



# FOOD ACCESS GUIDE

\*\*Accurate as of May 2019. Please email [ParrySoundAreaFood@gmail.com](mailto:ParrySoundAreaFood@gmail.com) if there are additions or corrections

## Host organizations

Parry Sound Friendship Centre 70 Isabella Street 705-746-5970	Mary Street Centre 24 Mary St. 705-746-1865
Salvation Army Corps 61 Gibson Street 705-746-5391	Belvedere Heights 21 Belvedere Avenue 705-746-5602
Harvest Share 93A James 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 Hub garden- started in 2017



## COMMUNITY KITCHENS

When	What and where
Fridays 10am-1pm Please call to confirm (705-938-8165)	MAGIC TGIF FOOD Mary Street Centre *No registration required \$2 Donation: Bring plastic containers to take home meal
Every other Tuesday 3:30-6:30pm Please call to confirm (705-746-1865)	MARY ST. KITCHEN CLUB for Elders and Seniors Mary Street Centre *New participants contact <a href="mailto:programdirectormsc@cogeco.net">programdirectormsc@cogeco.net</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 - Open year round *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 1-3pm	GOOD FOOD BOX Salvation Army Corps *Registration and payment required **Limit of 65 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 705-746-5970
Wednesday 3 <sup>rd</sup> of the month	MONTHLY POTLUCK Parry Sound Friendship Centre
Wednesdays 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
Tuesdays 2-4pm	TEA TIME Salvation Army Corps
Fridays 6-10pm	EVENING STREET MINISTRY Salvation Army Corps; RV parked on Mary St. at the park Food items/coffee/tea/water
Mondays open at 11am Serving 12-1pm OPEN: Mid October until end of March	HARVEST SHARE COMMUNITY SOUP KITCHEN Mary Street Centre
Wednesdays 5 pm OPEN: Jan.-June, Mid Sept.-Dec.	HARVEST SHARE COMMUNITY DINNER Mary Street Centre
Thursdays at 12 noon OPEN: September	HOSPITALITY LUNCH Mary Street Centre Donations appreciated
2nd Monday of month 4:30 pm	DINERS CLUB for Elders and Seniors Belvedere Heights (auditorium); \$12 per visit
Variable day once per month at 11 am	LUNCH AND LEARN 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>
CROCKPOT LESSONS for Elders and Seniors Belvedere Heights	MARY ST. KITCHEN CLUB for Elders and Seniors Mary Street Centre			MAGIC TGIF FOOD Mary Street Centre

<b>Good food boxes</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		GOOD FOOD BOX Salvation Army Corps (1 <sup>st</sup> of month)		
		ELDERS AND SENIORS CUT UP FRUIT AND VEGGIES Belvedere Heights (2 <sup>nd</sup> and 4 <sup>th</sup> of month)		
		GOOD FOOD BOX Parry Sound Friendship Centre (3 <sup>rd</sup> of month)		

<b>Food banks</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</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>
	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
HARVEST SHARE COMMUNITY SOUP KITCHEN Mary Street Centre	TEA TIME Salvation Army Corps	HARVEST SHARE COMMUNITY DINNER Mary Street Centre	HOSPITALITY LUNCH St. James Centre for Community	LUNCH AND FUN for Elders and Seniors Belvedere Heights
DINERS CLUB for Elders and Seniors Belvedere Heights	LUNCH AND LEARN for Elders and Seniors Belvedere Heights	WIISINADAA (LET'S EAT) Parry Sound Friendship Centre (pre-registration needed)		
		MONTHLY POTLUCK Parry Sound Friendship Centre		

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