

A List of Food Programs and Food Banks

Visit Food in Peterborough website: www.pcchu.ca/food

Food Banks in the City of Peterborough

Good Neighbours Care Centre

164 Sherbrooke St. at George St.; 705-742-9800

Monday, Wednesday, Friday, 10:00 am - 2:00 pm

Certain foods such as bread can often be obtained more than once in the month.

Salvation Army, Family Services

219 Simcoe St.; 705-742-4391

Monday, Tuesday, Wednesday, Thursday from 1:00 pm - 4:00 pm

Food and Emergency assistance available by appointment only.

St. Vincent de Paul

256 Murray St.; 705-874-3937

Wednesday 9 am to 12 pm; Thursday, Friday 12 pm to 3 pm; Saturday 9 am to 11:30 am

Kawartha Food Share

Kawartha Food Share is the warehouse and distribution centre for emergency food for local food banks/cupboards and meal programs. Agencies who would like to receive food through us can call us at 705-745-5377 for a Membership Application.



For Clients and Community Members

If you use one of these agencies you can access food from their food cupboards.

Canadian Mental Health Association 705-748-6711
(Monday to Friday, 8:30 am-4:30 pm)

Centennial Crescent Community 705-745-6616

Fleming College 705-743-4460
Student Administrative Council/Health Services

OPIRG Office @ Sadleir House 705-741-1208
751 George Street North
(Wed 3-5; Thurs-Fri 1:00-5:00 pm)

PARN - Community AIDS Resource Network 705-749-9110

Peterborough Youth Services 705-743-1681

Youth Emergency Shelter 705-748-3851

Food Banks in Peterborough County

Apsley - North Kawartha Food Bank:

175 Burleigh St.; 705-656-1748

Open Tuesday and Friday; 10:00 am - 12:00 pm

Havelock - Food Bank:

Havelock Town Hall

Open the 2nd & 4th Wednesday, 11:00 am - 1:00 pm

Emergency contact number: 705-778-1204

Lakefield - Food Bank:

St. John's Anglican Church; 705-652-8302

(corner of Queen and Regent Streets); Tuesday, 8:30-10:30 am

Millbrook - Millbrook Food Share:

Old Millbrook School,

1 Dufferin St.; 705-932-7066

2nd, 3rd, & 4th Tuesday of the month, 3:00-5:00 pm

Norwood - Food Bank:

Norwood Town Hall ; 705-639-5846

Open the 2nd, 4th & 5th Thursday (if there is) of every month,
10:00 am - 1:00 pm

Free Meals

Many community groups provide free meals daily. Please use the City of Peterborough Social Services Food Calendar for dates and times. www.peterborough.ca/foodcalendar.

Food Programs

Babies First - Pregnant women have access to the food cupboard, food vouchers, a nurse and a nutritionist. Call the Peterborough Family Resource Centre to register 705-748-9144. **201 Antrim St., Peterborough**
Friday, 10:00 am - 2:00 pm

Collective Kitchens - Meet once a month - to plan and to cook 3 meals to take home. Collective kitchens are supported by a variety of service clubs and community organizations so the cost to participants is minimal. Contact Laura Jack at the Peterborough County-City Health Unit, 705-743-1000 ext. 250.



Come Cook With Us - Free cooking sessions for anyone interested in learning how to cook. The sessions are 4 to 6 weeks long. You will share recipes, prepare a meal, take home cooked food and receive a food gift card. Call the Peterborough County-City Health Unit to register 705-743-1000 ext. 254 or email comecookwithus@hotmail.com

Community Gardens - Peterborough Community Garden Network (PCGN)

The PCGN is a not for profit group of gardeners that advocates for an increased presence of community gardens in the City and County of Peterborough. If you would like to join a community garden, have land available or would like to learn more, please contact: Peterborough Green-Up, 378 Aylmer St. Unit 4, Peterborough, 705-745-3238 ext. 204 Email: pcgn@greenup.on.ca

Food For Kids Peterborough & County - Many city and county schools have breakfast or snack programs. To find out if your school has a program, call and ask to speak to a Food For Kids Representative 705-743-1000 ext. 307.

Fresh Produce Box - Take \$10.00 and proof of income to the Salvation Army on the THIRD Thursday of the month to apply for a spot on the produce box program. First come first serve basis. This is a pre-payment for the next month. Produce day is on the THIRD Wednesday of the month from 12:00-1:30 at 219 Simcoe Street. Contact the Salvation Army for more details at 705-742-4391.

Gleaning - Catch a bus out to a farm to pick fruits and vegetables for free. Farmers donate their extra produce and local Faith groups pay for the buses. Contact the gleaning info line at 705-749-9977. They will connect you with a neighbourhood contact.

JustFood Program - Receive healthy, nutritious food and a great Newsletter. Two kinds of boxes are available each month. **The Staples Box** holds non-perishable (canned and packaged) groceries, as well as some fruit and vegetables. It comes in two sizes: Regular - \$15.00 and Small - \$11.00. **The Fresh Produce Box** is full of just fresh fruit and vegetables. It is available in two sizes: Regular - \$20.00 and Small - \$12.00. Contact Food Action at the YWCA, 705-743-3526, for more information. **Subsidies may be available.**