

Food in Norfolk

Emergency & Low Cost Support

2017 EDITION



COMMUNITY GARDENS

PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ ELIGIBILITY	SERVICE DETAILS
The John Race Memorial Community Garden , Simcoe & District Horticultural Society 519-443-4807 (Dave) 519-410-2027 (John)	Gilbertson Drive, Simcoe Open May to Oct	Limit of 2 plots per gardener. All are welcome.	Community gardens where people have a piece of land to grow vegetables, fruit, and flowers. Plots are \$10 - \$20/ plot + \$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 (serves Hagersville, Jarvis, Nanticoke, Norfolk County) 519-426-3640 or 226-567-0255 famserv.simcoe@eastlink.ca	184 Colborne St. N, Simcoe Third Tues of every month (except Dec), 9am-1:00pm	No restrictions, all are eligible. Registration required.	Lunch provided. Samples available to take home.

PRENATAL NUTRITION PROGRAMS

PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ ELIGIBILITY	SERVICE DETAILS
Haldimand-Norfolk REACH Healthy Moms Eating Well for 2 519-587-2441 Ext. 407	Program delivered at home as needed.	Pregnant women over the age of 24.	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	FREQUENCY/ ELIGIBILITY	SERVICE DETAILS
Ride Norfolk (serves Simcoe, Waterford, Delhi, Port Dover, Port Rowan, Courtland, Langton, Walsh, St. William's, Port Ryerse, Turkey Point, Vittoria) 519-428-3178 info@ridenorfolk.ca	Simcoe and surrounding areas Mon to Fri 8am - 6pm, except holidays	No restrictions, all are eligible.	Public transportation service \$2.00 in town - \$6.00 out of town \$25.00 multi ride pass. Children 5 and under - free.

*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
info@hnhu.org



www.churchoutserving.org

EMERGENCY FOOD SERVICES

PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ELIGIBILITY	SERVICE DETAILS
Simcoe Caring Cupboard (serves Normandale, Renton, Simcoe, Turkey Point) 519-428-1713	23 Kent St. South, Simcoe Every Thurs 8:30am - 12:00pm	Frequency of service is based on income. ID, income receipts, rent receipts, utility bills and drug card (if on assistance) required.	Open to all who need food assistance at no cost.
Salvation Army Community & Family Services - Emergency Assistance Program (serves Norfolk County and Hagersville, Jarvis, Nanticoke) 519-426-5420 or 226-567-0255 famserv.simcoe@eastlink.ca	184 Colborne St. North, Simcoe Mon-Fri, 1-4pm except holidays and first Thursday of month.	ID and proof of income required.	Emergency services include food, housing, clothing and transportation.
St. Vincent de Paul			
Delhi (serves all of Norfolk county) 519-582-1312 Ext. 24	Our Lady, Queen of Martyrs Parish, 110 Adams Ave, Delhi Call Mon and Wed Delivery Tues-Thurs 8:30 - 4:30	Open to all who need assistance. Eligible to receive every 2 months.	Emergency food at no cost. Individuals: bag of food and \$10 gift card for fresh food. Families: box of food and \$25 gift card.
Port Dover 519-426-0887 (follow the prompts – press 2, then 1. Leave name and phone number for call back)	St. Cecilia's Roman Catholic Church, 17 Lynn Park Ave, Port Dover Hours as required	No restriction, eligible to all. Call St. Cecilia's Church and leave a message requesting assistance.	Offer food vouchers to people in need.
Simcoe (serves Simcoe and Waterford) 519-426-0887 Ext. 2	St. Mary's Church, 211 Union St., Simcoe Call Tues. to Fri. to register Delivery Tues and Thurs	Once every 2 months for those in need of food. Must be home day of delivery and have phone number.	Emergency grocery assistance.
Delhi Sharing Pantry (serves Delhi and Teeterville) 519-582-2559 (Ruth) ruthbrown431@hotmail.com	22 Argyle Ave, Delhi (side entrance) Every Thurs 1:00-3:00pm (call for emergency food)	Available once a month for those in need of food who live in the community. Clients must present ID and proof of address at the beginning of each year or when registering for the first time.	Provides emergency food for individuals and families in need.
Mission Food Bank (Port Rowan) (serves Clear Creek, Houghton, Langton, Port Rowan, St Williams, Walsingham) 519-586-3003	Basement of Free Methodist Church: 26 Erie Ave, Port Rowan 1st and 3rd Tues of each month, 10am-noon	Available twice a month. Evidence of address, income and rental/mortgage payment required.	Provides food assistance to those in need assistance at no cost.
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 provide 2 pieces of ID, complete an application form and provide proof of rent, utility payment and means of income.	Emergency assistance for those requiring temporary food assistance.
Waterford and District Food Cupboard (serves Bloomsburg, Vanessa, Waterford, Windham Centre, Villa Nova) 519-443-5307	Rear entrance of 61 St. James St S, Waterford Wed from 7-8:30pm	Anyone in need of food can access service once every 4 weeks. Potential clients are required to fill out an application that includes proof of income and residency and identification of family members applying.	Distributes food to those in need.

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

PROGRAM INFORMATION	WHERE AND WHEN	FREQUENCY/ELIGIBILITY	SERVICE DETAILS
First Serving 519-426-3273	First Baptist Church of Simcoe, 129 Young St., Simcoe 2nd, 3rd, 4th Mon of every month, at 5:30pm Doors open 5pm	No restrictions, all are eligible.	A free drop-in community meal.
St. Vincent de Paul Soup Kitchen Office: 519-426-0887 Hall: 519-426-2366	Knights of Columbus Hall – upper floor, 43 Kent St. South, Simcoe Tues, Wed and Thurs from 11:00am-12:15pm, Oct-April	No restrictions, all are eligible.	A free, nutritious and hot meal for families and singles.
Salvation Army Community & Family Services - Community Lunch 519-426-3640 or 226-567-0255	184 Colbourne St. North, Simcoe Every Tues, May-Sept at 11:30am	No restrictions, all are eligible.	Free community lunch.
Achieve Mental Health Wellness & Recovery Centre Free Meal Program 519-428-0580, 519-428-0580 ext. 5, or 1-877-909-4357	50 Orchard Ave, Simcoe Tues and Fri 12:00-1:00pm	For people living with mental illness, mental health concerns and/or addictions that are 16 and older.	Members pay \$3 per month and receive 8 meals. Non-members pay \$6 per month for 8 meals (membership \$3/year).
Diner's Club Haldimand-Norfolk Community Senior Support Services Inc. 1-800-265-2818 (Haldimand) 1-866-529-0849 (Norfolk)	Multiple locations Monthly or bi-monthly	For seniors.	Provides transportation to a central location for nutritious meals, socialization and entertainment. Cost: \$11 or \$13 with transportation.
Caring for the Core Community Lunch 519-426-0501	Trinity Anglican Church, 80 Colborne St. South, Simcoe Thurs from 11:30am-12:30pm Doors open 10am (Apr-Oct)	No restrictions, all are welcome.	Free community meal.