

# 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](http://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](mailto: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](mailto:accessibility@hpeph.ca).

For more information, please visit [www.hpepublichealth.ca](http://www.hpepublichealth.ca).

## About This Guide

Go to [www.foodaccess.ca](http://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**

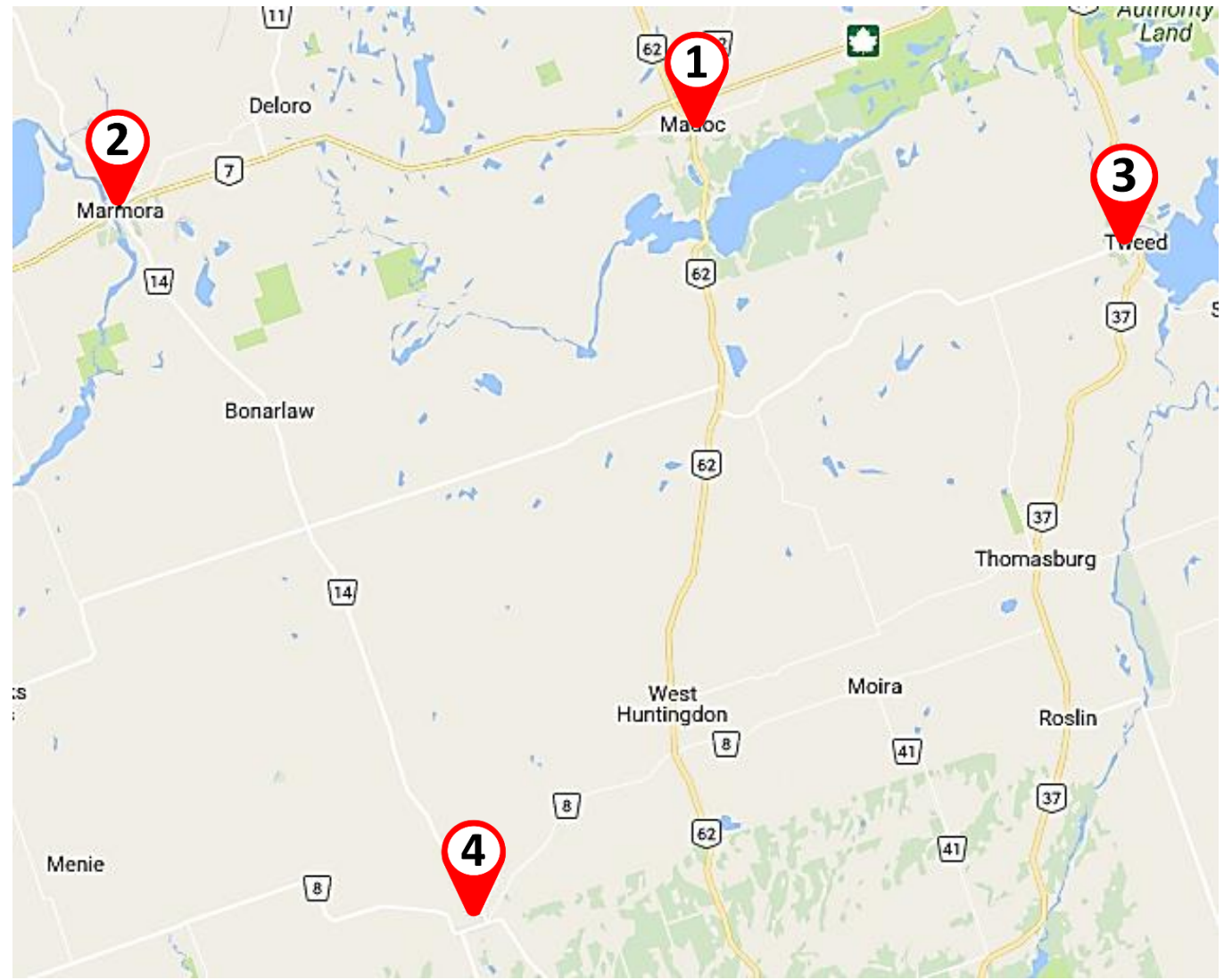
**GROCERY DELIVERY & TRANSPORTATION SERVICES**


**STUDENT NUTRITION PROGRAMS**


# EMERGENCY FOOD SERVICES

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

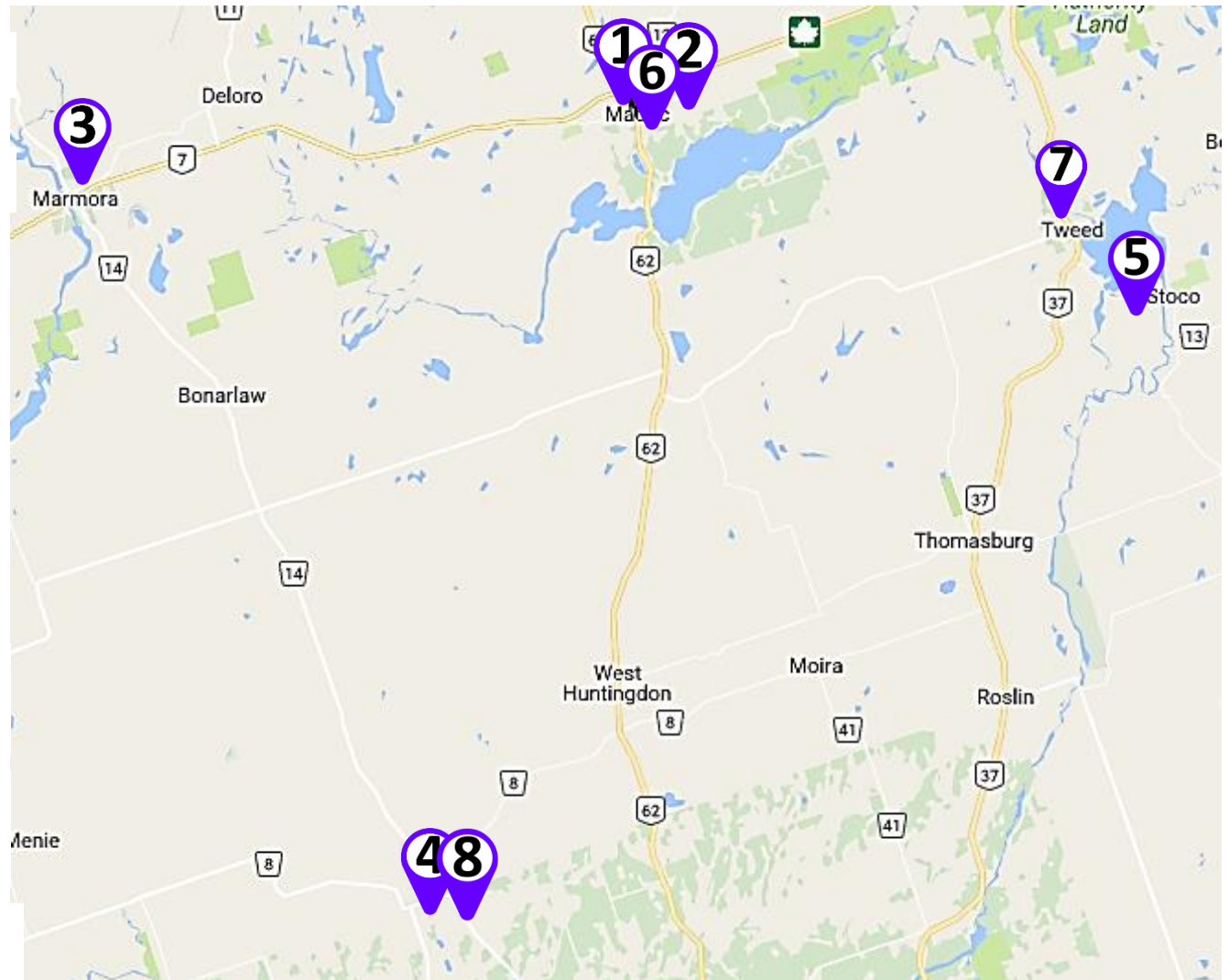


Who Offers It?	When?	How Often Can I Use It?	Am I Eligible?
<p><b><u>Helping Hands</u></b>  <b>Food Bank</b></p> <p>151 St. Lawrence Street East, Madoc  613-473-9035  <a href="http://www.chsninc.ca">www.chsninc.ca</a></p> 	<p>Monday: 10am-1pm  Tuesday: 6pm-8pm  Wednesday: 10am-2pm  Thursday: 1pm-4pm</p> <p>Closed holidays</p>	<p>Once a month</p>	<p>Bring ID and proof of address</p>
<p><b><u>Helping Hands</u></b>  <b>Food Bank</b></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><b><u>Salvation Army</u></b>  <b>Food Bank</b></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><a href="#"><u>Stirling and Area Christian Community Care</u></a>  <b>Community Cupboard/Food Bank</b></p> <p>85 Station Street, Stirling  613-395-3952</p> 	<p>2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Thursday  10am-12pm</p> <p>2<sup>nd</sup> and 4<sup>th</sup> 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><a href="#"><u>Community Care for Central Hastings</u></a>  <b>Meals on Wheels (Hot)</b></p> <p>108 Russell Street, Madoc  613-473-9009 ext. 5002 or  1-800-554-1564  <a href="http://www.ccch.ca">www.ccch.ca</a></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><a href="#"><u>Community Care for Central Hastings</u></a>  <b>Meals on Wheels (Frozen)</b></p> <p>108 Russell Street, Madoc  613-473-9009 ext. 5002 or  1-800-554-1564  <a href="http://www.ccch.ca">www.ccch.ca</a></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><a href="#"><u>Community Care for Central Hastings</u></a>  <b>Diners Club</b></p> <p>613-473-9009 ext. 5004 or  1-800-554-1564  <a href="http://www.ccch.ca">www.ccch.ca</a></p> <p><b>Locations:</b>  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><b><u>Foundations Youth Centre</u></b>  <b>Hot Lunch</b></p> <p>76 Durham Street, Madoc  613-242-1125  <a href="http://www.sandamianofoundation.ca">www.sandamianofoundation.ca</a></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><b><u>Foundations Youth Centre</u></b>  <b>Hot Meal</b></p> <p>300 Victoria Street North, Tweed  613-242-1125  Email via website  <a href="http://www.sandamianofoundation.ca">www.sandamianofoundation.ca</a></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><b><u>St. John's Anglican Church</u></b>  <b>St. Martha's Supper</b></p> <p>73 North Street, Stirling  613-395-1745  <a href="mailto:office@stjohnsstirling.ca">office@stjohnsstirling.ca</a></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 &amp; Maundy Thursday (Thursday before Easter)</p>	<p>Everyone is welcome</p> <p>Unlimited access</p>

# COLLECTIVE KITCHENS, COOKING CLASSES & OTHER PROGRAMS

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Helping Hands



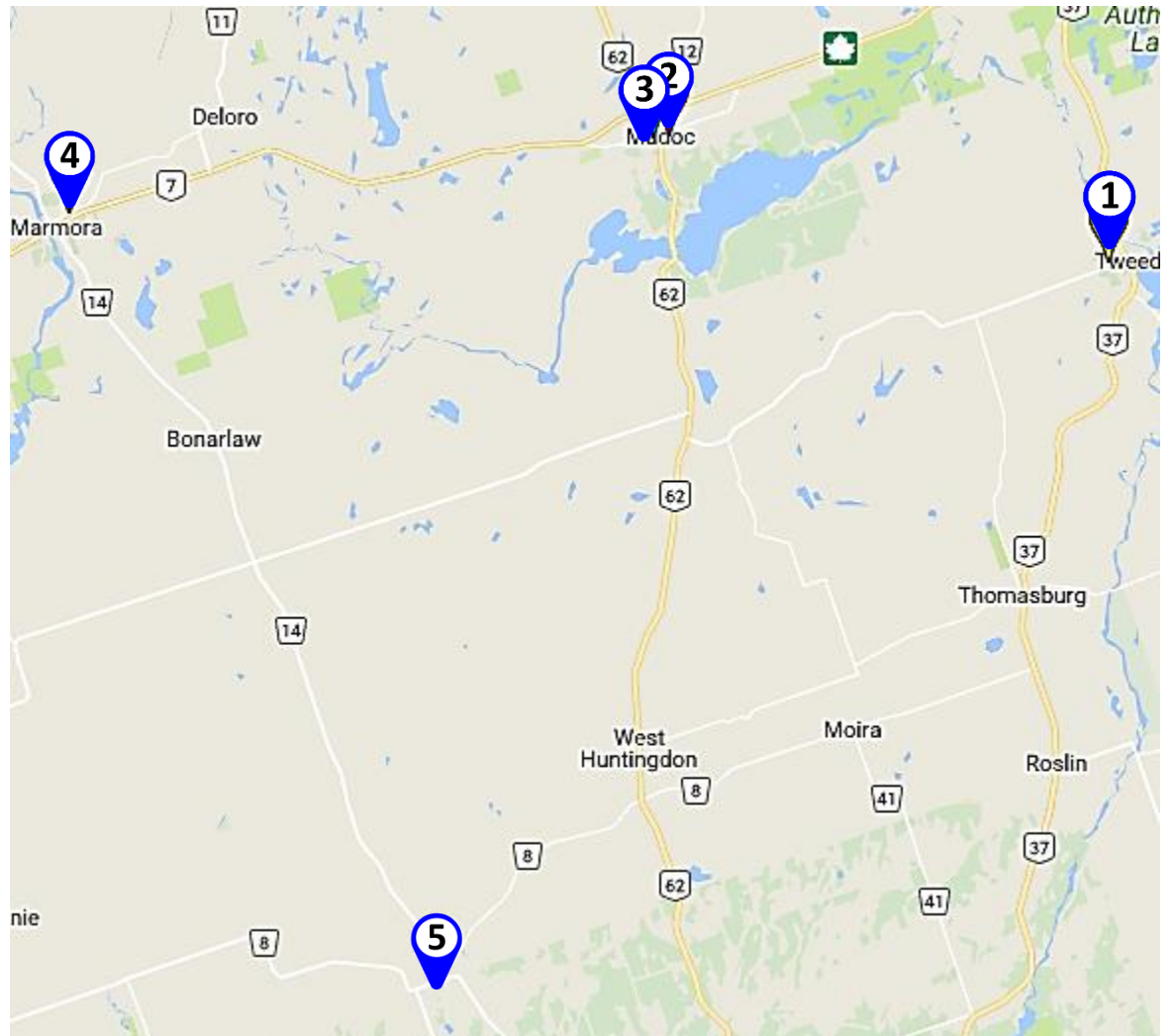
Gateway Community Health Centre









Who Offers It?	What is it?	When?	Am I Eligible?
<p><b><u>Community Development Council of Quinte</u></b>  <b>Community Kitchens</b></p> <p>65 Station Street, Belleville  613-968-2466  <a href="mailto:cdc@cdcquinte.com">cdc@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></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><b><u>Helping Hands</u></b>  <b>Cooking Classes</b></p> <p>151 St. Lawrence Street East, Madoc  613-473-9035  <a href="http://www.chsninc.ca/food-bank/">www.chsninc.ca/food-bank/</a></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><b><u>Gateway Community Health Centre</u></b>  <b>Community Kitchen</b></p> <p>41 McClellan Street, Tweed  613-478-1211  <a href="http://www.gatewaychc.org">www.gatewaychc.org</a></p> 	<p>Prepare healthy, tasty and nutritious budget-friendly meals in a social environment</p> <p>Free</p>	<p>Every 3<sup>rd</sup> 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><b><u><a href="#">Gateway Community Health Centre</a></u></b>  <b>Good Food Box Depot</b>            Through Community Development Council of Quinte (CDCQ)</p> <p>41 McClellan Street, Tweed            613-478-1211  <a href="http://www.gatewaychc.org">www.gatewaychc.org</a></p> <p>or contact CDCQ:            613-968-2466  <a href="mailto:gfb@cdcquinte.com">gfb@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></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 1<sup>st</sup> week of the month</p> <p>Pick up:            3<sup>rd</sup> 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><b><u><a href="#">Gateway Community Health Centre</a></u></b>  <b>Good Baby Box Depot</b>            Through Community Development Council of Quinte (CDCQ)</p> <p>41 McClellan Street, Tweed            613-478-1211  <a href="http://www.gatewaychc.org">www.gatewaychc.org</a></p> <p>or contact CDCQ:            613-968-2466  <a href="mailto:gbb@cdcquinte.com">gbb@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></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 1<sup>st</sup> week of the month</p> <p>Pick up:            3<sup>rd</sup> 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><b><u>Helping Hands</u></b>  <b>Good Food Box Depot</b>  Through CDCQ</p> <p>151 St. Lawrence Street East, Madoc  613-473-9035  <a href="http://www.chsninc.ca">www.chsninc.ca</a></p> <p>or contact CDCQ:  613-968-2466  <a href="mailto:gfb@cdcquinte.com">gfb@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></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:  1<sup>st</sup> Thursday of the month</p> <p>Pick up:  3<sup>rd</sup> 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><b><u>Helping Hands</u></b>  <b>Good Baby Box Depot</b>  Through CDCQ</p> <p>151 St. Lawrence Street East, Madoc  613-473-9035  <a href="http://www.chsninc.ca">www.chsninc.ca</a></p> <p>or contact CDCQ:  613-968-2466  <a href="mailto:gbb@cdcquinte.com">gbb@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></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:  1<sup>st</sup> Thursday of the month</p> <p>Pick up:  3<sup>rd</sup> 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><b><a href="#">Madoc Support Centre</a></b>  <b>Good Food Box Depot</b>            Through CDCQ</p> <p>56 Russell Street, Unit B, Madoc            613-473-4111  <a href="http://psseo.ca">psseo.ca</a>  <a href="http://www.mhsn.ca">www.mhsn.ca</a></p> <p>or call CDCQ:            613-968-2466  <a href="mailto:gfb@cdcquinte.com">gfb@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></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:            1<sup>st</sup> Friday of the month</p> <p>Pick up:            3<sup>rd</sup> 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><b><u>Marmora Pentecostal Church</u></b>  <b>Good Food Box Depot</b>            Through CDCQ</p> <p>53 Madoc Street, Marmora            613-472-3219  <a href="http://www.mpchurch.ca">www.mpchurch.ca</a></p> <p>or contact CDCQ:            613-968-2466  <a href="mailto:gfb@cdcquinte.com">gfb@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></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:            1<sup>st</sup> Wednesday of the month            10am-2pm</p> <p>Pick up:            3<sup>rd</sup> 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><b><u>Marmora Pentecostal Church</u></b>  <b>Good Baby Box Depot</b>            Through CDCQ</p> <p>53 Madoc Street, Marmora            613-472-3219  <a href="http://www.mpchurch.ca">www.mpchurch.ca</a></p> <p>or contact CDCQ:            613-968-2466  <a href="mailto:gbb@cdcquinte.com">gbb@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></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><b><a href="#">Stirling-Rawdon Public Library</a></b>  <b>Good Food Box Depot</b>            Through CDCQ</p> <p>43 West Front Street, Stirling            613-395-2837  <a href="mailto:jaye@stirlinglibrary.com">jaye@stirlinglibrary.com</a></p> <p>or contact CDCQ:            613-968-2466  <a href="mailto:gfb@cdcquinte.com">gfb@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></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:            1<sup>st</sup> Friday of the month</p> <p>Pick up:            3<sup>rd</sup> Wednesday of the month            5pm-7pm</p> <p>Office Hours:            Tuesday-Thursday            10am-7pm</p> <p>Saturday &amp; 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**



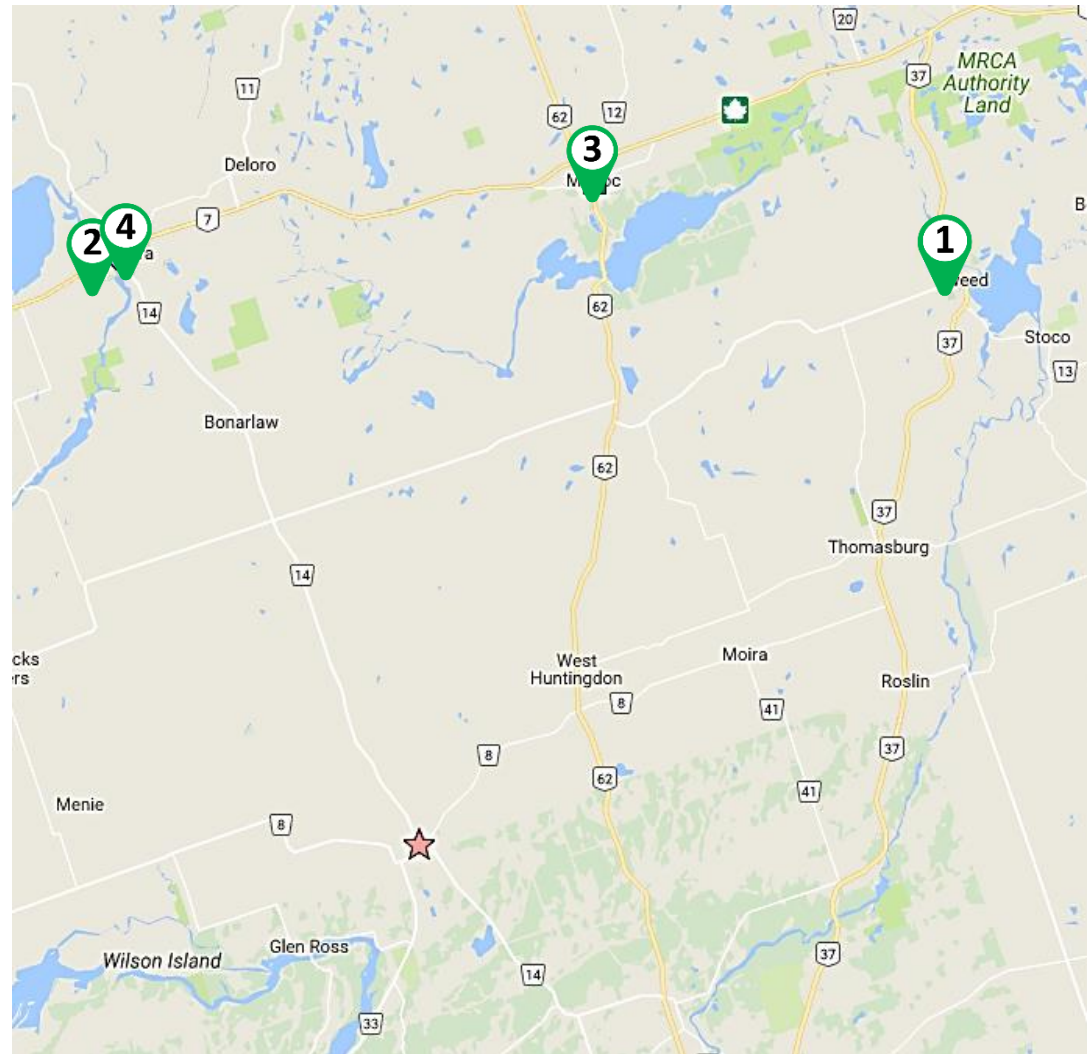
**Marmora Farmers' Market**



**Madoc Royal Canadian Legion**



**Marmora Public Library**



Who Offers It?	Where?	When?	Cost?	Am I Eligible?
<p><b><u><a href="#">Gateway Community Health Centre</a></u></b>  <b>Tweed Community Garden</b></p> <p>41 McClellan Street, Tweed  613-478-1211  <a href="http://www.gatewaychc.org">www.gatewaychc.org</a></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><b><u><a href="#">Madoc Royal Canadian Legion</a></u></b>  <b>Good Food Market</b>  Through Community Development Council of Quinte (CDCQ)</p> <p>33 St. Lawrence Street East,  Madoc</p> <p>Contact CDCQ:  613-968-2466  <a href="mailto:gfb@cdcquinte.com">gfb@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></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><b><u><a href="#">Marmora Farmers' Market</a></u></b></p> <p>613-472-1515  <a href="mailto:m.abraham@marmoraandlake.ca">m.abraham@marmoraandlake.ca</a></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><b><u><a href="#">Marmora Public Library Good Food Market</a></u></b></p> <p>Through Community            Development Council of Quinte</p> <p>37 Forsyth Street, Marmora</p> <p>Contact CDCQ:            613-968-2466  <a href="mailto:gfb@cdcquinte.com">gfb@cdcquinte.com</a>  <a href="http://www.cdcquinte.com">www.cdcquinte.com</a></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><a href="#"><u>Madoc Foodland Grocery Store</u></a></p> <p>40 Elgin Street, Madoc 613-473-4240</p>	<p>Grocery Ordering and Delivery</p>	<p>Call to order: Tuesday &amp; Friday Before 11am</p> <p>Delivered: Tuesday &amp; Friday After 11am</p>	<p>Free for local delivery</p> <p>Small charge for out of town delivery</p>
<p><a href="#"><u>Stirling Foodland</u></a></p> <p>44 North Street, Stirling 613-395-2493</p>	<p>Grocery Ordering and Delivery</p>	<p>Call to order: Tuesday &amp; Friday Before 12pm</p> <p>Delivered: Tuesday &amp; Friday 4pm-6pm</p>	<p>\$5 for call in orders and delivery</p> <p>Free for just delivery after shopping in store</p>
<p><a href="#"><u>Valu-Mart</u></a></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

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**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  
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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.