

FOOD ACCESS GUIDE

For Hastings & Prince Edward Counties



— Central Hastings —
2017



About This Guide

The **Food Access Guide for Hastings & Prince Edward Counties** provides information about free or low cost food and meal programs and services in Hastings and Prince Edward Counties.

The information contained in this document is for general information purposes only. Reasonable effort is made to keep the information up-to-date and correct. We accept no liability connected to the accuracy, reliability or completeness of the information or to any site which is listed in this document.

Visit www.foodaccess.ca for the most up-to-date version of the Guide.

References to organizations are for the information of the reader only. It is not an endorsement of the organization or program. If a particular organization or program is not included, it is not a sign of our opinion of that organization.

Organizations who wish to update their information or add their programs or services to this document can contact:

Healthy Life Line at Hastings Prince Edward Public Health

613-966-5500 or 1-800-267-2803 ext. 610

foodsecurity@hpeph.ca

This document was inspired by the Food Access Guide created by the Guelph & Wellington Task Force for Poverty Elimination.

We are committed to providing accessible publications, programs and services to all.

For assistance, please call 613-966-5500; TTY: 711 or email accessibility@hpeph.ca.

For more information, please visit www.hpepublichealth.ca.

About This Guide

Go to www.foodaccess.ca and click on the region of interest.

Each program or service is colour coded as shown on the next page. Click on the name to go to the list of organizations that offer that program or service.

Click on the organization of interest to be taken to Google Maps to see its location.

See the Glossary at the end of the Food Access Guide for the definitions of each program and service.

For information on local transportation, visit [Central Hastings Transit System](#) or call 613-473-5255.

Legend



Wheelchair Accessible



Facebook Link



Twitter Link

CENTRAL HASTINGS

Madoc • Marmora • Stirling • Tweed

EMERGENCY FOOD SERVICES

MEAL PROGRAMS

COLLECTIVE KITCHENS, COOKING CLASSES & OTHER PROGRAMS

FOOD BOX PROGRAMS

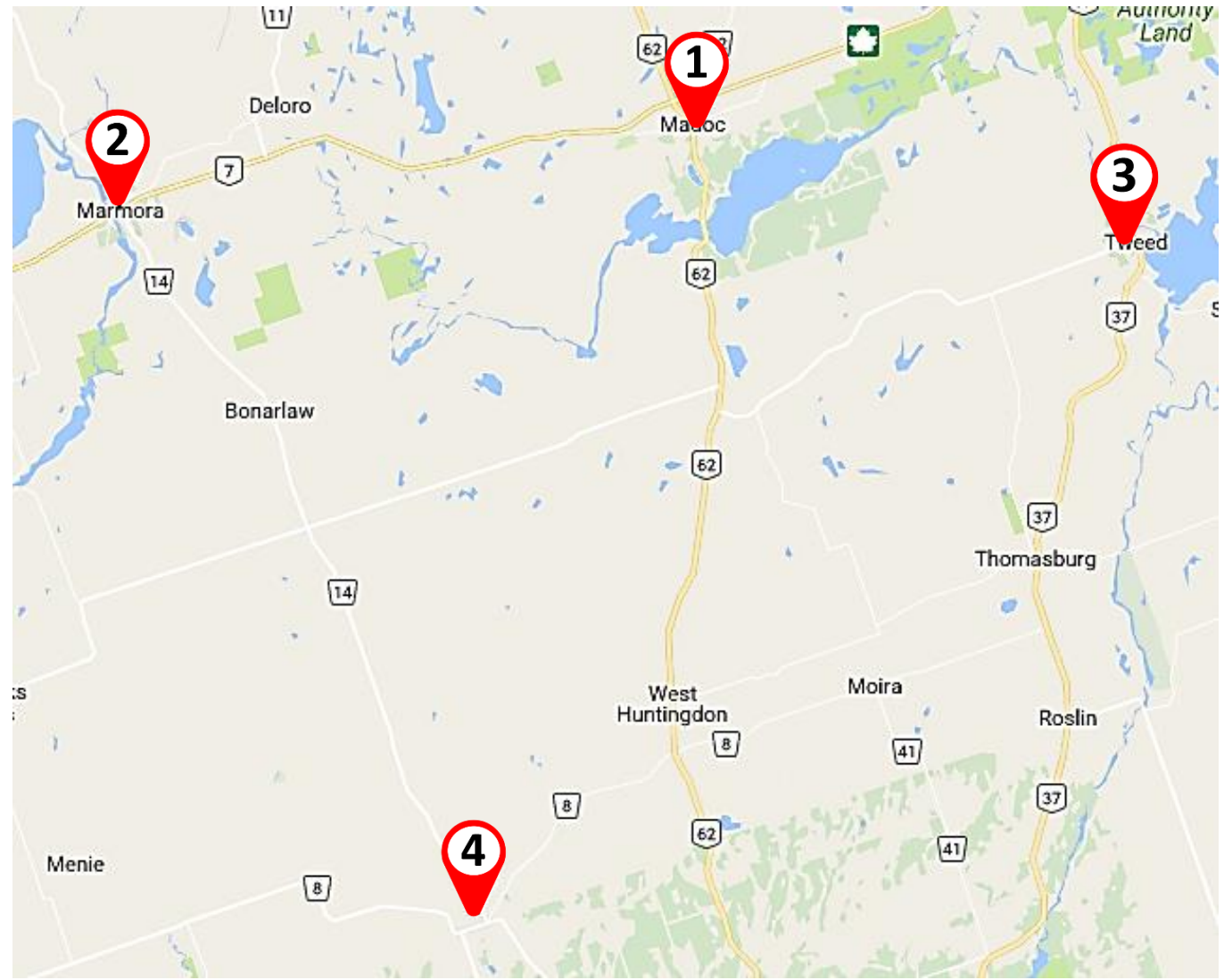
COMMUNITY GARDENS & LOCAL FOOD INITIATIVES


GROCERY DELIVERY & TRANSPORTATION SERVICES


STUDENT NUTRITION PROGRAMS

EMERGENCY FOOD SERVICES

- 1** Helping Hands, Madoc
- 2** Helping Hands, Marmora
- 3** Salvation Army, Tweed
- 4** Stirling and Area Christian Community Care

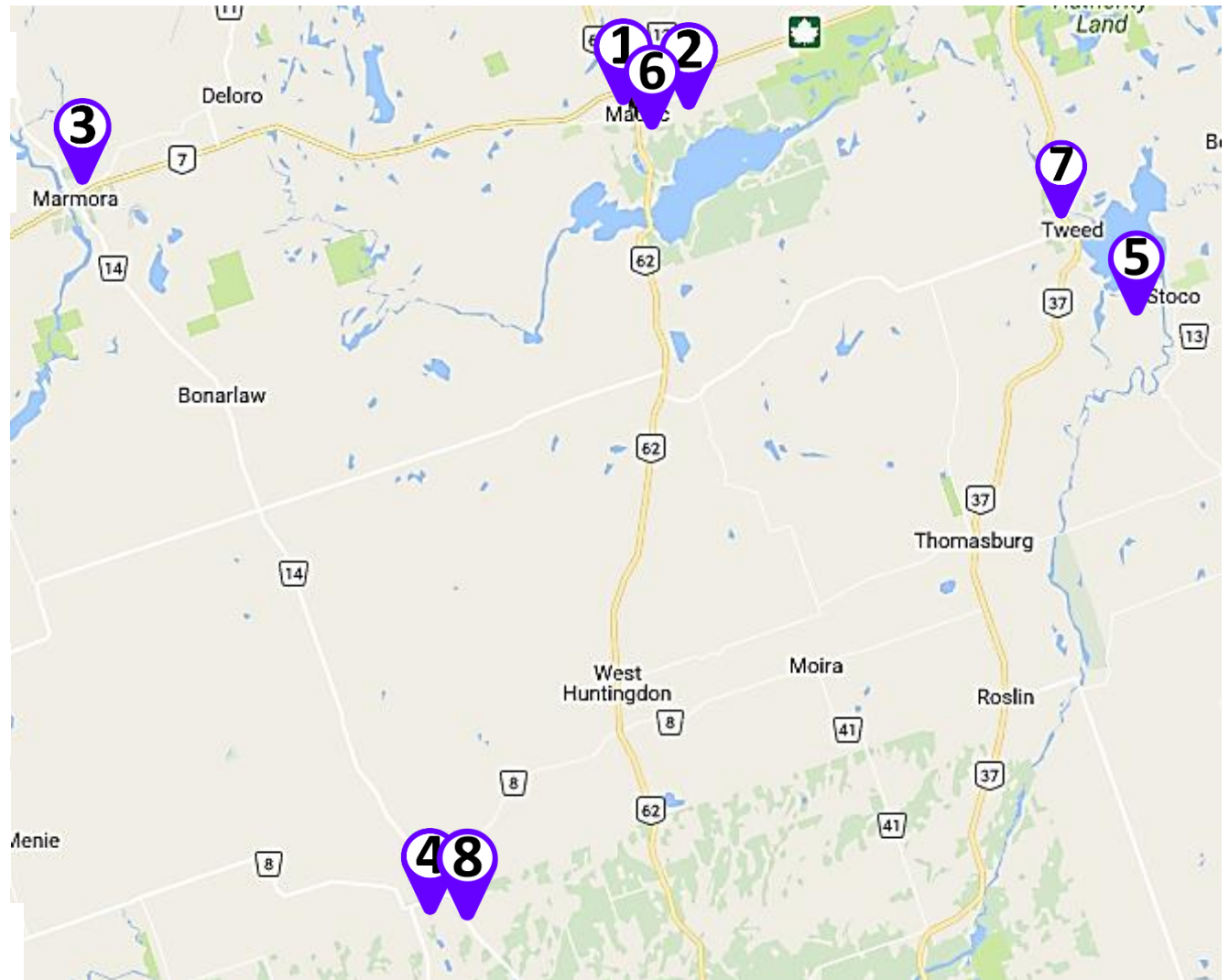




Who Offers It?	When?	How Often Can I Use It?	Am I Eligible?
<p><u>Helping Hands</u> Food Bank</p> <p>151 St. Lawrence Street East, Madoc 613-473-9035 www.chsninc.ca</p> 	<p>Monday: 10am-1pm Tuesday: 6pm-8pm Wednesday: 10am-2pm Thursday: 1pm-4pm</p> <p>Closed holidays</p>	<p>Once a month</p>	<p>Bring ID and proof of address</p>
<p><u>Helping Hands</u> Food Bank</p> <p>37 Forsyth Street, Marmora (Library basement) 613-472-3594</p>	<p>Tuesday 1pm-3pm</p> <p>Closed holidays</p>	<p>6 visits/year</p>	<p>Bring income statement and rent receipt</p> <p>Bring health card for each dependent child</p>
<p><u>Salvation Army</u> Food Bank</p> <p>224 Metcalf Street, Tweed 613-478-3375</p>	<p>Wednesday 10am-3pm (closed 12pm-1pm)</p> <p>Closed holidays</p>	<p>Once a month</p>	<p>Bring photo ID for each home member, rent receipt and income statement</p>



Who Offers It?	When?	How Often Can I Use It?	Am I Eligible?
<p><u>Stirling and Area Christian Community Care</u> Community Cupboard/Food Bank</p> <p>85 Station Street, Stirling 613-395-3952</p> 	<p>2nd, 3rd, 4th, and 5th Thursday 10am-12pm</p> <p>2nd and 4th Thursday 7pm-9pm</p> <p>Office hours: Thursday 10am-12pm, 7pm-9pm</p>	<p>Once a month</p> <p>Call for details</p>	<p>Bring photo ID, rent receipt, income statement and expenses</p> <p>Must show proof of residence in Stirling-Rawdon, or paid taxes to Stirling-Rawdon (may live in another municipality)</p>



MEAL PROGRAMS

- 1** Meals on Wheels - Madoc
- 2** Madoc Diners Club
- 3** Marmora Diners Club
- 4** Stirling Diners Club
- 5** Tweed Diners Club
- 6** Foundations Youth Centre - Hot Lunch, Madoc
- 7** Foundations Youth Centre - Hot Meal, Tweed
- 8** St. John's Anglican Church, Stirling



Who Offers It?	What is it?	When?	Am I Eligible?
<p><u>Community Care for Central Hastings</u> Meals on Wheels (Hot)</p> <p>108 Russell Street, Madoc 613-473-9009 ext. 5002 or 1-800-554-1564 www.ccch.ca</p> 	<p>\$6/meal</p> <p>Cash or cheque is accepted</p> <p>Special diets accommodated</p>	<p>Tuesday and Thursday 11:30am-1:00pm</p> <p>Closed holidays</p>	<p>For older adults (60+ years) or adults with physical disabilities</p> <p>Must be a client</p> <p>Call to register 24 hours in advance</p> <p>Office hours: Monday-Thursday 8:30am-4:00pm Friday 8:30am-3:00pm</p>
<p><u>Community Care for Central Hastings</u> Meals on Wheels (Frozen)</p> <p>108 Russell Street, Madoc 613-473-9009 ext. 5002 or 1-800-554-1564 www.ccch.ca</p> 	<p>Call for cost</p> <p>Cash or cheque is accepted</p> <p>Special diets accommodated</p>	<p>Once a month 11:30am-1:00pm</p> <p>Call for dates</p> <p>Once a month, or according to freezer space</p>	<p>For older adults (60+ years) or adults with physical disabilities</p> <p>Must be a client</p> <p>Call to register 24 hours in advance</p> <p>Office hours: Monday-Thursday 8:30am-4:00pm Friday 8:30am-3:00pm</p>

Who Offers It?	What is it?	When?	Am I Eligible?
<p><u>Community Care for Central Hastings</u> Diners Club</p> <p>613-473-9009 ext. 5004 or 1-800-554-1564 www.ccch.ca</p> <p>Locations: St. John's Anglican Church Parish Hall 115 Durham Street North, Madoc</p> <p>Community Centre 28 Victoria Street, Marmora</p> <p>St. Paul's United Church 104 Church Street, Stirling</p> <p>St. Edmund's Hall 161A St. Edmund's Road, Tweed</p>  	<p>Farmer's style meal</p> <p>\$8/meal</p> <p>Cash only</p>	<p>September-June</p> <p>Doors open at 12pm</p> <p>Call or view website for dates</p> <p>Office hours: Monday-Thursday 8:30am-4:00pm Friday 8:30am-3:00pm</p>	<p>For older adults (60+ years) or adults with physical disabilities</p> <p>Call to reserve a meal</p>

Who Offers It?	What is it?	When?	Am I Eligible?
<p><u>Foundations Youth Centre</u> Hot Lunch</p> <p>76 Durham Street, Madoc 613-242-1125 www.sandamianofoundation.ca</p> 	<p>Hot lunch, juice, and dessert</p> <p>Free</p>	<p>During the school-year</p> <p>Monday-Friday 11am-1pm</p> <p>Drop in</p>	<p>For youth</p>
<p><u>Foundations Youth Centre</u> Hot Meal</p> <p>300 Victoria Street North, Tweed 613-242-1125 Email via website www.sandamianofoundation.ca</p>	<p>Hot meal</p> <p>Free</p>	<p>Saturday 6pm-8pm</p> <p>Times and dates may vary, please call ahead</p>	<p>For youth</p>
<p><u>St. John's Anglican Church</u> St. Martha's Supper</p> <p>73 North Street, Stirling 613-395-1745 office@stjohnsstirling.ca</p> 	<p>Hot nutritious meal</p> <p>Donations accepted</p>	<p>September-May (may vary)</p> <p>Thursday 5pm</p> <p>Drop in</p> <p>Closed Christmas & Maundy Thursday (Thursday before Easter)</p>	<p>Everyone is welcome</p> <p>Unlimited access</p>

COLLECTIVE KITCHENS, COOKING CLASSES & OTHER PROGRAMS






Helping Hands



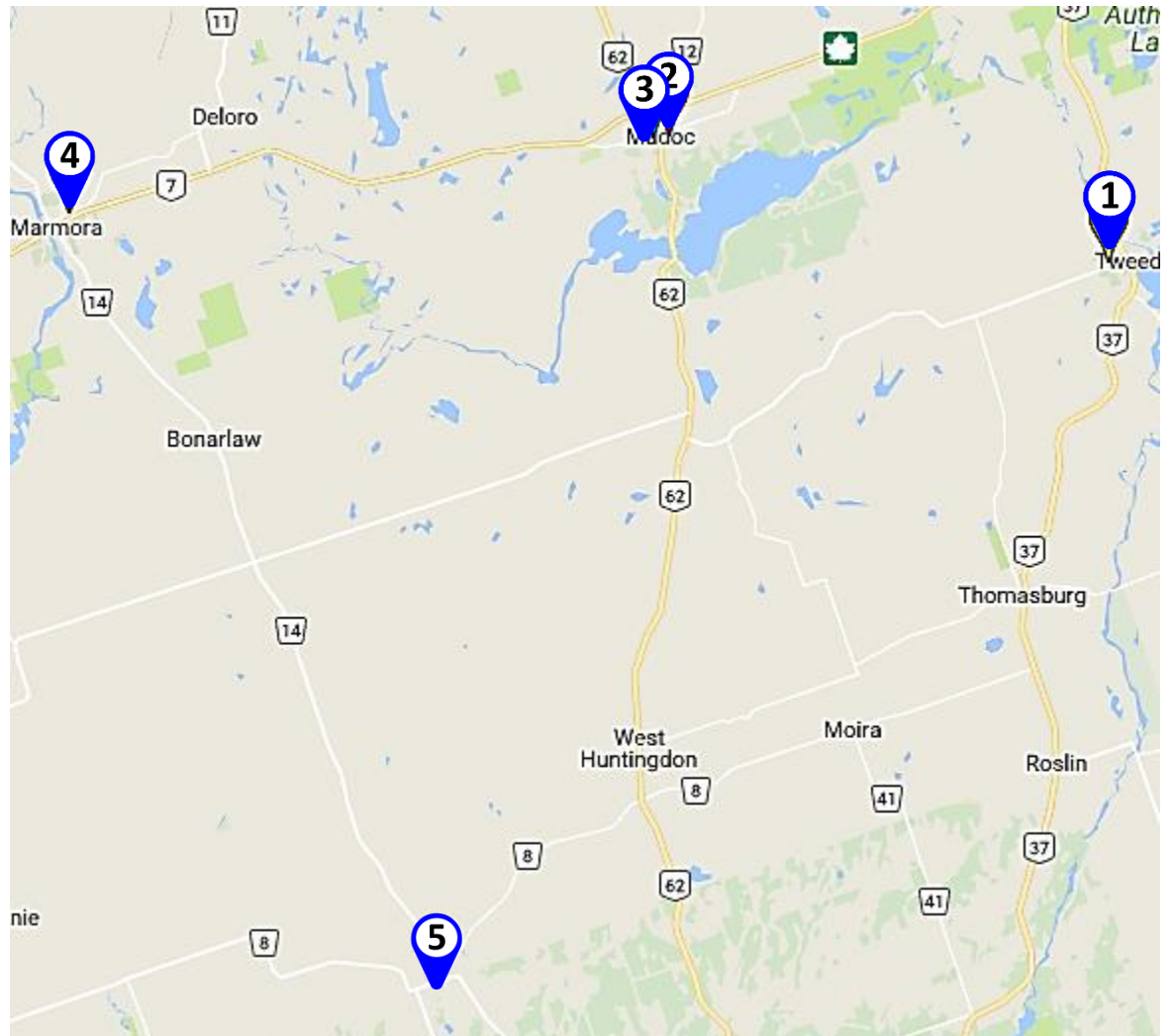
Gateway Community Health Centre









Who Offers It?	What is it?	When?	Am I Eligible?
<p><u>Community Development Council of Quinte Community Kitchens</u></p> <p>65 Station Street, Belleville 613-968-2466 cdc@cdcquinte.com www.cdcquinte.com</p> 	<p>Cooking class series for adults</p> <p>Free</p>	<p>Once a month, all year</p> <p>Call for a location nearest you</p> <p>Call to register</p>	<p>For residents of Hastings and Prince Edward Counties</p> <p>Ages 16+</p>
<p><u>Helping Hands Cooking Classes</u></p> <p>151 St. Lawrence Street East, Madoc 613-473-9035 www.chsninc.ca/food-bank/</p> 	<p>Cooking classes offered monthly and canning workshops offered in the Fall</p> <p>Free</p>	<p>Monthly</p> <p>Call or view website for dates and locations</p>	<p>Everyone is welcome</p>
<p><u>Gateway Community Health Centre Community Kitchen</u></p> <p>41 McClellan Street, Tweed 613-478-1211 www.gatewaychc.org</p> 	<p>Prepare healthy, tasty and nutritious budget-friendly meals in a social environment</p> <p>Free</p>	<p>Every 3rd Tuesday of the month</p> <p>1:30pm-3:30pm</p> <p>Call to register</p>	<p>Everyone is welcome</p>







FOOD BOX PROGRAMS

- 1** Gateway Community Health Centre
- 2** Helping Hands, Madoc
- 3** Madoc Support Centre
- 4** Marmora Pentecostal Church
- 5** Stirling-Rawdon Public Library









Who Offers It?	What is it?	When?	Am I Eligible?
<p><u>Gateway Community Health Centre</u> Good Food Box Depot Through Community Development Council of Quinte (CDCQ)</p> <p>41 McClellan Street, Tweed 613-478-1211 www.gatewaychc.org</p> <p>or contact CDCQ: 613-968-2466 gfb@cdcquinte.com www.cdcquinte.com</p> <p>  </p>	<p>Large Good Food Box \$15</p> <p>Small Good Food Box \$10</p> <p>Fruit Bag \$5</p> <p>Unlimited Access</p>	<p>Order and pay by: The end of the 1st week of the month</p> <p>Pick up: 3rd Wednesday of the month</p> <p>Located at lower level of centre</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register: Call the Community Health Centre or call/email CDCQ</p> <p>Cash only</p> <p>Bring bags</p>

Who Offers It?	What is it?	When?	Am I Eligible?
<p><u>Gateway Community Health Centre</u> Good Baby Box Depot Through Community Development Council of Quinte (CDCQ)</p> <p>41 McClellan Street, Tweed 613-478-1211 www.gatewaychc.org</p> <p>or contact CDCQ: 613-968-2466 gbb@cdcquinte.com www.cdcquinte.com</p> <p>  </p>	<p>Infant Box \$6</p> <p>Baby Box \$10</p> <p>Toddler Box \$6.50</p> <p>Unlimited Access</p>	<p>Order and pay by: The end of the 1st week of the month</p> <p>Pick up: 3rd Wednesday of the month</p> <p>Located at lower level of centre</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register: Call the Community Health Centre or call/email CDCQ</p> <p>Cash only</p> <p>Bring bags</p>

Who Offers It?	What is it?	When?	Am I Eligible?
<p><u>Helping Hands</u> Good Food Box Depot Through CDCQ</p> <p>151 St. Lawrence Street East, Madoc 613-473-9035 www.chsninc.ca</p> <p>or contact CDCQ: 613-968-2466 gfb@cdcquinte.com www.cdcquinte.com</p>   	<p>Large Good Food Box \$15</p> <p>Small Good Food Box \$10</p> <p>Fruit Bag \$5</p> <p>Unlimited Access</p>	<p>Order and pay: 1st Thursday of the month</p> <p>Pick up: 3rd Wednesday of the month 1pm-4pm</p> <p>Office hours: Monday: 10am-1pm Tuesday: 6pm-8pm Wednesday: 10am-2pm Thursday: 1pm-4pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register: Call Helping Hands or call/email CDCQ</p> <p>Cash only</p> <p>Bring bags</p>
<p><u>Helping Hands</u> Good Baby Box Depot Through CDCQ</p> <p>151 St. Lawrence Street East, Madoc 613-473-9035 www.chsninc.ca</p> <p>or contact CDCQ: 613-968-2466 gbb@cdcquinte.com www.cdcquinte.com</p>   	<p>Infant Box \$6</p> <p>Baby Box \$10</p> <p>Toddler Box \$6.50</p> <p>Unlimited Access</p>	<p>Order and pay: 1st Thursday of the month</p> <p>Pick up: 3rd Wednesday of the month 1pm-4pm</p> <p>Office hours: Monday: 10am-1pm Tuesday: 6pm-8pm Wednesday: 10am-2pm Thursday: 1pm-4pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register: Call Helping Hands or call/email CDCQ</p> <p>Cash only</p> <p>Bring bags</p>

Who Offers It?	What is it?	When?	Am I Eligible?
<p>Madoc Support Centre Good Food Box Depot Through CDCQ</p> <p>56 Russell Street, Unit B, Madoc 613-473-4111 psseo.ca www.mhsn.ca</p> <p>or call CDCQ: 613-968-2466 gfb@cdcquinte.com www.cdcquinte.com</p> <p>  </p>	<p>Large Good Food Box \$15</p> <p>Small Good Food Box \$10</p> <p>Fruit Bag \$5</p> <p>Unlimited Access</p>	<p>Order and pay by: 1st Friday of the month</p> <p>Pick up: 3rd Wednesday of the month 1:00pm-2:30pm</p> <p>Call for details</p> <p>Office hours: Monday-Friday 9:30am-2:30pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register: Call Madoc Support Centre or call/email CDCQ</p> <p>Cash only</p> <p>Bring bags</p>

Who Offers It?	What is it?	When?	Am I Eligible?
<p><u>Marmora Pentecostal Church</u> Good Food Box Depot Through CDCQ</p> <p>53 Madoc Street, Marmora 613-472-3219 www.mpchurch.ca</p> <p>or contact CDCQ: 613-968-2466 gfb@cdcquinte.com www.cdcquinte.com</p> <p>  </p>	<p>Large Good Food Box \$15</p> <p>Small Good Food Box \$10</p> <p>Fruit Bag \$5</p> <p>Unlimited Access</p>	<p>Order and pay: 1st Wednesday of the month 10am-2pm</p> <p>Pick up: 3rd Wednesday of the month 4pm-6pm</p> <p>Times and dates may change for holidays</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register: Call Marmora Pentecostal Church or call/email CDCQ</p> <p>Cash only</p> <p>Bring bags</p>

Who Offers It?	What is it?	When?	Am I Eligible?
<p><u>Marmora Pentecostal Church</u> Good Baby Box Depot Through CDCQ</p> <p>53 Madoc Street, Marmora 613-472-3219 www.mpchurch.ca</p> <p>or contact CDCQ: 613-968-2466 gbb@cdcquinte.com www.cdcquinte.com</p> <p>  </p>	<p>Infant Box \$6</p> <p>Baby Box \$10</p> <p>Toddler Box \$6.50</p> <p>Kiddie Klothes Kloset runs at the same times and locations – clothes are available for babies up to 2T</p> <p>Unlimited Access</p>	<p>Every Wednesday 10am-2pm</p> <p>Times and dates may change for holidays</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register: Call Marmora Pentecostal Church or call/email CDCQ</p> <p>Cash only</p> <p>Bring bags</p>

Who Offers It?	What is it?	When?	Am I Eligible?
<p>Stirling-Rawdon Public Library Good Food Box Depot Through CDCQ</p> <p>43 West Front Street, Stirling 613-395-2837 jaye@stirlinglibrary.com</p> <p>or contact CDCQ: 613-968-2466 gfb@cdcquinte.com www.cdcquinte.com</p> <p>  </p>	<p>Large Good Food Box \$15</p> <p>Small Good Food Box \$10</p> <p>Fruit Bag \$5</p> <p>Unlimited access</p>	<p>Order and pay: 1st Friday of the month</p> <p>Pick up: 3rd Wednesday of the month 5pm-7pm</p> <p>Office Hours: Tuesday-Thursday 10am-7pm</p> <p>Saturday & Sunday 10am-3pm</p>	<p>Everyone is welcome</p> <p>For residents of Hastings and Prince Edward Counties</p> <p>To register: Call Stirling-Rawdon Public Library or call/email CDCQ</p> <p>Bring bags</p>

COMMUNITY GARDEN & LOCAL FOOD INITIATIVES



Gateway Community Health Centre



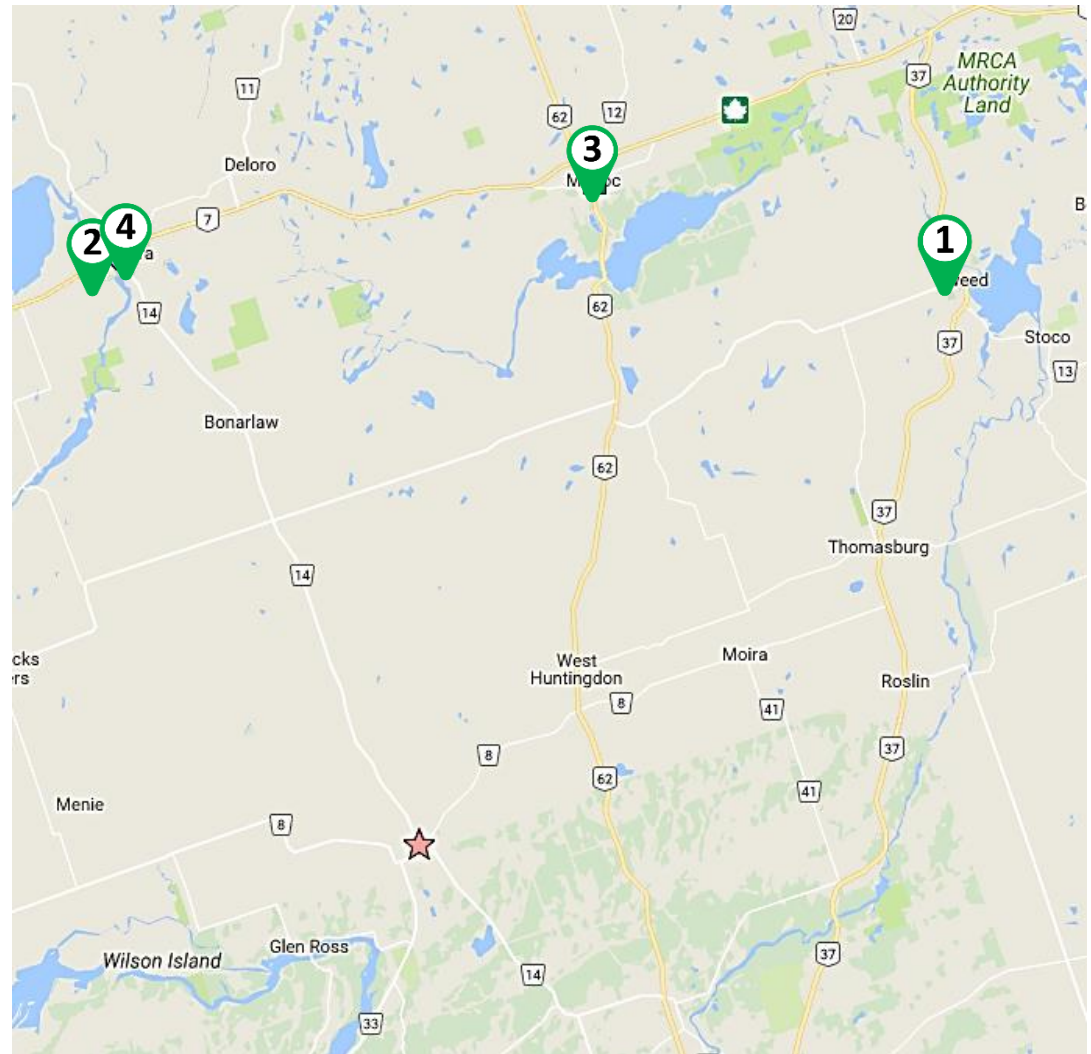
Marmora Farmers' Market



Madoc Royal Canadian Legion



Marmora Public Library



Who Offers It?	Where?	When?	Cost?	Am I Eligible?
<p><u>Gateway Community Health Centre</u> Tweed Community Garden</p> <p>41 McClellan Street, Tweed 613-478-1211 www.gatewaychc.org</p>	<p>Moira Place 415 River Street West, Tweed</p>	<p>Growing season: May–September</p>	<p>Free</p>	<p>Everyone is welcome</p> <p>Call to register</p>
<p><u>Madoc Royal Canadian Legion</u> Good Food Market</p> <p>Through Community Development Council of Quinte (CDCQ)</p> <p>33 St. Lawrence Street East, Madoc</p> <p>Contact CDCQ: 613-968-2466 gfb@cdcquinte.com www.cdcquinte.com</p> <p>  </p>	<p>Madoc Royal Canadian Legion</p> <p>33 St. Lawrence Street East, Madoc</p>	<p>Last Thursday of every month 10am-12pm</p> <p>Once a month, year round</p>	<p>Costs vary</p>	<p>Everyone is welcome</p> <p>For residents of Hastings County</p> <p>Cash only</p> <p>Bring bags</p>

Who Offers It?	Where?	When?	Cost?	Am I Eligible?
<p><u>Marmora Farmers' Market</u></p> <p>613-472-1515 m.abraham@marmoraandlake.ca</p> 	<p>Memorial Park 9 Matthew Street, Marmora</p>	<p>May long weekend- Thanksgiving</p> <p>Saturday 8am-2pm</p>	<p>Costs vary</p> <p>No cost for vendors</p>	<p>Everyone is welcome</p>
<p><u>Marmora Public Library Good Food Market</u></p> <p>Through Community Development Council of Quinte</p> <p>37 Forsyth Street, Marmora</p> <p>Contact CDCQ: 613-968-2466 gfb@cdcquinte.com www.cdcquinte.com</p>   	<p>Marmora Public Library</p> <p>37 Forsyth Street, Marmora</p>	<p>Last Thursday of every month 1:30pm-4:00pm</p> <p>Once a month, year round</p>	<p>Costs vary</p>	<p>Everyone is welcome</p> <p>For residents of Hastings County</p> <p>Cash only</p> <p>Bring bags</p>

GROCERY DELIVERY & TRANSPORTATION SERVICES

Who Offers It?	What Is It?	When?	Cost?
<p><u>Madoc Foodland Grocery Store</u></p> <p>40 Elgin Street, Madoc 613-473-4240</p>	<p>Grocery Ordering and Delivery</p>	<p>Call to order: Tuesday & Friday Before 11am</p> <p>Delivered: Tuesday & Friday After 11am</p>	<p>Free for local delivery</p> <p>Small charge for out of town delivery</p>
<p><u>Stirling Foodland</u></p> <p>44 North Street, Stirling 613-395-2493</p>	<p>Grocery Ordering and Delivery</p>	<p>Call to order: Tuesday & Friday Before 12pm</p> <p>Delivered: Tuesday & Friday 4pm-6pm</p>	<p>\$5 for call in orders and delivery</p> <p>Free for just delivery after shopping in store</p>
<p><u>Valu-Mart</u></p> <p>56 Victoria Street North, Tweed 613-478-2014</p>	<p>Grocery Delivery</p> <p>Everyone is welcome</p> <p>Request a delivery in person at grocery store</p>	<p>Everyday</p> <p>Orders are dispatched at 11am or 3pm</p> <p>Call for details</p>	<p>\$5</p> <p>\$2.50 for seniors</p> <p>Cash, credit or debit (added to grocery bill)</p>

STUDENT NUTRITION PROGRAMS

Food for Learning supports over 150 nutrition programs in 76 education sites in Hastings and Prince Edward Counties. Snack, breakfast and lunch programs are available at various sites. Program dates and times vary. You must be a student at one of the education sites to participate.

For more information contact:

Kellie Brace, Food for Learning Coordinator
c/o The Hastings and Prince Edward Learning Foundation
156 Ann Street
Belleville, ON K8N 3L3
613-966-1170 ext. 2232
kbrace@hpedsb.on.ca

Education sites that have student nutrition programs in Central Hastings:

- Centre Hastings Secondary School
- Earl Prentice Public School
- Madoc Public School
- Madoc Township Public School
- Marmora Sr. Public School
- Sacred Heart Catholic School
- St. Carthagh Catholic School
- Stirling Public School
- Tweed Elementary School

Glossary

Emergency Food Services

Food banks, pantries, cupboards, vouchers or hampers all provide access to food in times of crisis.

Meal Programs

Organizations that offer free or low priced breakfast, lunch, supper, and/or snacks.

Collective Kitchens, Cooking Classes & Other Programs

Collective Kitchen: members plan, budget, prepare, and take home meals, at a lower cost.

Community Kitchen: similar to a collective kitchen, groups prepare food to sit down and have a meal together.

Cooking Class: hands-on class where members plan, prepare and taste food.

Food Box Programs

Christmas Sharing: food boxes for families living on a low income who wish to enjoy a festive Christmas supper.

Large Good Food Box: contains affordable fresh fruit and vegetables suitable for a larger family.

Small Good Food Box: contains affordable seasonal fresh fruit and vegetables suitable for a smaller family.

Fruit Bag: contains affordable seasonal fruit.

Good Baby Box: helps families to stretch their food dollar, reduce costs, and meet the nutritional and hygiene needs of their infants and toddlers.

Community Gardens & Local Food Initiatives

Community Gardens: community members harvest fruit and vegetables from a shared piece of land. Harvested crops may be for plot-owners or donated to local food access programs.

Farmers' Markets: local farms gather on a weekly basis to set up stands and sell their seasonal produce, baked goods and other specialties.

Community Supported Agriculture (CSA): members pay local farmers at beginning of growing season to receive weekly or biweekly shares of seasonal crops (fruit, vegetables, eggs, meat, etc.). Risks and benefits are shared between the community members and local farmers.

Grocery Delivery & Transportation Services

Grocery Delivery: groceries are delivered to your home.

Transportation Services: transportation is provided to and from your home and grocery stores.