

Access to Healthy (and affordable) Food Priority – A summary of some relevant programs

Please note information provided is current at the time of printing and may change.

## Community Meal Programs

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b>	St. Johns Kitchen 9:00AM	St. Johns Kitchen 11:30AM-1:00PM  Trinity Community Table (Galt) 11:30 – 12:15 PM	Ray of Hope Community Centre 7:00-8:30PM OOTC Trinity United Church (Nov – April) 6:00PM ROOF (ages 12-25) 7:00-8:00PM Cambridge Shelter \$1 for non-shelter residents 5:30PM
<b>Tuesday</b>	St. Johns Kitchen 9:00AM	St. Johns Kitchen 11:30AM-1:00PM	Ray of Hope Community Centre 7:00-8:30PM OOTC Ray of Hope (Nov – April) 6:00PM ROOF (ages 12-25) 7:00-8:00PM Cambridge Shelter \$1 for non-shelter residents 5:30PM
<b>Wednesday</b>	St. Johns Kitchen 9:00AM	St. Johns Kitchen 11:30AM-1:00PM  Trinity Community Table (Galt) 11:30 – 12:15 PM	Ray of Hope Community Centre 7:00-8:30PM Community Ministry, St. Mark's Lutheran Church 5:45PM OOTC St. Matthews Church (Nov – April) 6:00PM ROOF (ages 12-25) 7:00-8:00PM Cambridge Shelter \$1 for non-shelter residents 5:30PM
<b>Thursday</b>	St. Johns Kitchen 9:00AM	St. Johns Kitchen 11:30AM-1:00PM Ray of Hope Community Centre 1:00–3:00PM  Salvation Army (Hespeler) 12–1 PM	Ray of Hope Community Centre 7:00-8:30PM OOTC St. Johns Church (Nov – March) 6:00PM ROOF (ages 12-25) 7:00-8:00PM Cambridge Shelter \$1 for non-shelter residents 5:30PM
<b>Friday</b>	St. Johns Kitchen 9:00AM	St. Johns Kitchen 11:30AM-1:00PM  Trinity Community Table (Galt) 11:30 – 12:15	Ray of Hope Community Centre 7:00-8:30PM Salvation Army Mobile OOTC First United Church (Nov – April) 6:00PM ROOF (ages 12-25) 7:00-8:00PM Cambridge Shelter \$1 for non-shelter residents

		PM	5:30PM
<b>Saturday</b>		Ray of Hope Community Centre 1:00–3:00PM ROOF (ages 12-25) 7:00-8:00PM Food Not Bombs (WPIRG) 1:30 – 3 p.m., Kitchener City Hall	OOTC Bethany (Nov – April) 6:00PM  Cambridge Shelter \$1 for non-shelter residents 5:30PM
<b>Sunday</b>		ROOF (ages 12-25) 7:00-8:00PM  Compassion in Action, Cambridge Vineyard 11:30–1:30 PM	Ray of Hope Community Centre 4:30-6:00PM OOTC St. Louis (Nov – April) 6:00PM  Cambridge Shelter \$1 for non-shelter residents 5:30PM

Location addresses are listed on the handout *Sources of Emergency and Low-Cost Food*; <http://bit.ly/h17fv2>.

OOTC = Out of the Cold programs – these provide a dinner, shelter and breakfast. They run November – April.

WPIRG = Waterloo Public Interest Research Group

ROOF = Reaching our Outdoor Friends

### Community Hamper Programs

	Site	Time	# hampers available
<b>Monday</b>	Emergency Food Hamper Program (EFHP)	Pick up food 11:00AM-4:15PM Closed 1 <sup>st</sup> Wednesday of the month	6 per year
	Salvation Army (SA) K-W	Bread 9:30-12:00PM Hamper by appointment	5 per year
	Kitchener Church Of God	12:00-4:00PM	6 per year
Cambridge residents	Cambridge Self-Help Food Bank (CSHFB)	12:00-4:30PM	8 per year

	Salvation Army Galt Salvation Army Hespeler	9:30–noon, 1:00-3:15PM 9:00-2:00PM	8 per year
<b>Tuesday</b>	Emergency Food Hamper Program	11:00AM-4:15PM	6 per year
	Salvation Army K-W	Bread 9:30-12:00 Hamper by appointment	5 per year
	Country Hills Church	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday 5:00-8:00PM	1 per month
Cambridge residents	Cambridge Self-Help Food Bank (CSHFB)	12-4:30 PM	8 per year
	SA Galt SA Hespeler	9:30 – noon, 1-3:15PM 9:00-2:00PM	8 per year
<b>Wednesday</b>	Emergency Food Hamper Program	11:00AM-4:15PM Except first Wed of month	6 per year
	Salvation Army K-W	Bread 9:30-12:00 Hamper by appointment	5 per year
	ROOF Ages 12-25	2:00-5:00	2 per month
Cambridge residents	Cambridge Self-Help Food Bank (CSHFB)	9:00-6:30 PM	8 per year
	Salvation Army Galt SA Hespeler	9:30–Noon, 1:00-3:15PM 9:00-2:00PM	8 per year
<b>Thursday</b>	Emergency Food Hamper Program	11:00AM-4:15PM	6 per year
	Salvation Army K-W	Bread 9:30-12:00 Hamper by appointment	5 per year
Cambridge residents	Cambridge Self-Help Food Bank (CSHFB)	9:00-4:30 PM	8 per year
	SA Galt	9:30 – noon, 1-3:15PM	8 per year

	Salvation Army Hespeler	9:00-Noon	
<b>Friday</b>	Emergency Food Hamper Program	11:00AM-4:15PM	6 per year
	Salvation Army K-W	Bread 9:30-12:00 Hamper by appointment	5 per year
	KCOG	12:00-4:00	6 per year
Cambridge residents	Cambridge Self-Help Food Bank (CSHFB)	9:00-4:30 PM	8 per year
	Salvation Army Galt Salvation Army Hespeler	9:30–Noon 9:00-Noon	8 per year
	Family Counselling Centre Cambridge and North Dumfries	11:30-2:00PM	For seniors – call for more information 519-632-9737
<b>Saturday</b>	Glencairn Church Bridges	9:00AM-12:00PM 2 <sup>nd</sup> and 4 <sup>th</sup> Saturdays of month	12 per year

Location addresses are listed on the handout *Sources of Emergency and Low-Cost Food*; <http://bit.ly/h17fv2>.

## St. Vincent de Paul Food Hamper Programs

- only serve clients that reside within their boundaries
- Contact The Food Bank of Waterloo Region at 519-743-5576 to determine the conference nearest you
- Hampers are generally distributed once per month or once every two months

## Other Access to Healthy Food Initiatives

### WPIRG's Food Action Collective

- This group looks at issues of food access and intersecting forms of oppression
- Contact Erin at [erin@wpirg.org](mailto:erin@wpirg.org) for more information

### LSPIRG (Laurier Students Public Interest Research Group) KW Urban Harvester

KW Urban Harvester is an LSPIRG Community Working Group made up of individuals who want to learn and teach others about growing food in an urban setting. Our gardening practices are as organic as possible; we use non-GMO seeds when we can and we never use pesticides. We are able to garden on land generously donated by Wilfrid Laurier University, which is located behind the Northdale Campus off Hickory Street in Waterloo.

We welcome opportunities to work with other organizations in K-W to promote urban gardening. If you are interested in learning more about our organization or in planting and harvesting in the Northdale garden plot this season, please visit our website at <http://www.kwurbanharvester.org/> or email [kwurbanharvester@gmail.com](mailto:kwurbanharvester@gmail.com).

### Meal Exchange

Meal Exchange is a national student-founded, youth-driven, registered charity organized to address local hunger by mobilizing the talent and passion of students. Since 1993, our programs have been run in over 75 communities across Canada and generated donations of over \$3 million worth of food and funds to address local hunger.

The chapter at the University of Waterloo has been in existence for the past few years principally to perform one of Meal Exchange's main outreach events - Trick or Eat, a community-wide canned food drive orchestrated by students on Halloween. Last October over 300 UW students joined in the effort to raise 4000 pounds for the KW Regional Food Bank.

This year, the club has expanded and under new leadership has developed a plan for the future. In the fall of 2011 Meal Exchange is partnering with the Heart and Stroke Foundation to organizing cooking classes for both students and the community. We hope that by teaching participants how to cook we will reduce one barrier to achieving food security, which is the inability to cook. These cooking classes will be hosted by Liaison College and classes will incorporate these important principles:

- nutritious eating
- cost-effective eating
- time-efficient cooking
- sustainable cooking (i.e. using local, 'in season' food)

Email [waterloo@mealexchange.com](mailto:waterloo@mealexchange.com) for more information.

#### WLU Farmer's Market

- The WLU Farm Market will be running every Tuesday starting the 15th of September. The Team is excited for a great year!
- For the first week we will have produce and baked goods, and in the upcoming weeks we will introduce more vendors.
- For input into new products email [wlufarmmarket@gmail.com](mailto:wlufarmmarket@gmail.com). We're also always looking for people to help out!

Website: <http://www.wlufarmmarket.com>

#### Muslim Social Services

- Provides food baskets twice a year around the time of the two Eids
- Muslim Social Services, in cooperation with the House of Friendship runs a halal meat program for the needy at the Guelph St. Hamper program

### Indian Canadian Association

- Meals on Wheels East Indian Cuisine Program
- Services available Monday and Thursday
- Contact [mealsonwheels.kw@bellnet.ca](mailto:mealsonwheels.kw@bellnet.ca) or 519-743-1471 for more information
- Services available to adults living within K-W who due to age, frailty, disability, chronic or acute illness are unable to prepare or organize meals for their own nutritional needs
- \$10 annual registration fee and \$7 per meal; financial assistance may be available for those living on a low income

### Nutrition for Learning

- Mission: To enhance the ability to learn by insuring that each student attends school well nourished.
- Nutrition for Learning has been a registered charitable organization since 1997
- They support community based nutrition programs committed to improving the learning capacity, health and well being of children and youth in Waterloo Region. Research has proven that students coming to school hungry don't perform well in the classroom, have difficulty concentrating, display behavioural problems, are less alert and are often lethargic. Their programs impact the physical, cognitive, behavioural and academic needs of children and youth in Waterloo Region.
- Nutrition for Learning supports over 100 community programs breakfast, morning meal, snack and lunch programs impacting over 9,500 children and youth daily.

For more information visit <http://www.nutritionforlearning.ca> or call 519-624-5744 (Locations attached.)

### Kitchener Downtown Health Centre

- Multicultural diabetes outreach program, contact Charla for more information
- A diabetes outreach program just began Apr. 26 for Southeast Asians, translation included too. One such program begins each year.
- Contact: Charla Adams, [cadams@kdchc.org](mailto:cadams@kdchc.org)

### Neighbourhood Markets

The markets will return again in 2011, beginning June 29 until Sept. 14. The markets are located at Preston Towne Centre (Farmers Market, Central Park (King and Argyle, Cambridge), Mill Courtland Community Centre (216 Mill Street and Stirling, Kitchener), and Centerville Chicopee Community Centre (141 Morgan Avenue, off Fairway Road, Kitchener).

The markets provide a venue for improved access to fresh locally grown vegetables and fruit. Neighbourhood markets support local farmers and the rural economy by promoting the purchase of locally grown products. For local farmers, neighbourhood markets provide a venue to sell their products at a time when they face competition from imported products.

Call the Highland-Stirling Community Group for information (519-745-9408) and details on volunteering options. Volunteers will receive a coupon to be redeemed for produce.

Website: <http://bit.ly/hxkEag>

Fertile Ground Community Supported Agriculture

The farm is located west of Waterloo. Produce can be found at Kitchener’s Farmers’ Market July – October. “Fertile Ground CSA distributes produce as part of the Farmers' Fields Growers Collective - a group of a dozen small-scale growers west of Waterloo committed to sustainable growing practices and local distribution of the produce and meat grown on their farms. The Working Centre is coordinating a Buying Club which offers the opportunity to purchase fresh, local vegetables and meat direct from growers, plus wholesale prices on bulk items through Ebytown Food Co-op.” - <http://www.fertilegroundcsa.com/index.php>

Community Centre Food Programs

Note: these programs generally only serve clients who reside within the community centre’s boundaries. Contact the program for exact hours of operation and further details on food programs. Find Cambridge community centre contact information here: [http://www.cambridge.ca/community\\_services/neighbourhood\\_associations\\_sport\\_community\\_groups](http://www.cambridge.ca/community_services/neighbourhood_associations_sport_community_groups).

<b>Name of Centre</b>	<b>Location</b>	<b>Program</b>	<b>Hours of Operation</b>
Alison Neighbourhood Christopher	Cambridge	Food cupboard	Three days a week when Outreach Worker is available Monday-Thursday, 10-12, 1-5PM (519-740-8565)
Champlain Greenway-Chaplin	Cambridge	Food cupboard, Peer Program Food cupboard	When outreach worker is available
Langs Farm	Cambridge	Food cupboard, Peer Program	Cupboard is available Mon-Thurs. 9-8PM, Fri., 9-4 (closed Thursday Noon-4PM)
Popcorn House	Cambridge	Food cupboard	M-Friday, 9:30-2 p.m.

Preston Heights	Cambridge	Food cupboard, Peer Program	Cupboard is available Tues. 9-8PM, other weekdays 9-5PM
Southwood	Cambridge	Food cupboard, Peer Program	Monday-Thursday, 9-12, 1-5PM
Erb West	Waterloo	Food cupboard	When the outreach worker is available usually M, W, Friday. (519-880-9747)
Sunnydale	Waterloo	Food Distribution days	Thurs morning distribution but also other times
Chandler Mowat	Kitchener	Food Distribution days	Mon/Thurs 2-3:30 (519-570-3610)
Courtland-Shelley	Kitchener	Food Distribution days	Thursdays 1-3 just for townhouse complex residents
Kingsdale	Kitchener	Food Distribution days, Peer Program	Thursdays 1:30 - 3:00 for Kingsdale residents
Mill-Courtland	Kitchener	Peer Program	Call 519-741-2491 for Peer Program information.

Other Peer Program Sites

- Cambridge Family Early Years Centre 519-740-8353
- Cambridge Self-Help Food Bank 519-622-6550 x.102
- Highland Stirling Community Group 519-745-9408
- Kitchener Downtown Community Health Centre – Living on a Survival Budget program (Open, no boundaries, free program)
- Our Place Family Resource and Early Years Centre (St. Francis School, Kitchener) 519-571-1626 x.28
- The Governing Council of the Salvation Army in Canada (75 Tillsley Dr.) 519-745-4241
- Wilmot Family Resource Centre 519-662-2731

**Food distribution days** are for community residents and typically occur on Thursdays. They are a program run in cooperation with the House of Friendship and separate from the food cupboard.

**Peer Programs** may vary from site to site but generally involve community leaders who plan and run programs about nutrition or healthy families and/or community food security. They often share similar life experiences with members of these communities and the programs run depend on the neighbourhood’s strengths and needs. More information is available in another handout here today.

## Policies

If you are interested in local food related policy on the issue of access to healthy food, here is a brief listing of relevant information. Last year, the *Put Food in the Budget* project saw community and media leaders in Cambridge living off of food hampers for five days. For more information see the printout available today or <http://www.cambridgetimes.ca/news/local/article/885862>.

Opportunities Waterloo Region and Poverty-Free Waterloo Region are two prominent sources of information and updates on issues surrounding poverty and events occurring in the area to raise awareness of hunger and poverty issues. Opportunities Waterloo Region for instance was a partner in introducing Neighbourhood Markets in 2007. The Opportunities Waterloo Region website is [www.owr.ca](http://www.owr.ca). Poverty-Free Waterloo Region hosts a blog at <http://povertyfreewaterlooregion.wordpress.com>.

Brice Balmer, a local poverty activist recently co-wrote the book, *Persistent Poverty: Voices from the Margin* available at most book stores that explores the social assistance system in Ontario and the stories and experience of those living in “the margin”.