



# FOOD ACCESS GUIDE

\*\*Accurate as of Jan 2018. Please email [ParrySoundAreaFood@gmail.com](mailto:ParrySoundAreaFood@gmail.com) if there are additions or corrections

## Host organizations

Parry Sound Friendship Centre 13 Bowes St. 705-746-5970	St. James Centre for Community 24 Mary St. 705-774-9111
St. Andrew's Presbyterian Church 58 Seguin St. 705-746-9612	Belvedere Heights 21 Belvedere Avenue 705-746-5602
Salvation Army Corps 61 Gibson Street 705-746-5391	Harvest Share 22A Miller Street 705-774-9111



## COMMUNITY GARDENS

Defined as: a single piece of land is gardened by a group of people. Every community garden is different. The gardeners help determine the plan, use and design of the garden.

When	What and Where
Growing season  Gardeners do not pay a fee but donate a minimum of 20% of their produce to local food programs such as Harvest Share and the Salvation Army.	Waubeek Street- started in 2009 Yvonne Williams Park- started in 2011 Canadore College front- started in 2012 Canadore College back- started in 2013 Mission Park- started in 2014 Booth Street- started in 2015 Healing Center Shawanaga- started in 2016



## COMMUNITY KITCHENS

When	What and where
Fridays 10am-1pm	MAGIC WITH FOOD St. James Centre for Community *No registration required \$2 Donation Bring plastic containers to take home meal
Every other Tuesday 3:30-6:30pm	MARY ST. KITCHEN CLUB for Elders and Seniors St. James Centre for Community *New participants contact <a href="mailto:info@gbbr.ca">info@gbbr.ca</a> to confirm attendance
3rd Monday of month 10:30 am	CROCKPOT LESSONS for Elders and Seniors Belvedere Heights (auditorium); \$10 per visit



## FOOD BANKS

When	What and where
Tuesday/Wednesday/Thursday/Friday from 1-3pm	Salvation Army Corps Appointment required *Call for emergency
Tuesdays 9am-1pm	Harvest Share September-November and January-June *Call for emergency



## GOOD FOOD BOXES

<b>When</b>	<b>What and where</b>
2nd and 4th Wednesday of the month	ELDERS AND SENIORS CUT UP FRUIT AND VEGGIES Belvedere Heights Cut up packaged fruits, veggies and root veg \$10/Large bag *Free delivery to seniors
3rd Wednesday of the month	GOOD FOOD BOX Parry Sound Friendship Centre *Registration and payment required
1st Wednesday of the month 1-4pm	GOOD FOOD BOX Salvation Army Corps *Registration and payment required **Limit of 65 boxes per month
3rd Thursday of the month 1-4pm	HEALTHY LUNCH BOX Salvation Army Corps *Registration and payment required **Limit of 25 boxes per month



## MEALS ON WHEELS

<b>When</b>	<b>What and Where</b>
Monday-Friday 12 noon or 3:45  Wednesdays pick up at Belvedere Heights	MEALS ON WHEELS HOT &/OR FROZEN MEALS for Elders and Seniors Belvedere Heights \$8 each hot meal Monday-Friday 12 noon or 3:45 \$5 each frozen meal Wednesdays pick up at Belvedere Heights



## STUDENT NUTRITION PROGRAMS

<b>When</b>	<b>What and Where</b>
5 days a week  (Student Nutrition Program office 161 Main Street East North Bay ON P1B 1A9 705-476-3288 ext 283)	Britt Nobel McDougall Whitestone Magnetawan MacTier Humphrey PS Public (breakfast 5 days a week; full breakfast Tuesday and Thursday) Parry Sound High School



## MEAL PROGRAMS- EATING TOGETHER

<b>When</b>	<b>What and Where</b>
Tuesdays 12-1pm	WIISINADAA (LET'S EAT); Hot lunch Parry Sound Friendship Centre
Wednesdays 3-4pm (till January 2018, new time 10:30-1)	STRENGTH CIRCLE for young women (18-49); Light meal Parry Sound Friendship Centre
Thursdays 4-5pm	KIDS(7-18) COOKING Parry Sound Friendship Centre
January through May: 3rd Tuesday of the month 5:30 pm	FRIENDSHIP SUPPER St. Andrew's Presbyterian Church
September-November; January to June Last Saturday of the month 5-6pm	COMMUNITY DINNER Salvation Army Corps
Tuesdays 2-4pm	TEA TIME Salvation Army Corps
Mondays 6-10pm Fridays 6-10pm	EVENING STREET MINISTRY Salvation Army Corps; RV parked on James St. downtown Food items/coffee/tea/water
Mondays open at 11am Serving 12-1pm	HARVEST SHARE COMMUNITY SOUP KITCHEN St. James Centre for Community
Wednesdays Serving 5 pm ***cancelled if buses are cancelled***	HARVEST SHARE SUPPER St. James Centre for Community
Thursdays at 12 noon	HOSPITALITY LUNCH St. James Centre for Community Donations appreciated
2nd Monday of month 4:30 pm	DINERS CLUB for Elders and Seniors Belvedere Heights (auditorium); \$12 per visit
4th Tuesday of the month 12 noon	LUNCH AND LEARN for Elders and Seniors Belvedere Heights (auditorium); \$10 per visit
3rd Friday of the month 12 noon	LUNCH AND FUN for Elders and Seniors Belvedere Heights (auditorium); \$10 per visit

## Calendar View

<b>Community kitchens</b>					
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
CROCKPOT LESSONS for Elders and Seniors Belvedere Heights	MARY ST. KITCHEN CLUB for Elders and Seniors St. James Centre for Community			MAGIC WITH FOOD St. James Centre for Community	

<b>Good food boxes</b>					
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
		GOOD FOOD BOX Salvation Army Corps	HEALTHY LUNCH BOX Salvation Army Corps		
		ELDERS AND SENIORS CUT UP FRUIT AND VEGGIES Belvedere Heights			
		GOOD FOOD BOX Parry Sound Friendship Centre			

<b>Food banks</b>					
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
	Salvation Army Corps	Salvation Army Corps	Salvation Army Corps	Salvation Army Corps	
	Harvest Share				

<b>Eating together</b>					
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
EVENING STREET MINISTRY Salvation Army Corps	WIISINADAA (LET'S EAT) Parry Sound Friendship Centre	STRENGTH CIRCLE for young women (18-49) Parry Sound Friendship Centre	KIDS(7-18) COOKING Parry Sound Friendship Centre	EVENING STREET MINISTRY Salvation Army Corps	COMMUNITY DINNER Salvation Army Corps
HARVEST SHARE COMMUNITY SOUP KITCHEN St. James United Church	FIENDSHIP SUPPER St. Andrew's Presbyterian Church	HARVEST SHARE SUPPER St. James United Church	HOSPITALITY LUNCH St. James Centre for Community	LUNCH AND FUN for Elders and Seniors Belvedere Heights	
DINERS CLUB for Elders and Seniors Belvedere Heights	TEA TIME Salvation Army Corps				
	LUNCH AND LEARN for Elders and Seniors Belvedere Heights				

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