

Grocery Delivery

Bay Quality Meats - 282 Bay Street, 344-9501

- Order must be placed the day prior to delivery
- No delivery charge if spending over \$50
- \$5.00 delivery charge if spending under \$50
- Deliveries to Thunder Bay South in a.m. - Thunder Bay North after 11:00 a.m.

Northwood Foods - 425 N. Edward Street, 577-3363

- Call Monday - Friday before noon to place order; delivery later that afternoon
- No deliveries on weekends
- \$5.00 plus \$3.00 for fuel on orders under \$50
\$3.00 charge for orders over \$50

Westfort Foods Inc. - 111 Frederica St., 623-4220

- Delivery limited to residents South of the Harbourview Expressway
- Minimum \$30 purchase
- \$5 delivery charge (in addition to grocery bill)
- Deliveries between 4:30 - 7:30 p.m.
- Method of payment: Cash, Mastercard, Visa
- No deliveries on Sunday

Odena Foods - Highway 11/17 Kakabeka Falls, 475-4573

- Delivery limited to Kakabeka Falls residents
- Please give 24 hours notice



Food for Seniors

Senior Lunch A Month NorWest Community Health Centres Thunder Bay Site - 525 Simpson Street - 622-8235

- Soup & sandwich lunch on last Monday of each month
- Limited to seniors residing in the Ogden East End
- Call to register, transportation is available

Thunder Bay 55+ Centre - 700 River Street, 684-2795

- For people 55 and over
- Hot lunches served Monday - Friday, 11:30 a.m. - 1:15 p.m.
- Price: \$6.00 for main dish
- Takeout available; pick-up only

Meal Delivery

Meals on Wheels Southward - 625-3667 Northward 684-2862

- Meals include soup, main plate and dessert
- Cost: \$6.00 per meal for eligible customers
- **Delivery between 10:30 a.m. and 12:30 p.m. by qualified volunteers**
- Service not available on weekends
- Call to apply for meals and/or further information

Quality Market "Dinner to Your Door", 622-2858

- Open Monday through Saturday
- **Daily meals and delivery**
- Call for prices and more details

A Dash of Thyme 251-4540

- Personal chef service—cooks in home or take out meals
- Uses seasonal and local produce/farms when can
- Cooks with no preservatives
- Call for prices and more details

Stretching Your Food Dollars

Community Gardens

- Garden plots for people to grow their own vegetables and lower their food costs.
- Call TBDHU for more details, 625-5956

Community Kitchens

- Small groups of people who get together to cook healthy, economical meals to take home to their families.
- Call TBDHU for more details, 625-5956

Gleaning

- Provides transportation to local farms to pick crops for free after the main harvest.
- Call TBDHU for more details, 625-5956

Good Food Box

- A program for people who want to buy quality, fresh, local produce at a lower price than shopping at the grocery store, delivered to their neighborhood.
- Call 345-7819

For more information on programs and services, call the Community Information and Referral Centre: 211

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For more copies call 625-8315 or go to:
<http://www.nwofood.com>

 **Thunder Bay District
Health Unit**
www.tbdhu.com

Where to get Food in Thunder Bay



A List of Food Programs and Food Banks



Emergency Food Programs

Southward

Thunder Bay Food Bank
129 Miles Street E., 626-9231

- **Open Tuesday and Friday 9:00 - 11:00 a.m.** (except the first Tuesday and Friday of every month)
- Limit once a month, must bring ID for self and children, with current address.

Social Action Committee c/o St. Thomas Anglican Church - 1400 S. Edward Street, 623-3608

- For people in Westfort area only; must show ID
- Phone ahead before coming
- **Open every second Friday 10:30 - 11:30 a.m.**
- Closed July and August

Redwood Park Opportunities Centre
532 N. Edward Street, 577-3463

- **Open every Thursday 1:00 - 3:00 p.m.**
- Only Northwood and County Park residents
- I.D. required
- Call for more details

St. Vincent de Paul Society South Ward Branch
1019 Brown Street, St. Agnes Church, 577-3464

- Must live in the South Ward
- Limit once every 3 months
- **Hampers obtained by appointment only; call before 3:30 p.m. on Thursday.**
- Proper ID must be shown

“People That Love” Crisis Centre
920 Sprague St. Thunder Bay Methodist Church
623-3828 or 622-7686

- Food available on an emergency basis only
- **Open Friday 9:00 - 11:00 a.m.**
- Closed during July and August and on holidays

Thunder Bay Christian Community Centre
132 Dease Street, 623-8184

- **Hampers available on Tuesday's at 1:30 p.m., on a first come, first serve basis**
- Emergency hampers available **once every 4 months** on Thursdays and Fridays, please call ahead
- Please bring your own bags

Northward

AIDS Thunder Bay Mother's Cupboard
474 Memorial Avenue, 345-1516

- For AIDS Thunder Bay clients. Phone for details.

St. Vincent de Paul Society North Ward Branch
664 Red River Road Corpus Christi Church, 344-4898

- **Tuesday and Thursday by walk-in from 1:00 p.m. to 3:00 p.m.**
- Available to North Ward families with children only, does not include Current River
- Must show ID for entire family
- Limit 6 visits per year

Current River Churches Food Cupboard
494 Leslie Ave. (St. Stephen's Anglican Church),
683-6051

- **Open every Tuesday from 10:00 a.m. to 12:00 p.m.**
- For residents from Current River, Pass Lake, and Shuniah Township
- Requires proof of current residence
- Can be used once every two weeks
- Website available:
www.ststephenanglican.com/FoodCupboard/Index.htm

Salvation Army Community & Family Services
545 N. Cumberland Street, 344-7300

- **Tuesday's & Thursday's, 1:00 - 3:00 p.m.** food hampers available
- **Limit once a month, must show ID, income and expense information**

Students

Lakehead University Food Bank 343-8850 or 343-8602

- **Open Monday - Friday 8:30 a.m. - 4:30 p.m.**
- For University students only; must show ID
- Limit once a month
- If no one at food bank, go to Student Union office

Confederation College Food Bank, 475-6110 or 475-6637

- **For Confederation College students only**
- Visit the Hub or call for further details

Rural

Rural Cupboard Food Bank
Highway 11/17 Kakabeka Falls at
Redeemer Lutheran Church, 935-2202

- For out of town residents only; must show ID
- **Open every third Wednesday from 10:00 a.m. to 1:00 p.m.**
Also open for emergencies; call ahead to arrange

Daily Meals (no charge)

St. Andrew's Dew Drop Inn - 286 Red River Road, 345-0481

- Daily meals from 2:30 - 4:00 p.m., open to the public

Shelter House Soup Kitchen - 420 George Street, 623-8182

- Lunch 2:00 - 3:00 p.m., and Dinner 7:00 - 8:00 p.m., open daily to the public

Salvation Army Soup Van, 344-7300

- 7:00 p.m. for Northward residents
- 8:00 p.m. for Southward residents
- Call for information and locations

Grace Place - 235 Simpson Street, 473-3538 or 627-9848

- Meals 3x week:
Mon, Tues, Wed. 1:00 p.m. - 4:00 p.m.



Moms & Babies

Thunder Bay District Health Unit
Healthy Babies Healthy Children Program
625-8814

- Pre/postnatal support and food vouchers for pregnant and breastfeeding mothers.
- Call for further details

Our Kids Count

- Kitchens, food cupboards and food vouchers available for participants.
- Southward Westfort location call **346-3863**
- Northward Pearl Street location call **345-0311**

Thunder Bay Indian Friendship Centre
345-5840

- Pre/postnatal program, community kitchen and garden.

NorWest Community Health Centres - Thunder Bay
525 Simpson Street, 622-8235

- Pre/postnatal programs including cooking and food packages for program participants. Call for further details.

Beendigen Inc. - 541 Luci Court, 628-0624

- Pre/postnatal programs for Aboriginal mothers, including community kitchens, hot meals, food packages and food coupons for program participants only.

June Steeve Lendrum Family Resource Centre
283 Pearl Street, 345-0311

- Call for details.

SAM-MISOL 475-6502

- Pre/postnatal programs for teen mothers aged 14-20 looking to complete their high school education. Daycare and breakfast program available for program participants. Call for further details.

Anishnawbe Mushkiki Aboriginal Health Access Centre 343-4843

- Pre/postnatal support. Healthy Kindred Kitchen Program, Healthy choices, Community Kitchens, Fetal Alcohol Syndrome/Fetal Alcohol Effects Project.