

GUELPH-WELLINGTON-DUFFERIN FOOD ACCESS GUIDE

UPDATED JULY 2013



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The purpose of this guide is to support families and individuals access healthy, no- or low-cost food in Guelph, Wellington and Dufferin.

If your group would like to be listed in a future version of this guide, or if you want to correct any information, please send an email to info@gwpoverty.ca

This guide is available online at:

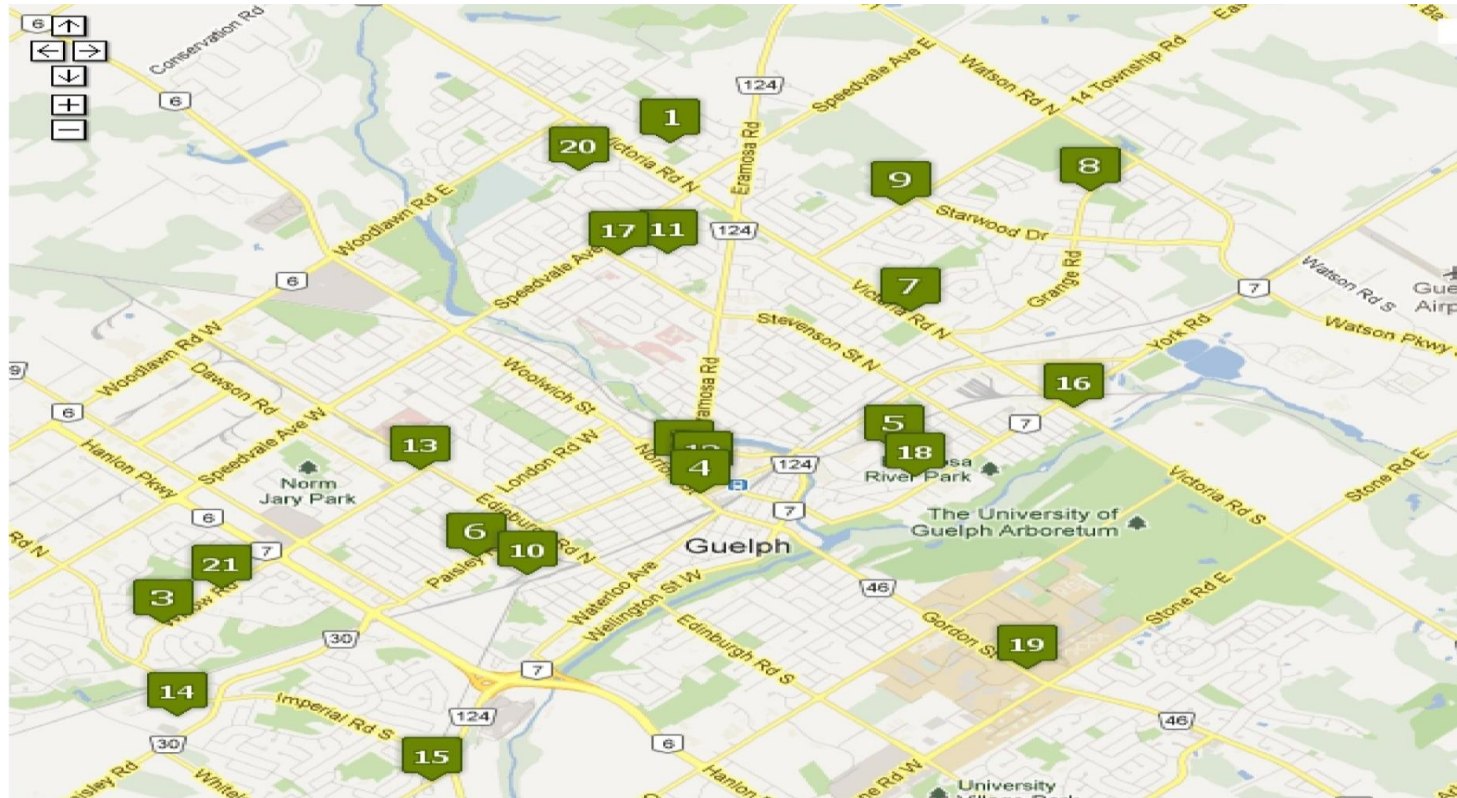
www.gwpoverty.ca

Thank you to the following organizations for their support with this project:



EMERGENCY FOOD SERVICES - GUELPH

For the purpose of this guide, Emergency Food Services includes food banks, food pantries, food cupboards, food vouchers, and food hampers intended to provide access to food in emergency situations.



[Click the map above or click HERE to go to online map](#)

	Who offers it?	Where is it?	What is it & when can I go?	How often can I use it?	Am I eligible?
1	Brant Avenue Neighbourhood Group 519-821-9243 brant.ave.ng@gmail.com	35 Algonquin Road Office hours: Tues - Thurs 9am - 3pm (closed from 12pm - 1pm for lunch)	Bread is available every Tuesday. Food cupboard hours: Tues - Thurs 1pm - 3pm	Once a month - food cupboard Twice a month for snacks for school age children.	You must be a neighbourhood resident. Please bring a piece of mail or ID. Two hours of volunteer time with the Neighbourhood Group is required.
2	Chalmers Community Services Centre (Downtown) 519-822-8778	40 Baker Street	Emergency food cupboard which includes: fresh fruit and vegetables, eggs, milk, canned meat, soups, pasta, breads, rice and hot/cold cereal. Wed 7pm - 8pm Fri 10am - 12pm	You may use ONE of Chalmers food cupboards every other week (2-3 days' supply will be given). Your schedule will be given to you on your first visit.	Basic contact information needed: Name, address, phone number (or contact information of a friend or family member if no fixed address).
3	Chalmers Community Services Centre (West End) 519-822-8778	577 Willow Road (in portable behind Three Willows Church)	Emergency food cupboard which includes: fresh fruit and vegetables, eggs, milk, canned meat, soups, pasta, breads, rice and hot/cold cereal. Thurs 10am - 12pm	Guests are served as individuals, NOT by family. Any family member over the age of 13 is welcome.	

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4	Society of St. Vincent de Paul - Church of Our Lady Immaculate 519-654-3575	28 Norfolk Street (serving Woodlawn Rd. to Puslinch between the river and Edinburgh/Gordon)	<p>Please call to make an appointment.</p> <p>If no one is there the answer your call, please leave a message with your name and number. Calls will be returned Monday - Friday.</p> <p>Emergency food vouchers are provided (redeemable at grocery stores). Amount of voucher depends on family size and need.</p>	To be accessed in emergency situations only.	<p>Appointments are booked and home visits performed by a team of 2, often the same day as the request is made.</p> <p>Information needed: name, address, phone number and additional information may be required depending on the client request.</p>
5	Society of St. Vincent de Paul - Sacred Heart Church 519-265-8944	98 Alice Street (serving Arthur St. to Stevenson St. Eramosa and the River)			
6	Society of St. Vincent de Paul - St. Joseph's Church 519-836-6806	409 Paisley Road (serving west from Edinburgh/Gordon to Guelph Road 32 between Woodlawn and the 401)			
7	Society of St. Vincent de Paul - St. John's Church 519-824-7311	45 Victoria Road N. (serving Stevenson St. to Watson Rd. between Eramosa and York)			

	Who offers it?	Where is it?	What is it & when can I go?	How often can I use it?	Am I eligible?
8	Grange Hill East Neighbourhood Group - <i>Free Shelf</i> 519-836-9427 info@gheng.ca	525 Grange Road Community Room Ken Danby Public School Office hours: Tues - Wed 9am - 1pm Thurs 5pm - 8pm	Meat, canned tuna, canned fruit, pasta & sauce, peanut butter, canned and dry soup, occasionally chips, crackers, juice and toiletries. Tues - Wed 9am - 1pm Thurs 5pm - 8pm	Up to 10 items, once per week.	It is preferable that you live in the neighbourhood. Please bring your own bags.
9	Grange Hill East Neighbourhood Group - <i>Grab'n'Go</i>	Auden Complex Community Room 470 Auden Road	Two day emergency needs based food supply box (canned meat, canned fruit, canned, frozen and fresh vegetables, children's lunch snacks, pasta & sauce, soup and toiletries). Tues & Sat 9am - 10am	Emergency food take away box can be accessed once a month.	Must live in Grange Hill East Neighbourhood.
10	Guelph Food Bank 519-767-1380 gfb@spiritwind.ca	100 Crimea Street Office hours: Mon - Fri 9am - 4pm	Emergency food hampers and daily bread program. Hamper hours (by appointment): Mon - Fri 9am - 11am Summer hamper hours (by appointment): Mon - Thurs 9am - 11am <i>*Excess food and bread program. Mon - Fri 9am - 12noon (no appointment needed - walk-in)</i>	Once a month, or on a case by case basis.	Please call to book an appointment. Information needed: proof of income, rent/mortgage, Canadian Child Tax Benefit. Additional information required will be communicated to the client over the phone when booking an appointment.

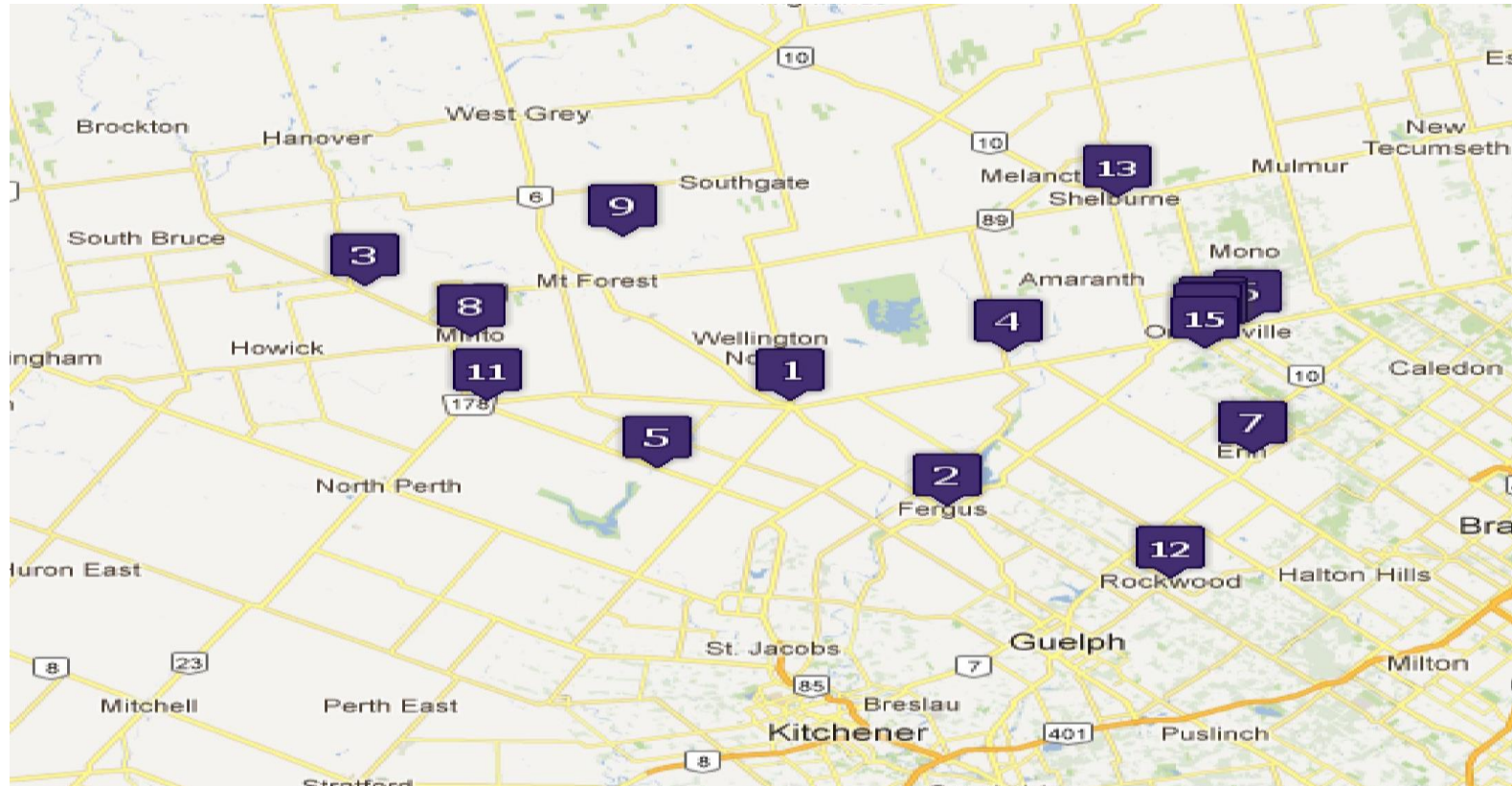
	Who offers it?	Where is it?	What is it & when can I go?	How often can I use it?	Am I eligible?
11	Holy Rosary Church 519-822-4701	175 Emma Street	Emergency food pantry. Grocery store voucher. Personal care items (when available). Tues & Thurs (by appointment) 10am - 12pm	Once a month.	Please call to make an appointment. You must live within parish boundaries.
12	HOPE House 519-265-4299	75 Norfolk Street	Non-perishable food items and hygiene products. Mon - afternoon, Tues & Wed - morning & afternoon Thurs - afternoon & evening	Once a month.	Everyone welcome. Please call to make an appointment. Information needed: name, address, phone number and proof of income.
13	Onward Willow Better Beginnings 519-824-6892	15 Willow Road, Unit K45	Emergency food only. Pre-bagged food depending on size of family. Some perishables. Bread sometimes available. Mon - Fri 10am - 4pm (closed Tues)	Once a month.	Must live in neighbourhood. Information required: name and address.
14	Parkwood Gardens Neighbourhood Group - 519-824-6340	21 Imperial Road South Office hours - please call for an appointment.	Food pantry with soup, beans, pasta and sauce or rice, tuna or salmon, canned vegetables and fruit, crackers, cereal, etc. Please call before coming.	Once a month.	It is preferable that you live in the neighbourhood.
15	Parkwood Gardens Neighbourhood Group - Bread Program	West End Community Centre (Ecott Community Room) - 60 Fife Road	Bread available. Thurs 12:30pm until it is gone.	Unlimited.	Everyone is welcome.

	Who offers it?	Where is it?	What is it & when can I go?	How often can I use it?	Am I eligible?
16	The Salvation Army 519-836-9824	210 Victoria Road South Office hours: Mon - Fri 1:30pm - 4pm	Emergency Food Pantry (mainly non-perishable). Accessible during office hours.	Once every three months, or on a case by case basis.	Interview process. Information required: photo ID.
17	Trinity United Church 519-824-4800	400 Stevenson Street N. Office hours: Mon & Fri 10am - 12noon	Emergency food pantry (groceries and some personal care items, no vouchers). Monday's & Friday's 10am - 12pm	Once a month.	Information required: name, address, phone number.
18	Two Rivers Neighbourhood Group 519-837-4248 info@tworiversng.ca	Tytler Public School (lower level) 131 Ontario Street Office hours: Mon 9am - 1pm Wed 1pm - 5pm Thurs 2:30pm - 4:30pm	Emergency food cupboard (mainly non-perishables).		It is preferable that you live in the neighbourhood, but not necessary.
19	University of Guelph CSA Food Bank 519-824-4120 ext. 52561 foodbank@uoguelph.ca www.csaonline.ca/foodbank/	620 Gordon Street Federal Annex Building	Emergency food supplies including canned goods, cereals, and other staples. Hours vary throughout the year. Please call in advance.	Limit of 30 items per family per month.	Must be a University of Guelph student (student ID with current bus sticker required).

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20	Waverley Neighbourhood Group 519-821-9677	Waverly Drive Public School Community Room 9 140 Waverly Drive Office hours: Mon - Fri 9am - 3pm	Emergency food shelf. Limited amounts of fresh produce on third Wednesday of each month. Accessible during office hours.	As needed.	It is preferable that you live in the neighbourhood.
21	West Willow Woods Neighbourhood Group 519-826-9930 wwwng@bellnet.ca	Westwood Public School 495 Willow Road Portable #1	Emergency food supplies, non-perishable items, toiletries and school snacks. Please call to make an appointment. Bread is available on Mondays	As needed.	It is preferable that you live in the neighbourhood.

EMERGENCY FOOD SERVICES - WELLINGTON & DUFFERIN

For the purpose of this guide, Emergency Food Services includes food banks, food pantries, food cupboards, food vouchers, and food hampers intended to provide access to food in emergency situations.



[Click the map above or click HERE to go to the online map.](#)

	Who offers it?	Where is it?	What is it & when can I go?	How often can I use it?	Am I eligible?
1	Arthur Ministerial Food Bank 519-848-3272	146 George St. Arthur (Municipal Building - side entrance)	Three day emergency food supply. Clients come to the food bank and choose from what is available. Tue 10am - 12pm	Once a month.	Must live in the Township of Centre Wellington. Proof of residency required. New clients must book an appointment for an interview.
2	Centre Wellington Food Bank 519-787-1401	105 Queen Street W. Unit 12 Fergus Office hours: Tues - Fri 9:30am - 4:30pm	Distributes groceries to people who are in need. Tues & Thurs 1pm - 4pm Wed 6pm - 8pm Please call to make an appointment.	Once a month or in emergency situations.	Please call to make an appointment.
3	Clifford Food Bank 519-327-8588	Knox United Church 11 Allan St. E. Clifford	Emergency food hampers. Orders can be picked up on Thursday.	Once a month.	Call and leave a message with your name and phone number. Your call will be returned to arrange a time to meet.
4	Concern Grand Valley Food Bank 519-928-2258	Trinity United Church 17 King St. Grand Valley	Emergency food. Please call and book an appointment.	Once a month.	Serves Grand Valley and surrounding area. Please call and book an appointment.
5	Drayton Food Bank 519-504-2346	Drayton Reformed Church 72 Wellington St. S. Drayton	Emergency food. Please call and book an appointment.	Once a month.	Please call and book an appointment.

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6	Dufferin Clothing and Food Bank 519-942-4414	713006 First Line Mono	Emergency food. Please call and book an appointment (transportation provided).	Once a month.	Referral from a community service is generally required. Please call and book an appointment.
7	Erin Food Bank - East Wellington Community Services 519-833-9696	45 Main St. Erin	Emergency food hampers and services. Thursday mornings by appointment.		Application process begins with a call or by visiting East Wellington Community Services.
8	Harriston Food Bank 519-338-2825	Harriston United Church 57 Young St. W.	Emergency food supplies. Pick up only - no deliveries. Please call and make an appointment.		Must be a resident of Harriston or RR Harriston. Call for an appointment between 9am - 10am.
9	Mount Forest Community Pantry 519-323-9218	Mount Forest	Emergency food supplies. Delivery available on Tues & Fri. By appointment.		Registration form required. Please call and leave a message with a name and local phone number. Calls are returned on Mon and Thurs from 3pm to 5pm.

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10	Orangeville Food Bank 519-942-0638	25 Centennial Rd. Unit 5 Orangeville	Three day emergency food supply. Tuesday 10am - 12pm (no appointment necessary). Last Tues of month 6pm - 7pm (appointment required)	Once a month.	Orangeville residents only. Identification required for all people in household being claimed. Proof of rent, expenses, and income required. First time clients will need to fill out a registration form.
11	Palmerston Community Food Bank 519-417-4774	Palmerston United Church (lower level, use side entrance) 215 James St. Palmerston	Seven day emergency food supply. Pick up Thurs 6:30pm. (must call before 9pm on Wed)	Once a month.	First time clients are required to register by phone. Please leave message and calls will be returned. Photo ID must be presented to receive food hamper.
12	Rockwood Food Bank - East Wellington Community Services 519-856-2113	106 Church St. Rockwood	Emergency food hampers and services. Thursday mornings by appointment.		Application process begins with a call or by visiting East Wellington Community Services.
13	Shepherds Cupboard 519-925-2600 ext. 350	The Mel Lloyd Centre 167 Centre St. Shelburne, Entrance A	3 day emergency food supply. Wed 12pm - 1pm Thurs 6:30pm - 8pm (First come, first served). Appointments can be made for emergency circumstances.	Once a month.	A financial checklist is used to ensure eligibility.

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14	Society of St. Vincent de Paul - St Joseph's Church 519-843-2006	760 St. David Street N. Fergus	Call for more information. Please leave a message with name and number, and calls will be returned Mon - Thurs.		Interview process to assess need. Information needed: name, address, phone number and additional information may be required depending on the client request.
16	The Salvation Army 519-943-1203	690 Riddell Rd. Orangeville Office hours: Mon and Fri 9am - 12pm	Emergency food services. Walk in during office hours or call to make an appointment.		An interview process is used to determine eligibility. ID required.
17	Westminster United Church 519-941-0385	247 Broadway Orangeville	Emergency food cupboard. Tues - Thurs 9am - 4:30pm Friday 9am - 12pm	Once a month.	An interview process will be used to assess need.

WELLINGTON TRANSPORTATION SERVICES

Wellington Transportation Services is a collaborative network of community service providers that believes every resident of Wellington County should have access to transportation supports equal to their needs, enabling them to access supports, services and programs that are integral to their individual well-being and that of their family.

WHO IS THIS TRANSPORTATION SERVICE FOR?

Residents of Centre and East Wellington, Wellington North, Minto and Mapleton, who do not have access to transportation and meet eligibility criteria.

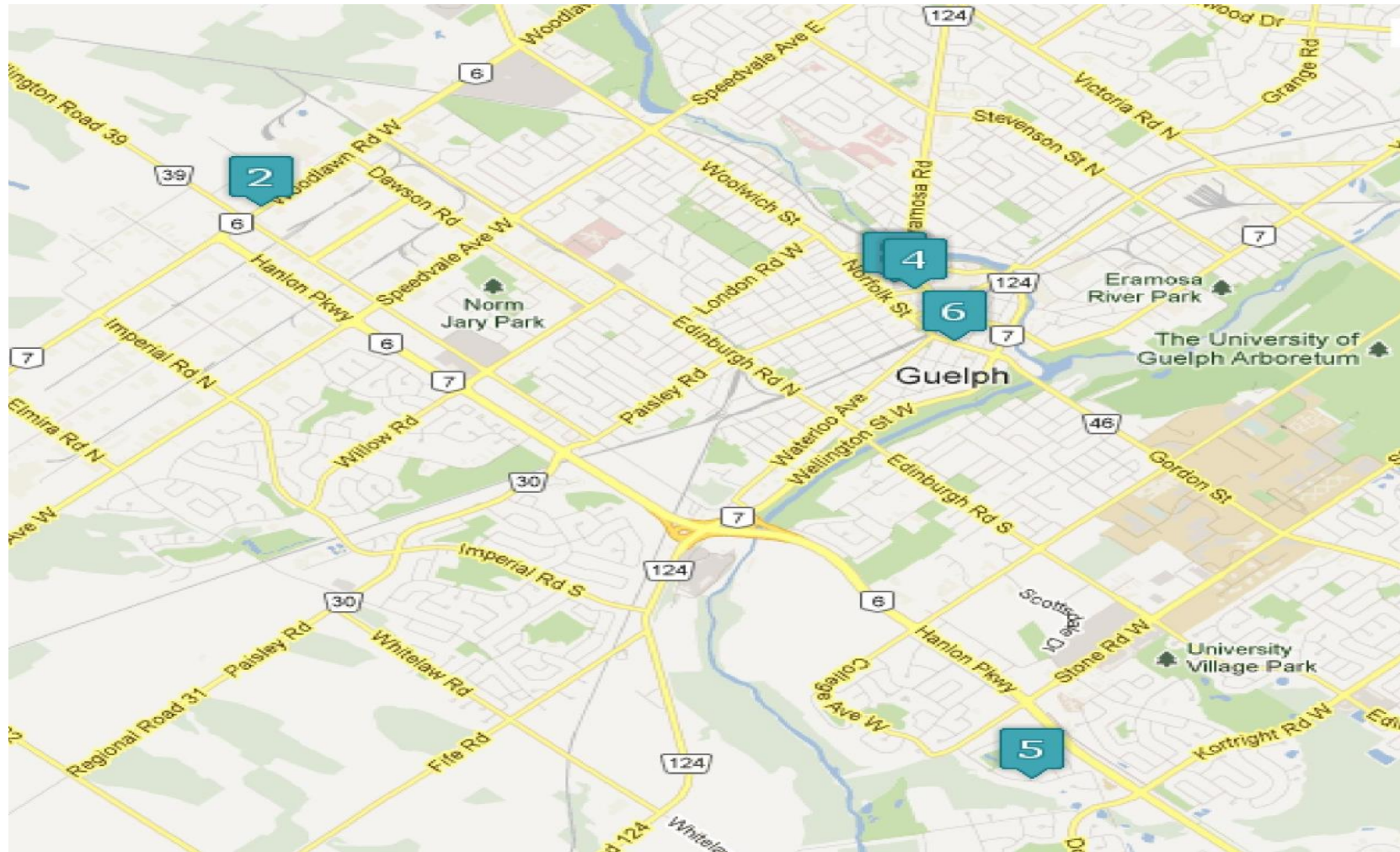
CONTACT INFORMATION

To learn more about this valuable program or to arrange a ride, please call:

519-843-7003 / 1-866-694-9562



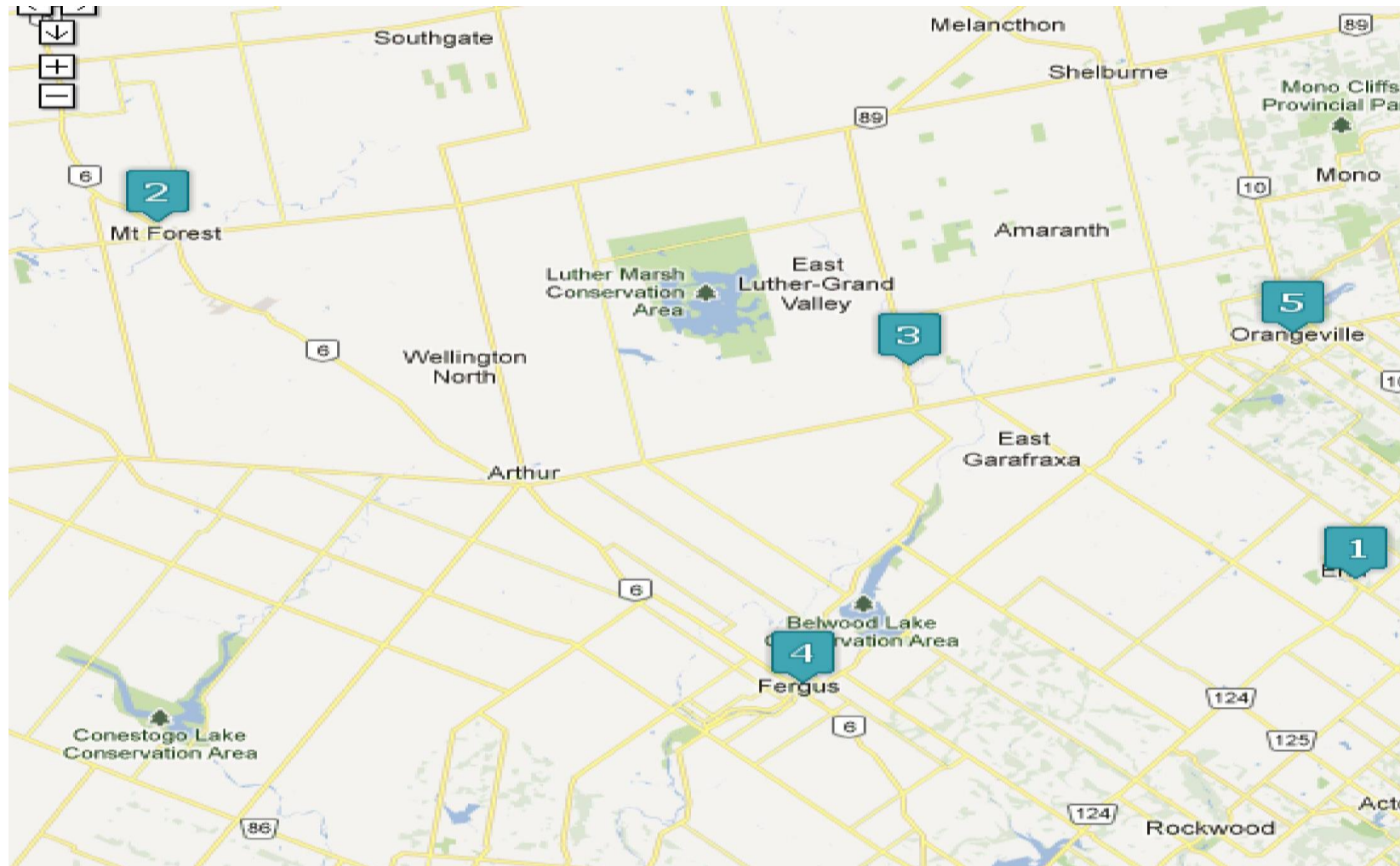
MEAL PROGRAMS - GUELPH



[Click on the map above or HERE to go to the online map.](#)

	Who offers it?	Where is it?	What is it & when can I go?	How often can I use it?	Am I eligible?
1	Fresh Start Resource Centre 519-822-2887	40 Baker Street Guelph	Sandwiches available: Mon - Fri 10am - 4pm Food available on weekends in the gallery.	Unlimited access.	Everyone is welcome.
2	Meals on Wheels (Guelph) 519-836-3523	Red Cross Office 257 Woodlawn Rd. W. Unit 101 Guelph	Hot meal delivered daily at 12pm, Mon - Fri. Frozen meals delivered every 2 weeks on Thursday, \$37.10/week (7 dinners). Hot meal delivered at lunch time is \$6.80.	Unlimited access.	Everyone is welcome.
3	Our Place Youth Centre 519-822-2887	40 Baker Street 3 rd Floor Guelph	Community dinner at 5pm on the 3 rd Friday of every month, except July and August.	Unlimited access.	
4	The Life Centre - Royal City Church 519-837-3777	50 Quebec Street Guelph	Supper: Mon - Thurs, 7pm - 9:30pm Soup & Snacks: Fri, 10am - 1pm Saturday Supper: 6pm - 7pm	Unlimited access.	Everyone is welcome.
5	Teenage Parents' Supper Club 519-824-5150	YMCA/YWCA 130 Woodland Glen Drive	Supper available on the last Monday of the month, 5-7pm.	You must call and register on the Friday before the Monday supper.	This program is open to teen parents and their children, or pregnant teens (21 years or younger).
6	Welcome In Drop In Centre 519-837-0080	23 Gordon Street Guelph	Snacks available throughout the day. Meals served at 11am and 2pm. 7 days a week, 365 days per year.	Unlimited access.	Everyone is welcome.

MEAL PROGRAMS - WELLINGTON & DUFFERIN



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	Who offers it?	Where is it?	What is it & when can I go?	How often can I use it?	Am I eligible?
1	All Saints Anglican Church 519-833-9961	81 Main Street Erin	Free community dinner held on the last Friday of every month at 6pm.	Unlimited access.	Everyone is welcome.
2	Meals on Wheels (North, Centre & East Wellington) 519-323-2330 OR 1-888-506-6353	392 Main Street N. Unit 4 Mount Forest	Hot meal delivered at 12pm, Mon - Fri. Subsidies available.	Unlimited access.	Everyone welcome.
3	Meals on Wheels (Grand Valley) 519-928-3298	PO Box 26 Grand Valley	Meals are delivered on Tuesdays. \$4/meal.	Persons 55 years of age and above, disabled, or recovering from hospital visit or surgery.	
4	St. James Anglican Church 519-843-2141	171 Queen Street E. Fergus			
5	The Lighthouse Soup Kitchen 519-942-0736	Good Friends Fellowship 207 Broadway Orangeville	Hot meals served Mon - Fri, 11:30am - 1pm. Sunday night dinner served from 7:30pm - 8:30pm *Not available in Jul or Aug.	Unlimited access.	Everyone is welcome.

COLLECTIVE KITCHENS

Collective kitchens (also known as community kitchens) are food programs that provide kitchen facilities where groups of people can prepare one or more meals and package the food to take home. They operate using many formats but generally involve opportunities for people to meet once or twice a month to cook food in bulk for their families. Often members have low-incomes and the 'collective kitchen' is emphasized as a way for people to save money or obtain higher quality food by purchasing and producing in bulk. Other benefits for participants include learning about nutrition and cooking, social support, and increased feelings of self-esteem. The following are groups that run collective kitchens. Please call for details about dates and times.

Brant Avenue Neighbourhood Group

35 Algonquin Drive
Guelph
519-821-9243

Grange Hill East Neighbourhood Group

394 Auden Road Community Room
Guelph
519-836-9427

HOPE House

75 Norfolk Street
Guelph
519-265-4299

Centre Wellington Food Bank

105 Queen Street W.
Unit 12, Fergus
519-787-1401

Waverley Neighbourhood Group

Waverley Drive Public School
Community Room 9
140 Waverley Drive, Guelph
519-821-9677

Community Resource Centre

160 St. David Street S.
Fergus
519-843-7000 ext.33

New Life Christian Reformed Church

400 Victoria Road N.
Guelph
519-823-5851
kitchen@newlifecrc.net

West Willow Woods Neighbourhood Group

495 Willow Road.
519-826-9930
Guelph

STUDENT NUTRITION PROGRAMS

Food & Friends supports over 80 nutrition programs for students in Guelph, Wellington and Dufferin counties. Snack, breakfast and lunch programs are available at various sites. Programs dates and times vary depending on the site. You must be an elementary or high school student to access the programs - www.childrensfoundation.org.

For more information: Anita Macfarlane, Community Program Director, c/o The Children's Foundation of Guelph & Wellington, 87 Waterloo Avenue, 519-826-9551 ext. 22, foodandfriends@childrensfoundation.org.

- Alma Public School (Alma)
- Arthur Public School (Arthur)
- Avalon Children's Residence (Guelph)
- Brant Avenue Public School (Guelph)
- Brant Avenue Neighbourhood Group (Guelph)
- Brisbane Public School (Erin)
- Centennial Collegiate Vocational School (Guelph)
- Centennial Hylands Elementary School (Shelburne)
- Centre Dufferin District High School (Shelburne)
- Centre Peel Public School (Drayton)
- Centre Wellington Secondary School (Fergus)
- College Heights Secondary School (Guelph)
- Elora Public School (Elora)
- Erin District High School (Erin)
- Erin Public School (Erin)
- Gateway Drive Public School (Guelph)
- Gateway to Success (Guelph)
- Grand Valley Public School (Grand Valley)
- Guelph Collegiate Vocational Institute (Guelph)
- Give Yourself Credit (Guelph)
- Hyland Heights Elementary School (Shelburne)
- Island Lake Public School (Orangeville)
- J.D. Hogarth Public School (Fergus)
- James McQueen (Fergus)
- Jean Little Public School (Guelph)
- John F. Ross Collegiate Vocational Institute (Guelph)
- Ken Danby Public School (Guelph)
- Kenilworth Public School (Kenilworth)
- King George Public School (Guelph)
- Laurelwood Elementary School (Orangeville)
- Laurine Avenue Public School (Guelph)
- Mitchell Woods Public School (Guelph)
- Mono Amaranth Public School (Orangeville)
- Montgomery Village Public School (Orangeville)
- Norwell District High School (Palmerston)
- Onward Willow Better Beginnings Better Futures (Guelph)
- Orangeville District Secondary School (Orangeville)
- Ottawa Crescent Public School (Guelph)

- Our Lady of Lourdes Catholic High School (Guelph)
- Paisley Road Public School (Guelph)
- Palmerston Public School (Palmerston)
- Parkinson Centennial Public School (Orangeville)
- Primrose Elementary School (Shelburne)
- Princess Elizabeth Public School (Orangeville)
- Princess Margaret Public School (Orangeville)
- Priory Park Public School (Guelph)
- Rockwood Centennial Public High School (Rockwood)
- Ross R. MacKay Public School (Hillsburgh)
- Sacred Heart Catholic School (Guelph)
- St. Benedict Separate School (Orangeville)
- St. James Catholic High School (Guelph)
- St. John Bosco (Guelph)
- St. John Catholic School (Arthur)
- St. John Catholic School (Guelph)
- St. Joseph Catholic School (Fergus)
- St. Joseph Catholic School (Guelph)
- St. Mary Catholic School (Elora)
- St. Mary Catholic School (Mount Forest)
- St. Peter Catholic School (Guelph)
- St. Peter Catholic School (Orangeville)
- Tytler Public School (Guelph)
- Victoria Cross Public School (Mount Forest)
- Victoria Terrace Public School (Fergus)
- Waverley Drive Public School (Guelph)
- Waverley Neighbourhood Group (Guelph)
- Wellington Heights Secondary School (Mount Forest)
- Westside Secondary School (Orangeville)
- Westwood Public School (Guelph)
- Willow Road Public School (Guelph)
- YMCA-YWCA of Guelph - Teenage Parent Program (Guelph)
- Young Parent Education Program (Guelph)
- Youth Options (Arthur)



FRESH FOOD BOX PROGRAMS - GUELPH & FERGUS

Garden Fresh Box Program

The Garden Fresh Box Program is a volunteer-driven, non-profit produce buying program that provides customers with affordable fresh fruits and vegetables while supporting local farmers. Customers choose a 'host site' from the list below, order and pay by noon on the first Friday of the month, and pick up their box on the third Wednesday of the month from the host site.

Cost: Large box \$20. Small box \$15.

For more information, please visit the GCHC website at www.guelphchc.ca and click on the links for Healthy Living and Food Health, or call 519-821-6638 or email gfbbox@guelphchc.ca. You can also call or email the individual host sites listed below.

33 Marlborough Road
519-824-6692

85 Neeve St. Senior's Centre
519-766-6946

Evergreen Senior's Centre
519-823-1291

Grange Hill East Neighbourhood Group
519-836-9427

Guelph Community Health Centre
519-821-6638 ext. 344

New Life Church
519-823-5851

Onward Willow Neighbourhood Group
519-824-6892

Parkwood Gardens Neighbourhood Group
(at West End Recreation Centre)
519-824-6340

20 Shelldale Crescent
519-821-6638 ext. 2

St. Matthias Neighbourhood
519-780-0359

Two Rivers Neighbourhood Group
519-837-4248

University of Guelph - Central Students Association Food Bank
foodbank@uoguelph.ca

University of Guelph Family Housing (College Ave.)
519-824-4120 ext. 54708

University of Guelph Wellington Woods Family Housing (Stone Rd.)
519-824-4120 ext. 54708

Victoria Park Seniors Centre (Fergus)
519-787-1814

West Willow Woods Neighbourhood Group
519-826-9930

FRESH FOOD BOX PROGRAMS - WELLINGTON COUNTY

Good Food Box Program

The Good Food Box Program allows you to buy fresh fruits and vegetables at lower prices! There is a wide variety of produce in each basket, which varies depending on the season. The program runs from September to June. Customers call the Seniors' Centre for Excellence (519-638-1000) to order and deliveries are made the second Tuesday of the month.

Cost: \$15/box. Payments are due the first Tuesday of the month. You can drop your payments off at:

The Harriston Legion

53 Elora Street S.
Harriston
Mon to Fri, 9am - 1pm

The Early Years Centre

311 Foster Street N.
Mount Forest
Mon to Fri, 8:30am - 4:30pm

The Seniors' Centre for Excellence

Mapleton Medical Clinic, Lower Level
11 Andrews Drive W.
Drayton
Mon to Thurs, 8:30am - 4:30pm

Arthur Family Health Centre

110 Charles Street E.
Wellington North
On Fri, by appointment

Palmerston Public Library

265 Bell Street
Palmerston
Tues to Thurs, 10am - 8pm
Fri, 2pm - 6pm
Sat, 10am - 3pm

Please pick up your Good Food Box from the Harriston Legion between 11am and 1pm (the second Tuesday of every month). Deliveries are also made to Arthur, Moorefield, Mount Forest, Clifford, and Palmerston. Please call for more details (519-638-1000).

****NEW - Community Garden in Rockwood**

For more information, please contact:
Jen MacLeod, 519-856-9709
rockwoodcommunitygarden@gmail.com

FRESH FOOD BOX PROGRAMS - DUFFERIN COUNTY

North Dufferin Good Food Box Program

The North Dufferin Good Food Box Program offers a box of fresh fruits and vegetables for pick-up every month at the Mel Lloyd Centre in Shelburne.

Cost: \$12/box. You may order your box and pay (please bring cash and exact change) at one of the following locations:

Shelburne Early Years Centre

Mel Lloyd Centre
167 Centre Street
Entrance B
Shelburne
Mon to Fri, 9am - 4pm

Shelburne Town Hall

203 Main Street E.
Shelburne
Mon to Fri, 8:30am - 4:30pm

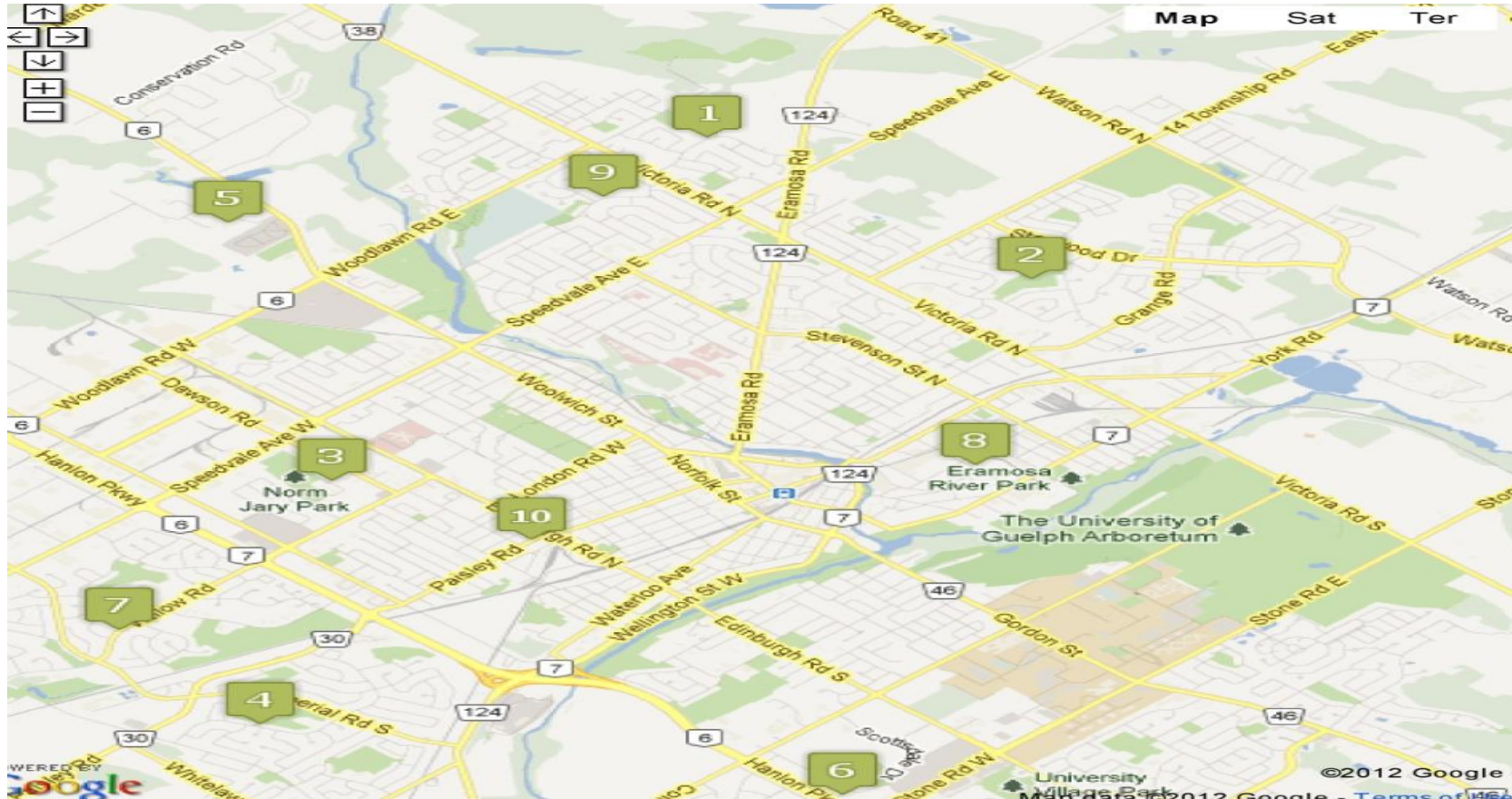
Masonville Corner Store

517003 County Road
Shelburne

Please pick up your Good Food Box at the Mel Lloyd Centre in the auditorium on the third Wednesday of the month between 10:15am - 12pm. After 12:30pm food will be left outside the Shelburne Early Years Centre until 8pm. If the order was made at the Masonville Corner Store, it will be available for pick up at the store after 1:30pm. Please bring your receipt.

COMMUNITY GARDENS - GUELPH

Community Gardens are parcels of land used by neighbourhood residents to grow their own vegetables, herbs, pollinator flowers, and/or fruit. They are primarily used in areas where residents do not have any (or suitable) yard space to grown their own gardens.



[Click the map above or HERE to go to the online map.](#)

	Who offers it?	Where is it?	What should I know?
1	Brant Avenue Neighbourhood Group 519-821-9243 brant.ave.ng@gmail.com	Brant Avenue Public School 64 Brant Avenue	Must be resident of the Brant Avenue community to participate. \$10
2	Grange Hill Community Garden 519-836-9427 info@gheng.ca	Peter Misersky Park	Must be a resident of the Grange Hill community to participate. \$10
3	Onward Willow Community Garden 519-824-6892 onwardwillow@netscape.net	20 Shelldale Crescent	Everyone is welcome. Plots are \$5 each.
4	Parkwood Community Garden 519-824-6340 parkwood.g.n.g.@bellnet.ca	Located on Stephanie Drive (vacant School Board land)	Everyone is welcome. Plots are \$5 each.
5	Ignatius Farm Community Garden 519-824-1250 ext. 265 fieldsmanager@ignatiusguelph.ca	5420 Highway 6 North	Everyone is welcome. Plots start at \$40 per 100 sq. ft.
6	Priory Park Community Vegetable Garden 519-836-7950 secretary@prioryparkchurch.com	8 Torch Lane (beside Priority Park Baptist Church)	Everyone is welcome. Minimum fee of \$10 per rental plot and a \$10 deposit per person is also required.
7	Three Willows Community Garden 519-822-7690 church@threewillows.com	577 Willow Road	Everyone is welcome.
8	Two Rivers Community Garden 519-837-4248 info_tworivers@yahoo.ca	Located at Huron and Oliver in St. Patrick's Ward	Preference is given to neighbourhood members - first come first serve. There is no fee, but members are expected to participate in general maintenance of the large site.
9	Waverly Community Garden 519-821-9677 waverleyneighbourhoodgroup@hotmail.com	140 Waverley Drive	Everyone is welcome. No cost.
10	John McCrae Victory Garden Virginie Gysel virgyl@sympatico.ca Lloyd Lewis Lloyd.Lewis@ugdsb.on.ca	Guelph Collegiate Vocational School 155 Paisley Street	Must be a resident of the Sunny Acres or Exhibition Park neighbourhood. Space is limited.

EMERGENCY FOOD: EXPIRATION & BEST BEFORE DATES

CHALLENGES FOR EMERGENCY FOOD PROVIDERS

Emergency food providers rely mainly on donations, which can create issues relating to expiration and best before dates. According to emergency food providers in Guelph & Wellington, these challenges include:

- No definitive guidelines exist about when to discard canned foods.
- Emergency food providers may lack the resources to inquire to manufacturers about the production dates.
- History of the food may be unknown, making it difficult to know how long it can be stored.
- Constantly changing volunteer and staff at food banks and pantries make training difficult and some are unaware of the difference between 'expired' and 'best before'ⁱ.

A number of organizations provide programs on safe food handling for local emergency food providers. These include Food Banks Canada Safe Food Handling Programⁱⁱ, the Canadian Food Inspection Agency resources, and Food Safety Training and Certification offered by Wellington-Dufferin-Guelph Public Healthⁱⁱⁱ. In accordance with the guidelines outlined by these programs, emergency food providers are diligent in their efforts to check the expiry dates and condition of all donations before being distributed to the public^{iv}.

IS IT OK TO EAT?

- **Expiration dates** are required on fortified foods, such as infant formula or liquid nutritional supplements. **Fortified food should NOT be eaten if the expiration date has passed^v.**

- **Best before dates** must appear on pre-packaged food with a shelf life of 90 days or less^{vi}. Foods with an anticipated shelf life greater than 90 days are not required by law to be labelled with a “best before” date, although some manufacturers and retailers choose to include one. **You CAN buy and eat foods after the “best before” date has passed as long as they have been stored properly.** However, when the date has passed, the food may lose some of its freshness, flavour, texture and/or nutritional value^{vii}. It is also important to note that best before dates apply to unopened products only and once opened, the shelf life of a food may change^{viii}.
- **Canned goods have a long shelf life, which means they don't require a best before date.** Food manufacturers generally recommend that canned goods be stored for no longer than one year for

best quality. Do **NOT** eat foods from cans that show signs of bulging, leaking, or denting at the seam or rim^{ix}. Denting at the seam or rim of a can does pose a risk to the safety of a food. In addition, severe denting in the body of the can also poses a risk, as the coating on the inside may be damaged, resulting in contamination of the product^x.

- Jams/jellies, nuts, pickles, and flour can be stored up to 12 months from production at room temperature before being consumed. Spices and dried beans can be stored up to 24 months from production^{xi}.
- Foods packaged in cans, bottles, jars and bags should be stored in a dry storage area. The dry storage area should have a moderate temperature (10C to 21C). To preserve quality, such food should not be exposed to sun light. The food should be stored 15cm off the floor and walls^{xii}.

HOW TO MAKE FOOD LAST LONGER

- **Canned goods:** Practice the “first in, first out” rule. When stocking your pantry, bring older foods to the front and newer purchases to the back.
- **Fruit:** Fruit can be stored at room temperature, but will begin to spoil and mold quickly after it has ripened. If fruit starts to ripen and you’re not using it right away, put it in the fridge. Fresh fruit can also be frozen^{xiii}.
- **Vegetables:** Root vegetables including potatoes and onions should be stored in a cool, dry place such as a cold cellar or cold room. Other vegetables should be refrigerated. Vegetables can also be frozen.
- **Milk products:** Butter, cheese and cream products can be frozen. Always thaw frozen milk products in the refrigerator. Hard cheese (cheddar, swiss) that has mould can be salvaged if they are trimmed at least one inch from the edge of the mould^{xiv}.

IF IN DOUBT, THROW IT OUT

- Fortified foods, such as infant formula or liquid nutritional supplements should not be eaten if the expiration date has passed^{xv}.
- Some foods can be extremely harmful to your health, even if consumed in small amounts. The following are a few examples of food that should be thrown out if they show signs of mould: yogurt, hot dogs, open canned ham, peanut butter, jams and jellies and bread^{xvi}.
- Boxed food with an inner bag should be discarded if the bag is torn, leaking or contaminated. Boxed food without an inner bag should not be used if the box has been opened^{xvii}.
- Glass food containers should be thrown out if: the lid is loose or safety seal is bulging, the container is cracked or chipped, or the product shows signs of mould or unusual product separation.

TIME GRID

The following is a time grid showing where you can access emergency food services and meal programs on certain days. Please note that the times are a rough estimate (**AM = 7:00am – 12:00pm, PM = 12:00pm – 5:00pm, EV = 5:00pm – 9:00pm). It is strongly encouraged that you view the location's complete details on the page # listed for their hours and more information. Many of the services below require that you make an appointment. Services that do not list their hours are not included in the time grid.

GUELPH – EMERGENCY FOOD SERVICES & MEAL PROGRAMS

	Page #	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
		AM	PM	EV	AM	PM	EV	AM	PM	EV	AM	PM	EV	AM	PM	EV	AM	PM	EV	AM	PM	EV
Brant Ave.	4					X						X										
Chalmers (downtown)	4									X				X								
Chalmers (West End)	4										X											
Grange Hill East (free shelf)	6				X							X										
Grange Hill East (Grab n' Go)	6				X												X					
Guelph Food Bank	6	X			X			X			X			X ^{xviii}								
Holy Rosary	7				X						X											
HOPE House	7		X		X	X		X	X			X	X									
Onward Willow	7	X	X		X	X		X	X		X	X		X	X							
Parkwood Gardens (bread program)	7										X											
Salvation Army	8		X			X			X			X			X							
Trinity United	8	X												X								
Two Rivers	8																					
Waverley	9																					
Fresh Start	16	X	X		X	X		X	X		X	X		X	X		X	X		X	X	
Meals on Wheels	16		X			X			X			X			X							
Our Place	16																		X ^{xix}			
Royal City Church	16			X						X			X	X	X					X		
Teenage Parents	16			X ^{xx}																		
Welcome In Drop In	16	X	X		X	X		X	X		X	X		X	X		X	X		X	X	

WELLINGTON & DUFFERIN – EMERGENCY FOOD SERVICES & MEAL PROGRAM

	Page #	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
		AM	PM	EV	AM	PM	EV	AM	P M	EV	AM	PM	EV	AM	PM	EV	AM	P M	EV	AM	PM	EV
Arthur Food Bank	11				x																	
Centre Wellington Food Bank	11					x				x		x										
Erin Food Bank	12										x											
Orangeville Food Bank	13				x																	
Palmerston Food Bank	13												x									
Rockwood Food Bank	13										x											
Shepherds Cupboard	14								x				x									
Salvation Army	14	x			x			x			x			x								
Westminster United Church	14				x	x					x	x		x								
All Saints Church	18																	x ^{xxii}				
Lighthouse Soup Kitchen	18		x			x			x			x			x							x ^{xxiii}

ⁱ Deb Cripps, Fred Aleksandrowicz, Sandi Leach, personal communication, November 2011

ⁱⁱ Food Banks Canada (n.d.). Safe food handling program. Retrieved from <http://foodbankscanada.ca/About-us/Programs/Safe-Food-Handling.aspx>

ⁱⁱⁱ Food Safety Training and Certification (n.d.). Wellington-Dufferin-Guelph Public Health. Retrieved from: <http://www.wdgppublichealth.ca/?q=businessfoodcert>

^{iv} Deb Cripps, Fred Aleksandrowicz, Sandi Leach, personal communication, November 2011

^v Canadian Food Inspection Agency (2011). Date labelling on pre-packaged foods. Retrieved from: <http://www.inspection.gc.ca/english/fssa/concern/tipcon/date.shtml>

^{vi} Canadian Food Inspection Agency, 2011.

^{vii} Canadian Food Inspection Agency, 2011.

^{viii} Canadian Food Inspection Agency, 2011.

^{ix} EatRight Ontario (n.d.). Food safety – canned foods. Retrieved from: <http://www.eatrightontario.ca/en/ViewDocument.aspx?id=225>

^x Sarah Croteau, Wellington-Dufferin-Guelph Public Health, personal communication, January 2012.

^{xi} Federal/Provincial/Territorial Committee on Food Safety Policy (October 6, 1999). Model guideline for food safety in food banks. Retrieved from: http://www.hc-sc.gc.ca/fn-an/alt_formats/hpb-dqpsa/pdf/legislation/food_bank-banque_alimentaire-eng.pdf

^{xii} Sarah Croteau, Wellington-Dufferin-Guelph Public Health, personal communication, January 2012.

^{xiii} EatRight Ontario (n.d.). Safe food storage. Retrieved from: <http://www.eatrightontario.ca/en/ViewDocument.aspx?id=226>

^{xiv} Federal/Provincial/Territorial Committee on Food Safety Policy, 1999.

^{xv} Canadian Food Inspection Agency, 2011.

^{xvi} Federal/Provincial/Territorial Committee on Food Safety Policy, 1999.

^{xvii} Federal/Provincial/Territorial Committee on Food Safety Policy, 1999.

^{xviii} Friday hours not available in the summer

^{xix} Available on the 3rd Friday of the month, except July and August

^{xx} Available on the last Monday of the month

^{xxi} Last Tuesday of the month only

^{xxii} Available on the last Friday of the month only

^{xxiii} Not available in July or August