

## A List of Food Programs and Food Banks

Visit Food in Peterborough website: [www.foodinpeterborough.ca](http://www.foodinpeterborough.ca)

### Food Banks in the City of Peterborough

#### Good Neighbours Care Centre

164 Sherbrooke St. at George St., 705-742-9800

Monday, Wednesday, and Friday, 10:00 a.m. - 2:00 p.m.

Certain foods such as bread can often be obtained more than once in the month.

#### Salvation Army, Family Services

219 Simcoe St., 705-742-4391

Monday, Wednesday, and Thursday from 1:00 p.m. - 4:00 p.m.;

Tuesday from 10:00 a.m. – 11:30 noon\1:00 p.m. - 4:00 p.m.

Food and Emergency assistance available by appointment only.

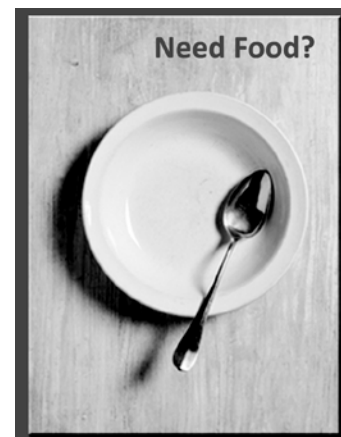
#### St. Vincent de Paul

256 Murray St., 705-874-3937

Wednesday, Thursday, Friday, and Saturday 9:00 a.m. - 11:30 a.m.

#### Kawartha Food Share

Kawartha Food Share is the warehouse and distribution centre for emergency food for local food banks/cupboards and meal programs. Agencies who would like to receive food through us can call 705-745-5377 for a Membership Application.



### For Clients

If you use one of these agencies you can access food from their food cupboards. **Please call first.**

#### Centennial Crescent Community

705-745-6616

#### Fleming College

705-749-5530, ext. 1577

Student Administrative Council

For Fleming students ONLY

#### Peterborough Youth Services

705-743-1681

For clients ONLY

#### Youth Emergency Shelter

705-748-3851

For clients 16-24 years of age.

### Food Banks in Peterborough County

#### Apsley - North Kawartha Food Bank - 135 Burleigh St.

705-656-1748; Tuesday and Friday; 10:00 a.m. - 12:00 p.m.

#### Asphodel/Norwood - Ministerial Food Bank - Norwood Town Hall

705-639-5846; 2<sup>nd</sup>, 4<sup>th</sup> & 5<sup>th</sup> Thursday (if there is) of every month, 10:00 a.m. - 1:00 p.m.

#### Bridgenorth - United Church - 832 Charles St.

705-292-9601; Clients can pick up food once a month.

Tuesday, 1:00 p.m. - 3:00 p.m.

#### Buckhorn - Buckhorn Food Bank - Trent Lakes Outreach Centre, County Road #36

Please call first - 705-768-3590; Last Friday of each month 1:00 p.m. - 2:00 p.m.

#### Havelock - Food Bank - Havelock Town Hall, 12 Oak St.

Emergency contact: 705-778-1204; 2<sup>nd</sup> Wednesday, 11:00 a.m. - 1:00 p.m.

#### Lakefield - Food Bank - St. John's Anglican Church (corner of Queen and Regent Streets)

705-652-8302; Tuesday, 9:00 a.m. - 10:30 a.m.

#### Millbrook - Millbrook Food Share - Old Millbrook School, 1 Dufferin St.

705-932-7066; 2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup> Tuesday of the month, 3:00 p.m. - 5:00 p.m.

#### Otonabee South Monaghan Food Cupboard - Keene United Church, 30 North St.

705-295-6952; 2<sup>nd</sup> Thursday of the month, 12:00 p.m. - 2:00 p.m. & 4:00 p.m. - 6:00 p.m.

# Food For All

## Free Meals

Many community groups provide free or low cost meals in the City and County of Peterborough. Use the City of Peterborough Food Calendar for City meal dates and times [www.peterborough.ca/foodcalendar](http://www.peterborough.ca/foodcalendar). Join FOOD NOT BOMBS every Monday night from 6:30 to 7:30 pm at Confederation Park across from Peterborough City Hall <http://foodnotbombspeterborough.org/>.

## Food Programs

**Babies First** - Pregnant women can access a food cupboard, food vouchers, a nurse and a Registered Dietitian. Program is weekly on Fridays, from September to June 10:00 a.m. - 2:00 p.m. Call the Peterborough Family Resource Centre to register, 705-748-9144, 201 Antrim St.

**Collective Kitchens** – Cooking groups for adults living alone or families living on low incomes. Collective Kitchens meet monthly to cook 3 healthy meals to take home. Call Peterborough Public Health at 705-743-1000 ext. 250.

**Come Cook With Us** – Join a free 4 to 5 week cooking class. Share recipes, make a meal and take home cooked food. Call Peterborough Public Health at 705-743-1000 ext. 316 or email [ccwu@peterboroughpublichealth.ca](mailto:ccwu@peterboroughpublichealth.ca) to register.

**Food For Kids Peterborough & County** – Breakfast clubs at school offers kids free, healthy food on weekdays. Contact your child's school to find out more.

**Gleaning** - Catch a bus to pick free fruits and vegetables at local farms. Farmers donate extra produce and local Faith groups pay for the buses. Call 705-749-9977 to register. A neighbourhood contact will call you.

**JustFood Program** – Small and large size boxes are available each month. The Staples Box has fresh produce and canned or packaged groceries. Cost is \$13 for a small box or \$17 for a large box. The Fresh Produce Box has fresh fruits and vegetables. Cost is \$14 for a small box or \$22 for a large box. Pay as you can price within a range is available. For more information call the YWCA at 705-743-3526

**Nourish Project** – The Nourish Project builds healthy, inclusive and fair communities through food.

- **Nourish Workshops** - Workshops focus on growing, cooking, canning and advocating for good food for all. For more information call 705-743-3526, email [info@nourishproject.ca](mailto:info@nourishproject.ca) or visit [www.nourishproject.ca](http://www.nourishproject.ca).
- **Nourish Community Gardens** – People come together to grow fresh healthy food and to connect with others. To join a community garden or work with others to create a new one, call 705-743-3526 or email [growing@nourishproject.ca](mailto:growing@nourishproject.ca)

**Salvation Army's Fresh Produce Box** – Apply for the produce box program on the THIRD Thursday of the month. Take \$10.00 and proof of income to the Salvation Army, 219 Simcoe Street. First come, first serve basis. This is pre-payment for the next month. Produce day is the THIRD Wednesday of the month from 11:30 a.m. to 1:00 p.m. Contact the Salvation Army for more details at 705-742-4391.

