

COMMUNITY GARDENS

PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ ELIGIBILITY	SERVICE DETAILS
The John Race Memorial Community Garden, 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

PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ ELIGIBILITY	SERVICE DETAILS
Salvation Army Community & Family Services - Community Kitchen Workshop 519-426-3640 or 226-567-0255 famserv.simcoe@eastlink.ca	184 Colborne St. N, Simcoe Workshops run as needed. Call for information.	No restrictions, all are eligible. Registration is required.	Lunch provided. Samples available to take home. Wheelchair accessible.

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.
Baby Be Healthy (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

PROGRAM INFORMATION	WHERE AND WHEN	SERVICE DETAILS
Ride Norfolk Public transportation service Routes: <ul style="list-style-type: none"> • Mon-Fri: Within Simcoe • Mon- Fri: Simcoe to Brantford • Mon: Simcoe, Delhi, Windham Centre, Waterford • Tues: Simcoe, Walsh, St. Williams, Port Rowan • Wed: Simcoe, Delhi, Courtland, Tillsonburg, Langton, Greens Corner, Bill's Corners • Thurs: Simcoe, Delhi, Bill's Corners, Port Dover • Fri: Simcoe, Port Dover, Port Ryerse, Turkey Point, Vittoria Check schedules at: https://www.norfolkcounty.ca/transit/schedulesandmaps/ 519-428-3178 or 519-426-8866 ext. 2233	Buses run: Mon. to Friday 7:45 am – 6:30 pm, except holidays Pay with exact cash on the bus or purchase tickets at: <ul style="list-style-type: none"> • Norfolk County Public Libraries (cash or debit) Delhi: 192 Main St. Port Dover: 713 St. George St. Port Rowan: 1034 Bay St. Simcoe: 46 Colborne St. South Waterford: 15 Main St. South <ul style="list-style-type: none"> • Simcoe Recreation Centre (cash, debit or credit) • Community Services office (cash, debit or credit) 182 South Dr., Simcoe 95 Culver St., Simcoe	\$2.50 One-Way within Simcoe (\$2.00 for students and seniors) \$6.00 One-Way out of town (\$4.00 for students and seniors) \$8.00 Day Pass; unlimited use within Norfolk County \$25.00 Multi Pass; punch card good for 15 rides. \$30+ value. No expiry date. \$10 One-Way Simcoe to Brantford Children 5 and under – free. Wheelchair accessible, bike-friendly and service animal-friendly.



Food in Norfolk

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

Created by HNHU Communications Services.

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EMERGENCY FOOD SERVICES

PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ELIGIBILITY	SERVICE DETAILS
<p>Simcoe Caring Cupboard Serves Simcoe, Renton, Normandale and Turkey Point 519-428-1713</p> <p>In emergency: 519-410-2068</p>	<p>23 Kent St. S., Simcoe Donations accepted: Wed. 8 – 10 am</p> <p>Clients served: Thurs. 8:15 am – 12 pm</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>Emergency supply of food available to those in need at no cost.</p>
<p>Salvation Army Community & Family Services - Emergency Assistance Program Serves all of Norfolk County, Hagersville, Jarvis and Nanticoke 519-426-3640 or 226-567-0255 famseiv.simcoe@eastlink.ca</p>	<p>184 Colborne St. North, Simcoe Mon-Fri, 1-4 pm Not open holidays or 1st Thurs. of the month</p>	<p>Clients must show ID and proof of income.</p>	<p>Emergency supply of food and clothing available to those in need at no cost. Wheelchair accessible.</p>
<p>St. Vincent de Paul</p> <p>Delhi Serves Delhi 519-426-0887 ext. 7239 Leave a voice message requesting food assistance.</p> <p>Port Dover/Walsh Serves Port Dover, Walsh and surrounding areas 519-426-0887 ext. 4238 Leave a voice message requesting food assistance.</p> <p>Simcoe 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 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>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>Delhi Sharing Pantry Serves Delhi, Teeferville and surrounding areas 519-582-2559 (Ruth)</p>	<p>22 Argyle Ave., Delhi (right side entrance) Thurs. 1 – 3 pm (call for emergency food)</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, and at the beginning of each year.</p>	<p>Emergency supply of food available to those in need at no cost.</p>
<p>Mission Food Bank (St. Williams) Serves Clear Creek, Houghton, Langton, Port Rowan, St. Williams and Walsingham 519-586-3003</p>	<p>67 Queen St. W., St. Williams (former school building) 1st and 3rd Tues. of the month 10 am – 12 pm</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>Emergency supply of food available to those in need at no cost. Wheelchair accessible.</p>
<p>Life Line Food Bank (serves Port Dover) 226-931-2776</p>	<p>215 Market St E, Unit B, Port Dover Tues from 9:00-11:45am</p>	<p>Clients must complete an application form, show 2 pieces of ID, proof of income, rent/mortgage payment and utility bills.</p>	<p>Emergency supply of food available to those in need at no cost. Wheelchair accessible.</p>
<p>Waterford and District Food Cupboard Serves Waterford, Bloomsburg, Vanessa, Wilsonville, Hartford and Villa Nova 519-443-5307</p>	<p>61 St. James St. S., Waterford (rear entrance) Wed. 7 – 8:30 pm</p>	<p>All in need of assistance are eligible once a month. Clients must complete an application form, show proof of income, address, and IDs of all family members applying.</p>	<p>Emergency supply of food available to those in need at no cost. Not wheelchair accessible, but a staff member or the client's family member can access food on their behalf.</p>
MEAL PROGRAMS (Visit www.whemisthatagain.weebly.com for postings of additional one-time meal programs.)			
PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ELIGIBILITY	SERVICE DETAILS
<p>Meals on Wheels Haldimand-Norfolk Community Senior Support Services Inc. Serves all of Norfolk County 1-800-265-2818</p>	<p>Deliveries Mon. – Fri.</p>	<p>For seniors 60+ and adults 18+ with disabilities who are clients of Haldimand-Norfolk Community Senior Support Services Inc.</p>	<p>Healthy prepared meals are delivered 1 – 5 times/week to the homes of clients in need for a fee.</p>
<p>First Serving Community Meal 519-426-3273</p>	<p>First Baptist Church of Simcoe, 129 Young St., Simcoe Every Mon. 5:30</p>	<p>No restrictions, all are welcome.</p>	<p>A free, drop-in community supper. Wheelchair accessible at Talbot St. entrance</p>
<p>St. Vincent de Paul Soup Kitchen Office: 519-426-0887</p>	<p>Knights of Columbus Hall - upstairs 43 Kent St. S., Simcoe October to April Tues., Wed., Thurs. Coffee served 10 am Lunch served 11 am – 12:30 pm</p>	<p>No restrictions, all are welcome.</p>	<p>A free, drop-in, nutritious, hot lunch.</p>
<p>Salvation Army Community & Family Services - Community Lunch 519-426-3640 or 226-567-0255</p>	<p>184 Colbourne St. North, Simcoe May to September Every Tues. 11:30 am</p>	<p>No restrictions, all are welcome.</p>	<p>A free, drop-in community lunch. Wheelchair accessible.</p>
<p>Achieve Mental Health Wellness & Recovery Centre Free Meal Program 519-428-0590 or 1-877-909-4357 Ext. 5</p>	<p>50 Orchard Ave, Simcoe Tues and Fri Lunch served 12 pm</p>	<p>For people 16 and older living with mental illness, mental health concerns, and/or working towards recovery from addictions. Meal program available to members only (membership \$3/year).</p>	<p>Meal program offers members lunch twice weekly for \$3 per month (8 meals).</p>
<p>Diner's Club 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>For seniors 60 and older who are clients of Haldimand- Norfolk Community Senior Support Services Inc.</p>	<p>Nutritious meal, socialization and entertainment. Transportation available. \$11 – meal only \$13 – meal + transportation</p>
<p>Caring for the Core Community Lunch 519-426-0501</p>	<p>Trinity Anglican Church 80 Colborne St. S., Simcoe May to end of September Thurs 11:30 am – 12:30 pm Doors open 10 am</p>	<p>No restrictions, all are welcome.</p>	<p>Free, drop-in community lunch. Wheelchair accessible.</p>