	<p>Open nightly between Dec 1 – March 30th.</p>	<p>Warm meals available on arrival and continental breakfast items offered in the morning.</p>