

food

ACCESS programs
and services

G U I D E

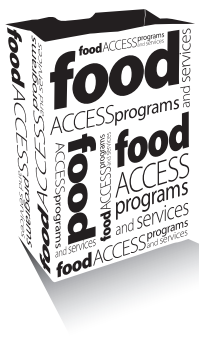




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food ACCESS programs and services

GUIDE

This listing provides an overview of food access programs and services in York Region. Information is current as of June 2011. For up-to-date information or directions, please call the phone numbers listed.

| General | Contact Information | Description |
|--|---|---|
| York Region Community and Health Services Health Connection | 1-800-361-5653 www.york.ca/healthconnection | York Region Community and Health Services <i>Health Connection</i> is a free and confidential health information/education telephone service. Public health nurses, sexual health nurses and health inspectors provide current health information, support and counselling for your individual health-related concerns and questions. |
| EatRight Ontario | 1-877-510-5102 www.ontario.ca/eatright | EatRight Ontario is a free and confidential service on nutrition, food and healthy eating information. Registered dietitians can be contacted directly via the website or toll-free number to provide nutrition advice to individuals and families. |
| YorkLink | www.yorklink.org | This online and hard-copy directory connects York Region residents with over 700 community service providers and government agencies in the region. |
| York Region Food Network Newmarket | 905-967-0428 or 1-866-454-9736 510 Penrose Street | York Region Food Network is a registered charity that offers programs, raises awareness and promotes policy changes for increased access to affordable and nutritious food produced within a sustainable food system. YRFN's vision is Food for health – Food for all. |
| York Region Street Outreach Van | 1-866-553-4053 | Program designed to assist homeless, or those at risk, to find shelter, food, clothing and health care. Needle exchange and mental health assessments are provided. The van is on the streets seven days a week from 2:00 p.m. to 9:00 p.m. |

| Women's Services | Contact Information | Description |
|---|--|--|
| Women's Centre of York Region Newmarket | 905-853-9270 120 Harry Walker Parkway www.wcyr.ca | Offers individual counselling and group programs to women in transition and needing support. Onsite supplemental food program and clothing exchange are available to clients. Open : Monday - Friday 9:00 a.m. to 4:30 p.m. |
| Food Banks | Contact Information | Description |
| Aurora Food Pantry | 905-841-1577 350 Industrial Parkway South Unit 101 Aurora | Open: Saturdays 9:00 a.m. to 3:00 p.m. 2nd and 4th Thursday of the month 6:00 p.m. to 8:00 p.m. |
| Georgina Community Food Pantry | 905-476-1803 110 High Street Sutton West | Open: Thursdays 6:00 p.m. to 8:00 p.m. Fridays 9:00 a.m. to 12:00 p.m. |
| Humanity First Canada | 416-440-0346 245 Bowes Road, Concord (Hwy 7/Keele) | Provides non-perishable foods to individuals, and families in need. Please phone for hours of operation and to make arrangements to receive the food. Delivery provided to those who do not have their own transportation. |
| King Township Food Bank | 905-806-1125 www.kingtowshipfoodbank.ca | Provides pre-packaged food hampers on the last Saturday of each month. |
| Markham Food Bank | 905-472-2437 70 Main Street North (behind Village Shoppes) | Open: Tuesdays 6:30 p.m. to 8:30 p.m. Thursdays 12:30 p.m. to 2:30 p.m. Saturdays 9:00 a.m. to 11:00 a.m. |
| Mount Albert Food Pantry | 905-473-2562 Mount Albert United Church 41 Alice Street | Open: Last Wednesday of the month 2:00 p.m. to 6:00 p.m. |
| Newmarket Food Pantry | 905-895-6823 510 Penrose Street | Open: Mondays 9:30 a.m. to 11:30 a.m. Wednesdays 9:00 a.m. to 11:00 a.m. Fridays 9:30 a.m. to 11:30 a.m. Every second Tuesday of each month 6:00 p.m. to 7:30 p.m. |
| Richmond Hill Community Food Bank | 905-508-4761 55 Newkirk Drive – Side Door (North of Major Mackenzie, east side of Newkirk) | Open: Monday - Friday 9:00 a.m. to 11:45 a.m. |
| Vaughan Food Bank | 905-851-2333 71 Marycroft Avenue, Unit 8 Woodbridge (Hwy 7 and 400) | Open: Thursdays 10:00 a.m. to 4:00 p.m. Fridays 10:00 a.m. to 4:00 p.m. |

| Food Banks | Contact Information | Description |
|---|--|--|
| Whitchurch/Stouffville Food Bank | 905-640-4704 Churchill Baptist Church 15336 Ninth Line, Stouffville (Aurora Road and 9th Line) | Open: Tuesdays 9:30 a.m. to 12:00 p.m. |
| Community Meals | Contact Information | Description |
| Martha's Table Aurora | 905-727-5011 St. Andrew's Presbyterian Church 32 Mosely Street (at Victoria) | A free lunch of hot soup, sandwiches and dessert is offered every Thursday from 11:00 a.m. to 1:30 p.m. All are welcome. Program closed in July and August. |
| Seniors' Lunch Budget Bistro Aurora | 905-726-4767 Aurora Seniors' Centre 5 Municipal Way | Provides a light lunch every Wednesday for seniors in the community. During summer, provides barbeque. Cost is \$4.00 for non-members. Open from 12:00 p.m. to 1:00 p.m. |
| Welcome Table Aurora | 905-727-6101 Trinity Anglican Church 79 Victoria Street (E of Yonge, near Aurora Library) | Offers a warm meal, friendship and community spirit every Wednesday from 5:30 p.m. to 7:00 p.m. The church's clothing outlet for women and children opens at this time. Held on alternate Wednesdays from 6:00 p.m. to 7:30 p.m. |
| Friday Lunch Club Jackson's Point | 905-722-3059 Georgina Salvation Army 1816 Metro Road | Offers free food, fun, fellowship and friendship every Friday from 11:30 a.m. to 12:30 p.m. |
| The Gathering Place Keswick | 905-476-5532 Keswick United Church 177 Church Street | An opportunity for people to gather for fellowship and a relaxed free meal. Program runs on Thursdays from 5:00 p.m. to 6:30 p.m. |
| Community Dinner Sutton | 905-722-3544 St. Andrew's Presbyterian Church 20858 Dalton Road | Offers a free community dinner on Tuesdays from 5:00 p.m. to 6:15 p.m. All are welcome. |
| Dinner Club Richmond Hill | 905-884-3005 ext 30 Community Church 45 Crosby Avenue (N of Yonge and Major Mackenzie) | Provides affordable dining on the first and third Friday of the month at 6:30 p.m. A full course meal including soup, entrée, and dessert costs \$6.00 per person. Please call ahead to reserve a seat. |
| Lunch with Grace Markham | 905-294-3184 Grace Church 19 Parkway Avenue (Near GO Station, E of Hwy 48) | This meal program is open to anyone who would like to attend. It is held at 12:00 p.m. on the 3rd Tuesday of the month. Program closed in July, August and December. |

| Community Meals | Contact Information | Description |
|---|--|--|
| Community Bread on Main Newmarket | 905-898-4137 St. John Chrysostom Church 432 Ontario Street (at Main St) | A drop-in meal program for community members in need. Held in the Parish Hall, with entrance on Main Street. Program held on Mondays, beginning at 5:00 p.m. with dinner served from 5:30 p.m. to 6:30 p.m. |
| Lunch At My Place (LAMP) Newmarket | 905-895-4851 Trinity United Church 461 Park Avenue (at Main) | A drop-in hot lunch program for those in need. Held on Tuesdays from 12:00 p.m. to 1:00 p.m. Program closed in July and August. |
| Crosslands Community Dinner Newmarket | 905-868-9920 776 Davis Drive Tenatronics Building (Davis Dr. and Alexander Rd.) | A drop-in program to provide social support and a meal for those in need. Held on Thursdays from 4:30 p.m. to 6:30 p.m. Program closed in July and August. |
| Valley View Community Dinner Newmarket | 905-830-9619 776 Davis Drive Tenatronics Building | A drop-in program to provide social support and a meal for those in need. Held on Sundays from 4:00 p.m. to 6:00 p.m. Program open all year round. |
| Community Dinner Keswick | 905-476-4548 Keswick Christian Church 2 Old Homestead Road | Free monthly dinner for the community the last Wednesday of each month from 5:00 p.m. to 6:30 p.m. |
| Inn from the Cold Friday Night Community Meal Newmarket | 905-895-8889 510 Penrose Street www.innfromthecold.ca | A meal program open to anyone in the community. Held on Fridays from 5 p.m. to 7 p.m. |
| York Region Food Network Breakfast Drop-in Newmarket | 905-967-0428 or 1-866-454-9736 510 Penrose Street | Provides a healthy breakfast every Wednesday morning from 9:30 a.m. to 11:30 a.m. |
| Aurora United Church Rise and Shine Breakfast Aurora | 905-727-1935 15186 Yonge Street | A breakfast program open to community members every Saturday from 9:30 a.m. to 11 a.m. from October to April. |
| Shelter Programs | Contact Information | Description |
| Blue Door Shelters | 905-898-1015 1-888-554-5525 18838 Yonge Street www.bluedoorshelters.ca | Provides supportive and emergency housing services to homeless people or to people at risk of becoming homeless. Offers referrals, informal counselling, and support to enable individuals and families to resolve their immediate housing needs. Meals provided to all residents. |

| Shelter Programs | Contact Information | Description |
|--|---|---|
| Inn from the Cold Newmarket | 905-895-8889 510 Penrose Street www.innfromthecold.ca | Emergency shelter, food and comfort are provided to those in need in the context of compassion and respect. The program runs from December to March and is open every night. Light dinner and breakfast are served. |
| Mosaic Interfaith Out of the Cold | 416 948 6682 www.miotc.ca | Provides emergency overnight shelter, meals and support services from November to April and runs on Monday, Tuesday, Wednesday, Thursday and Friday nights from 4:30pm to 7:30am. Shelters are located at various faith community centres in Markham, Thornhill, and Vaughan. Locations change each night. Call or visit the website for information on times, locations and potential transportation. Shelters are open to men and women over the age of 17. |
| Other Meal Programs | Contact Information | Description |
| Canadian Mental Health Association New Directions Social Recreation Program | 905-853-8477 1-866-208-5509 www.cmha-yr.on.ca Aurora, Markham, Keswick, Newmarket and Bradford | Designed to serve individuals diagnosed with mental health concerns. Cooking classes and other programs are available through the New Directions Social Recreation Program across the region. Cost is typically \$1.00 to \$3.00. Call for details or check the website for program dates. |
| Meals on Wheels CHATS (Community Home Assistance To Seniors) | 1-877-452-4287 or 905-713-6596 www.chats.on.ca | Meals are available to help seniors to remain independent in their own homes. Entrees cost \$5.45 each. Soups, desserts and snacks cost \$2.10 each. All foods arrive frozen for final heating in the client's home. Meals are delivered once a week and must be ordered in advance. Special diets (health, minced and pureed) available on request. |
| York Region Food for Learning | 905-895-4512 ext 4397 or 1-800-735-6625 ext 4397 www.foodforlearning.com | Food for Learning supports breakfast and snack programs in some York Region schools. Please call for program locations. |
| York Region Food Network Cooking Healthy Together Newmarket | 905-967-0428 or 1-866-454-9736 510 Penrose Street | Community kitchen program that invites community members to cook and share a healthy meal together. Program runs from 9:30 a.m. to 12:30 p.m. Call for more information. |

| Gardening and Fresh Produce Programs | Contact Information | Description |
|---|---|---|
| York Region Food Network Community Gardens | 905-967-0428 or 1-800-454-9736 ext. 203 | Small plots of land are available free to residents in Newmarket, Aurora and Markham who want to grow their own food. Open to all gardeners. |
| St. Paul's Community Garden Richmond Hill | 416-523-6514 c/o St. Paul's Lutheran Church, 10131 Bayview Avenue | Hosted by St Paul's but managed separately. Open to all gardeners. Plot availability varies and gardening fees may apply. Individuals are asked to grow one row of food for community members in need. |
| Fresh Food Partners Gleaning Program | 905-895-4512 ext. 4339 or 1-800-735-6625 ext. 4339 | The gleaning program allows community members living on a limited income to pick fresh vegetables and fruit at no cost. Program runs from June to November. Picking times are determined by crop availability. |
| York Region Food Network Good Food Box Newmarket | 905-967-0428 or 1-866-454-9736 510 Penrose Street | Provides fresh produce at reduced cost. Two sizes of the Good Food Box are available; small \$10 and large \$15. The type of produce varies each month. Pay by the 5th of the month, pick up on the third Thursday of the month. Call for more information. |
| Faith Organizations | Contact Information | Description |
| Salvation Army Georgina Newmarket, Aurora & area (Bradford, East Gwillimbury, Mount Albert, Queensville, Sharon) Markham Richmond Hill | 905-722-3059 1816 Metro Road, Jackson's Point 905-895-6276 Northridge Services 415 Pickering Crescent, Newmarket 905-471-1038 9329 McCowan Road 905-737-0496 55 Newkirk Road – Front Door (North of Major Mackenzie, east side of Newkirk) | Provides a range of services to families and individuals including emergency food and clothing. |
| Unionville Alliance Church The Master's Pantry and Used Clothing Centre Markham | 905-477-1104 ext. 230 4898 Sixteenth Avenue | A food and clothing bank is available on the first and third Saturday for community members in need. A light breakfast is served at 9:00 a.m. The store opens from 9 a.m. to 11:00 a.m. |

| Faith Organizations | Contact Information | Description |
|------------------------------------|---|---|
| St. Vincent de Paul Society | Please call your local Catholic church for information | An organization which exists in most Catholic church parishes to assist and meet the needs of people on a low income. Food vouchers may be provided for those in emergency situations. |
| Welcoming Arms Aurora | 905-726-1483 44 Metcalfe Street (behind Trinity Anglican Church) | The Outreach centre provides guidance and emergency food vouchers and basic toiletry items, once a month for residents of Aurora. Call for more information. Open: Mondays 9:30 a.m. to 1:30 p.m. Wednesdays 7:00 p.m. to 9:00 p.m. Thursdays 9:30 a.m. to 1:30 p.m. |



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If you have any changes or suggestions
for this guide, please call York Region
Community and Health Services at

1-800-735-6625 ext. 4339

TTY: 1-866-252-9933

For more information visit the
Nutrition Services website:

www.york.ca/nutrition

June 2011

