

# Sign up for the bus to the Guelph Food Bank!

Fourth Wednesday of every month from  
**12:15 – 2:30 pm**

Clients accessing the Guelph Food Bank can now take the monthly bus to get their groceries home.

**Pick-ups at these Neighbourhood Groups:**

**1) Grange Hill 2) Brant Ave 3) Parkwood Gardens**

## HOW TO ACCESS THE BUS?

1. Book your appointment with GFB (519-767-1380) by the 4th Monday.
2. Tell GFB you're coming on the Neighbourhood Group bus for your hamper pick-up on the 4th Wed. afternoon.
3. Contact your Neighbourhood Group for scheduled pick-up and drop-off times and to sign up for the bus.
4. Arrive at your pick-up location 5 minutes prior to departure time.
5. Bring your ID and information requested by GFB at the time you booked your hamper.



**\*\*\* Remember to bring your bags for excess product \*\*\***

**This service provided jointly by your Neighbourhood Group, Guelph Lake Commons and the Guelph Food Bank**