


# Wellington County Food Access Guide

Updated April 2023



The Guelph & Wellington Task Force for Poverty Elimination created this guide to support community members experiencing food insecurity in Wellington County to access no-cost or low-cost food. Below you will find information about food assistance providers and programs in Wellington County, who can access them and what is provided.

Providers were also asked about accessibility. The following symbol  means the space is physically accessible. Any further accessibility information provided is included with a footnote at the bottom of the page.

For information about hours of operation, please contact providers directly or visit their website.




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**Thank you to all of the providers included in this guide for their participation in this resource.**


To request an update or if your group would like to be listed in the guide, please email: [info@gwpoverty.ca](mailto:info@gwpoverty.ca)

This guide and any future updates are available online at: [www.gwpoverty.ca/resources/access-guides](http://www.gwpoverty.ca/resources/access-guides)

# Grocery Needs

Organization, Address & Contact Information	Who can access this service	Type of Service	Non-perishable	Perishable	Fresh fruits & vegetables	Grocery Gift Cards	Prepared Meals	You can make dietary requests	Pick-up	Delivery	Someone can pick-up for you
<b>Drayton Food Bank</b> 74 Wellington St. S, Drayton 519-504-2346 	Open to everyone in Mapleton township. Call to register	Prepacked hampers	✓	✓	✓			✓	✓		✓
<b>Arthur Food Bank<sup>1</sup></b> 146 George St., Arthur 519-848-3272 Email: <a href="mailto:arthurfoodbank@gmail.com">arthurfoodbank@gmail.com</a>	Open to everyone in the Arthur area. Call or email to register. Must provide proof of address	Prepacked hampers	✓	✓	✓				✓		✓
<b>Centre Wellington Food Bank</b> 105 Queen St. W, Unit 12, Fergus 519-787-1401 Email: <a href="mailto:cwfoodbank@wightman.ca">cwfoodbank@wightman.ca</a> 	Open to everyone in Centre Wellington. Call to register. Must provide proof of address	Select your own food pantry	✓	✓	✓		✓	✓	✓		✓
<b>Clifford Food Bank</b> Knox United Church 11 Allan St. E, Clifford 519-327-8588	Open to everyone in Clifford area. Call to register. Must provide proof of address	Prepacked hampers	✓	✓	✓			✓	✓		
<b>Harriston Food Bank</b> 68 Elora St. S, Harriston 519-510-3663 	Open to everyone in Harriston area. Call to register. Must provide proof of address.	Prepacked hampers	✓	✓		✓		✓	✓		

<sup>1</sup> The Arthur Food Bank space is not physically accessible due to stairs, but service can be provided at the entrance.



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<b>East Wellington Community Services, Erin Food Bank</b> 45 Main St., Erin 519-833-9696 	Open to everyone in East Wellington area. Call to register.	Prepacked hampers and frozen prepared meals	✓	✓	✓		✓	✓	✓		✓
<b>Rockwood Food Bank<sup>2</sup></b> 143 Dennis St., Unit B, Rockwood 519-856-2113	Open to everyone in Rockwood area. Call to register. Must provide proof of address.	Prepacked hampers	✓	✓	✓		✓	✓	✓		✓
<b>Palmerston Community Food Bank</b> 265 James St., Palmerston 519-417-4774 Email: <a href="mailto:palmfb@yahoo.ca">palmfb@yahoo.ca</a>	Open to everyone in Palmerston area. Call to register. Must provide proof of address	Prepacked hampers	✓	✓	✓			✓	✓		
<b>Mount Forest Community Pantry</b> 248 Main St S., Mount Forest 519-323-9218 Email: <a href="mailto:Mfcommunitypantry@hotmail.com">Mfcommunitypantry@hotmail.com</a>	Open to everyone in Mount Forest area. Call to register	Prepacked hampers	✓	✓	✓			✓	✓	✓	✓
<b>The Giving Spot</b> 500 Victoria Terrace, Fergus Facebook Page: <a href="https://www.facebook.com/shorturl.at/boyHT">shorturl.at/boyHT</a>	Open to everyone. No registration needed	Shopping style. Food, hygiene products, toys, season products, etc.	✓						✓		✓

<sup>2</sup> The Rockwood Food Bank is on ground level, but the hallway to enter is narrow, so staff bring hampers to clients.

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<b>Upper Grand Family Health Team Pantry</b> 107-6420 Beatty Line North, Fergus 519-843-3947 x126	Open to everyone. No registration needed	Non-perishable items as well as hygiene products	✓						✓		
<b>The SEED</b> <a href="http://www.theseedquelfh.ca/groceries">www.theseedquelfh.ca/groceries</a> 519-821-6638 ext. 396	Open to everyone in the Guelph-Wellington region	Shop online for groceries with The SEED, or apply for a discount membership. As of Jan 2023, there is a waitlist	✓	✓	✓	✓	✓	✓	✓	✓	in select areas

## Prepared Meals and Community Lunches / Dinners

Organization, Address & Contact Information	Who can access this service	Type of Service	Non-perishable	Perishable	Fresh fruits & vegetables	Grocery Gift Cards	Prepared Meals	You can make dietary requests	Pick-up	Delivery	Someone can pick-up for you
<b>Meals on Wheels</b> 392 Main St. N, Unit 4, Mount Forest 519-323-2330 ext. 496	Call to make an appointment	Discounted hot & frozen meals					✓	✓		✓	
<b>St. James Anglican Church</b> 171 Queen St. E, Fergus 519-843-2141 <a href="http://www.stjamesfergus.ca">www.stjamesfergus.ca</a>	Open to everyone. Call beforehand to let them know you are attending.	Community Lunch. Dine-in only.					✓				
<b>Centre Wellington Mobile Market</b> 300 St. Andrew St. W Email: <a href="mailto:cwmobilemarketmeals@gmail.com">cwmobilemarketmeals@gmail.com</a> 519-843-1781 ext. 126	Open to everyone. Please contact to arrange pick up or delivery ahead of time.	Frozen prepared meals from rescued food surplus from food retailers & distributors.					✓			✓	

Organization, Address & Contact Information	Who can access this service	Type of Service	Non-perishable	Perishable	Fresh fruits & vegetables	Grocery Gift Cards	Prepared Meals	You can make dietary requests	Pick-up	Delivery	Someone can pick-up for you
<b>CW Community Dinner<sup>3</sup></b> 905 Scotland St., Fergus Email: <a href="mailto:diane@dianeballantyne.ca">diane@dianeballantyne.ca</a> 	Open to everyone. No registration needed.	Community Dinner from Oct-May every second Thursday of the month					✓				
<b>Central Pentecostal Church Centre Wellington</b> 7674 Colborne St., Elora 519-846-0272 Email: <a href="mailto:info@centralchurch.life">info@centralchurch.life</a> <a href="http://www.centralchurch.life/calendar/">www.centralchurch.life/calendar/</a> 	Open to everyone. No registration needed. Check website for dates	Community Dinner					✓				
<b>Knox Presbyterian Church</b> 51 Church St., Elora 519-846-0680 Email: <a href="mailto:knoxelora@wightman.ca">knoxelora@wightman.ca</a> <a href="http://knoxelora.ca/upcoming-events/">knoxelora.ca/upcoming-events/</a>	Open to everyone. No registration needed. Check website for dates.	Community Dinner					✓		✓		
<b>Bungalow 55 Community Luncheon – “Feeding the Soul”</b> 110 Metcalfe St., Elora Email: <a href="mailto:bungalowlunch@gmail.com">bungalowlunch@gmail.com</a>	Open to everyone. No registration needed.	Community Luncheon					✓		✓		✓

<sup>3</sup> The CW Community Dinner is hosted in a secondary school cafeteria. Due to it being an open space, it may be hard to hear. Seating is at cafeteria tables with an attached bench which can be a challenge to get in and out of. A chair can be found if needed.

## Student Meals

Organization, Address & Contact Information	Who can access this service	Type of Service	Non-perishable	Perishable	Fresh fruits & vegetables	Grocery Gift Cards	Prepared Meals	You can make dietary requests	Pick-up	Delivery	Someone can pick-up for you
<b>Children's Foundation - Food &amp; Friends</b> 5068 Whitelaw Road, Unit 2, Guelph <a href="http://www.childrensfoundation.org/programs/food-friends">www.childrensfoundation.org/programs/food-friends</a> 519-826-9551 x130	Visit <a href="http://shorturl.at/bfnx7">shorturl.at/bfnx7</a> to see a list of eligible schools and programs.	Breakfast meal, snack and lunch programs offered through Wellington-County agencies and schools	✓	✓	✓		✓	✓	✓		

## Transportation Supports

Organization	Details
<b>East Wellington Community Services</b>	<p>Friendly, reliable door-to-door Accessible transportation services from Monday-Friday to and from appointments within East Wellington and surrounding areas including the GTA. Must be eligible and 16 years of age or older. There is a cost, however, some rides may be subsidized.</p> <p>For more information regarding registration and guidelines, please visit: <a href="https://www.eastwellingtoncommunityservices.com/senior-programs/transportation/">https://www.eastwellingtoncommunityservices.com/senior-programs/transportation/</a></p> <p>Or, please call or email the Transportation Coordinator between 8:30am and 4:00pm from Monday-Friday: (519)-858-2113 or email <a href="mailto:transportation@ew-cs.com">transportation@ew-cs.com</a></p>
<b>Community Resource Centre</b>	<p>This program connects individuals and families with volunteer drivers to ensure they get to critical or necessary services.</p> <p>For more information regarding eligibility, cost, and to request a ride, please visit: <a href="https://communityresourcecentre.org/transportation/">https://communityresourcecentre.org/transportation/</a></p>