



FOOD ACCESS GUIDE

Parry Sound, ON

Host Organizations

West Parry Sound District Community Support Services

60 James St., Parry Sound
705-746-5602



Salvation Army Corps

61 Gibson St., Parry Sound
705-746-5391



Mary Street Centre

24 Mary St., Parry Sound
705-746-8553



Harvest Share

93A James St., Parry Sound
705-774-9111



The Market

1 McMurray St., Parry Sound
(705) 998-1811
www.themarketparrysound.ca



Parry Sound

Friendship Centre

25 Church St., Parry Sound
705-746-5970



Parry Sound Drug Strategy

parrysounddrugstrategy.com



Canadian Mental Health

Association
cmha.ca



Canadian Mental
Health Association





Food Banks

1 Salvation Army Community Food Bank

Anyone in need. Limit of one visit per month. Fresh vegetables now provided.

When and How

Tuesday - Friday from 1 - 3pm; 2nd Tuesday of each month is evening food bank. Appointment required, book by phone or in person:

Phone: 705-746-5391

Address: 61 Gibson St, Parry Sound

2 Harvest Share - Food Hamper Program

When and How

All clients must make an appointment by calling **705-744-9111** (preferred method) or by email at harvestsharedelivery@gmail.com

Appointments require 24 hour notice, current wait time of 3 weeks.

Appointments take place:

Tuesdays: 9:30am - 3:30pm

Thursdays: 10am - 3:30pm

Friday: 10am - 3pm

Delivery Conditions:

Wednesday afternoons during the Spring and Summer. Thursday mornings during the Fall and Winter.

Visitors can call Harvest Share to go over delivery requirements and see if they are eligible



Meal Programs - Eating Together



HOST	WHEN	WHAT
<p>The Market at Hope Church www.themarketparrysound.ca</p>	<p>First and third Friday monthly 10:30-11am pickup</p>	<p>Lunch Pickup Need to know by Wed. 8pm (705) 998-1811 or website</p>
<p>Salvation Army 61 Gibson St. Parry Sound</p>	<p>Fridays 6pm until food is gone</p>	<p>Community Meal</p>
<p>Mary Street Centre 24 Mary St, Parry Sound</p>	<p>Mondays 11am - 1pm Sept/Oct to May</p> <p>Thursdays 11am - 1pm June to September</p>	<p>SOUP'er Mondays: Selection of soups, bread, and hot drinks</p> <p>Community Lunch</p>
<p>Community Support Services at Foley Community Centre 60 Rankin Lake Rd. Foley</p>	<p>Doors open 10:30 am Event ends 1:00 pm First Wednesday of each month</p>	<p>Lunch & Learn for Elders and Seniors \$15 cash at door</p>
<p>Community Support Services at Dunchurch Community Centre 2199 Hwy 124 Dunchurch</p>	<p>Doors open 10:30 am Event ends 1:00pm Second Tuesday monthly</p>	<p>Lunch & Learn for Elders and Seniors \$15 cash at door</p>
<p>Community Support Services at Rosseau Memorial Hall 2 Victoria Street W</p>	<p>Doors open 10:30 am Event ends 1:00pm Third Tuesday monthly</p>	<p>Lunch & Learn for Elders and Seniors \$15 cash at door</p>
<p>Canadian Mental Health Association Parry Sound Drug Strategy Office, 60 James Street</p>	<p>Every third Friday of the month 9:30-11am</p>	<p>Community Breakfast</p>
<p>Harvest Share at Mary Street Centre 24 Mary St, Parry Sound</p>	<p>1st and 3rd Wednesday of each month, 5pm - 6pm</p> <p>Every 2nd and 4th Wednesday 11:30am- 1pm</p> <p>Both October to mid June</p>	<p>Community Dinner</p> <p>Community Lunch</p>



Calendar View



Monday	Tuesday	Wednesday	Thursday	Friday
				9:30-11am Community Breakfast CMHA
11-1pm SOUP'er Mondays, Mary Street Centre	10:30-1pm Dunchurch /Rosseau Seniors Lunch and Learn	10:30-1pm Foley Seniors Lunch and Learn	10am -3:30pm Harvest Share by appointment only	10:30-11am The Market- lunch pickup
	9:30am-3:30pm Harvest Share by appointment only	11:30am-1pm- every 2nd and 4th Wed Harvest Share lunches	11-1pm Mary Street Community Lunch	10-3pm Harvest Share by appointment only (select Fridays)
	1-3pm Salvation Army Corps Food Bank	1-3pm Salvation Army Corps Food Bank	1-3pm Salvation Army Corps Food Bank	1-3pm Salvation Army Corps Food Bank
	Evening Food Bank Salvation Army Corps			
		5-6pm- 1 st and 3 rd Wed Harvest Share dinner		6pm Salvation Army Community Meal





Good Food Boxes



When and How

When: Based on client-specific needs.

Registration required

NO payment required

What and Where

Where: Parry Sound Friendship Centre

As needed, for registered clients only (based on each of the needs and program, client centric)



Meals on Wheels



When

Monday - Friday

12:00pm or 3:45pm delivery

Who/What

Community Support Services (see hosts)

Hot and/or frozen meals for: elders, seniors, and others who have a need.

<u>Meal Options</u>	<u>Cost</u>
Frozen meals. Choose your order from a provided menu.	\$6.00
Hot single entree delivered (meat, vegetables, pasta, potato or rice)	\$6.50
Entrée, soup OR dessert	\$8.00
Entrée, soup and dessert	\$9.00



Community Gardens



Community Gardens are spaces where people can grow food. Each garden has 8-10 plots, and each plot is planned, cared for, and harvested by one person/family.

Contact gardens@georgianbaybiosphere.com to learn more.

When and How

Growing Season, Spring to Fall

Gardeners do not pay a fee but donate 20% of their produce to local food programs such as Harvest Share and the Salvation Army.

Community Gardens

- Yvonne Williams Park (est. 2011)
- Canadore College (est. 2012)
- Mission Park (est. 2014)
- Booth Street (est. 2015)
- Healing Center Shawanaga (est. 2016)
- Mary Street Centre (est. 2017)
- Sound Community Hub (est. 2018)

Student Nutrition Programs



Contact

Regional Coordinator:
Kathy Broydell-Chippa

Phone Number:
705-476-3288 Ext 1611

When

Offered 5 days a week.

Schools with Programs:

- Britt Public School
- École publique aux Quatre-Vents
- Humphrey Public School
- MacTier Public School
- Magnetawan Public School
- McDougall Public School
- Parry Sound High School
- Parry Sound Public School
- St. Peter the Apostle Catholic School
- Whitestone Public School