

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
Church Out Serving Community Kitchen Workshops	Riversyde 83 - coming soon		Contact Riversyde 83 for details 225-534-1520

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 Monday – Simcoe, Brantford, Delhi, Windham Centre, Waterford Tuesday – Simcoe, Brantford, Walsh, St. Williams, Port Rowan Wednesday – Simcoe, Brantford, Delhi, Courtland, Tillsonburg, Langton, Greens Corner, Bill's Corner Thursday – Simcoe, Brantford, Delhi, Bill's Corner, Port Dover Friday – Simcoe, Brantford, Port Dover, Port Ryerse, Turkey Point, Vittoria Check the schedules at: https://www.norfolkcounty.ca/transit/schedulesandmaps/ Suggested routes are available on Google Maps 519-428-3178 transit@norfolkcounty.ca	Ride Norfolk buses operate Monday to Friday from 7:45am - 6:30pm There is no service on weekends, statutory holidays, or civic holidays. Pay with exact cash on the bus or purchase tickets in advance at: 1. Norfolk County Libraries with cash or debit (Delhi, Port Dover, Port Rowan, Simcoe, Waterford) 2. Simcoe Recreation Centre with cash, debit, or credit	\$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 for unlimited use for same-day service within Norfolk County \$25.00 Multi Ride pass for 15 tickets for rides in Norfolk County \$60.00 Monthly Pass for unlimited use within Norfolk County \$10.00 one-way Simcoe to Brantford \$80.00 Multi Ride punch pass for 10 rides from Simcoe to Brantford Children age 5 and under ride for free Wheelchair accessible, bike friendly, service animal friendly



Food Norfolk

Emergency & Low Cost Support

2022/2023 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
Simcoe Caring Cupboard Serves Simcoe, Renton, Normandale and Turkey Point 519-428-1713 In emergency: 519-410-2068	23 Kent St. S., Simcoe Donations accepted: Wed. 8 – 9:30 am Clients served: Thurs. 8:15 am – 12 pm	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). Clients must show ID and proof of income.	Emergency supply of food available to those in need at no cost. Emergency supply of food and clothing available to those in need at no cost. Wheelchair accessible.
Salvation Army Community & Family Services - Emergency Assistance Program Serves all of Norfolk County, Hagersville, Jarvis and Nanticoke 519-426-3640 or 226-567-0255 famsev.simcoe@eastlink.ca	184 Colborne St. North, Simcoe Mon-Fri, 1-4 pm Not open holidays or 1st Thurs. of the month		
St. Vincent de Paul			
Delhi Serves Delhi 519-426-0887 ext. 7239 Leave a voice message requesting food assistance.	Our Lady, Queen of Martyr's Parish, Delhi Deliveries Tues. and Thurs. 8:30 am - 4:30 pm		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.
Port Dover/Walsh Serves Port Dover, Walsh and surrounding areas 519-426-0887 ext. 4238 Leave a voice message requesting food assistance.	St. Cecilia's Roman Catholic Church, Port Dover St. Michael's Church, Walsh Deliveries as needed	No restrictions. All in need of assistance are eligible once every 2 months.	
Simcoe Serves Simcoe and Waterford 519-426-0887 ext. 4239 - Leave a voice message requesting food assistance.	St. Mary's Church, Simcoe Deliveries Tues. and Thurs. 8:30 am - 4:30 pm		
Delhi Sharing Pantry Serves Delhi, Teeterville and surrounding areas 519-582-2559 (Ruth)	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)	All in need of assistance are eligible once a month. Clients must show ID and proof of address when registering for the first time.	Emergency supply of food available to those in need at no cost.
Mission Food Bank (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	67 Queen St. W., St. Williams (former school building) 1st and 3rd Tues. of the month 10 am – 12 pm	All in need of assistance are eligible twice a month. Clients must show proof of address, income and rent/mortgage payment.	Emergency supply of food available to those in need at no cost. Wheelchair accessible.
Life Line Food Bank (serves Port Dover) 226-931-2776	215 Market St E, Unit B, Port Dover Tues from 9:00-11:45am	Clients must complete an application form, show 2 pieces of ID, proof of income, rent/mortgage payment and utility bills.	Emergency supply of food available to those in need at no cost. Wheelchair accessible.
Waterford and District Food Cupboard Serves Waterford, Bloomsburg, Vanessa, Wilsonville, Harrford and Villa Nova 519-443-5307	61 St. James St. S., Waterford (rear entrance) Clients served: Wed. 7 – 8pm Donations accepted: Monday 8:30 – 11am	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.	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.

MEAL PROGRAMS (Visit www.whenisthatagain.weebly.com for postings of additional one-time meal programs.)

PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ELIGIBILITY	SERVICE DETAILS
Meals on Wheels - Haldimand-Norfolk Community Senior Support Services Inc. Serves all of Norfolk 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.
First Serving Community Meal 226-534-1520	First Baptist Church of Simcoe, 129 Young St., Simcoe Monday & Friday - 11 am - 12pm	No restrictions, all are welcome.	A free, drop-in community lunch. Dine-in or take-out are available. Wheelchair accessible at Talbot St. entrance.
St. Vincent de Paul Soup Kitchen Office: 519-426-0887	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	No restrictions, all are welcome.	A free, drop-in, nutritious, hot lunch.
Salvation Army Community & Family Services - Community Lunch 519-426-3640 or 226-567-0255	184 Colbourne St. North, Simcoe May to September Every Tues. 11:30 am	No restrictions, all are welcome.	A free, drop-in community lunch. Wheelchair accessible.
Diner's Club Haldimand-Norfolk Community Senior Support Services Inc. 1-866-529-0849	Monthly meals: Simcoe – 2nd Tues St. Williams – 2nd Wed Delhi – 4th Thurs Waterford – 3rd Tues Port Dover – 4th Tues	For seniors 60 and older who are clients of Haldimand- Norfolk Community Senior Support Services Inc.	Nutritious meal, socialization and entertainment. Transportation available. \$11 – meal only \$13 – meal + transportation
Caring for the Core Community Lunch 519-426-0501	Trinity Anglican Church 80 Colborne St. S., Simcoe May to end of September Thurs 11:30 am – 12:30 pm	No restrictions, all are welcome.	Free, drop-in community lunch.
Waterford United Church Community Supper 519-443-5261	Waterford United Church 135 Main St. S., Waterford 1st Wed. of every month 5 – 6 pm	No restrictions. All are welcome.	Free, drop-in community supper. Wheelchair accessible.