



# **Food for All**

## **in Haliburton County**

**2020**

**Where to get free or low-cost  
food in your community**

## Food Banks

### **Minden Community Food Centre**

Box 893, 24 Newcastle Street, Minden

Phone: 705 286-6838

Email: [mindencommunityfoodcentre@gmail.com](mailto:mindencommunityfoodcentre@gmail.com)

[www.mindenfoodbank.org](http://www.mindenfoodbank.org)

Open Monday and Wednesday from 11 am to 3:45 pm. Members may visit once month.

In emergencies, when the food bank is closed, please call Don at 705-306-9020.

### **Haliburton 4Cs Food Bank**

Community Christian Concern Centre (4Cs)

26 York Street, Haliburton (across from the Rail's End Gallery)

Phone: 705 457-3010

[www.haliburton4cs.org](http://www.haliburton4cs.org)

Drop in on Tuesday, Thursday or Saturday from 11 am to 1 pm.

Third Thursday of each month is Good Food Box pick up only.

### **Highlands East Food Hub (Part of the Central Food Network)**

2249 Loop Road, Wilberforce (back of Lloyd Watson Centre)

Phone: 705 448-9711 or Ken Mott 705 935-1956

[www.centralfoodnetwork.org](http://www.centralfoodnetwork.org)

Wednesday and Friday: 1 to 3 pm

Pick up the Good Food Box on the third Thursday of the month: 12 noon to 2:30 pm.

### **Cardiff Food Bank (Part of Central Food Network)**

2278 Monck Road, Cardiff (back room of the Post Office)

Phone: Wayne White 613 334-0803 or Cam McKenzie 613 339-2704

Email: [cameron.mckenzie@sympatico.ca](mailto:cameron.mckenzie@sympatico.ca)

First Tuesday of the month: 6 to 8 pm

Second and fourth Tuesday: 11 am to 1 pm

Third Thursday: 11 am to 1 pm (and you can pick-up the Good Food Box during this time as well).

Fifth Tuesday (if there is one): 11 am to 1 pm.

### **Kinmount Food Bank (Kawartha Lakes Food Source)**

4937 Monck Rd., Kinmount at the Baptist Church

Email: [kinmountfoodbank@gmail.com](mailto:kinmountfoodbank@gmail.com)

The food bank is open the second and fourth Thursday each month from 11 am to 1 pm. Please visit the website to confirm the schedule. For emergencies on days that the food bank is closed, please call Julie Wilkin or Grace McDonald at 705 455-3060.

[www.kinmountfoodbank.ca](http://www.kinmountfoodbank.ca)

## Pregnant and Breastfeeding Women

**SIRCH Canada Prenatal Nutrition Program (CPNP)**

Supports for pregnant and breastfeeding women including information on pregnancy and parenting, referrals to needed resources, free meal & food supplements. Contact Lisa Wenger for more information at 705 457-1742 ext. 24.

**SIRCH Community Action Program for Children (CAPC)**

Supports for parents with children between 1 and 6 years. Information on parenting, where to find needed resources, free meal and milk to take home. Contact Lisa Wenger for more information at 705 457-1742 ext. 24.

**Haliburton, Kawartha, Pine Ridge District Health Unit**

Provides information on healthy eating during pregnancy, breastfeeding and infant, toddler and preschooler nutrition. Monday through Friday from 8:30 am to 4:30 pm.  
Contact Laura Abbasi, Registered Dietitian 1-866-888-4577, ext. 1233 or ask for the Family Health Nurse on Intake.

## Families with Children

**EarlyON Child and Family Centre - Haliburton County Programs**

Snacks and light lunches with nutritional tips are offered with some EarlyON programs in Haliburton County.

Call Julie at 705 306-9098 or Brenda 705 306-9099 for more information.

Email: [haliburton.oeyc@gmail.com](mailto:haliburton.oeyc@gmail.com) or [oeycminden@gmail.com](mailto:oeycminden@gmail.com)

Website: [www.oeyc.ca](http://www.oeyc.ca)

## Food for Kids - Haliburton County's Student Nutrition Program

All schools in Haliburton County provide either a free breakfast or healthy snack program to all students. There is no cost but donations from the community are always appreciated. To learn more, contact your school principal or visit [www.foodforkids.ca](http://www.foodforkids.ca). For information on how to donate or to volunteer contact the Food for Kids Coordinator, Aaron Walker at (705) 455-2358 or [awalkerfood4kids@gmail.com](mailto:awalkerfood4kids@gmail.com).

**Archie Stouffer Elementary School**

Breakfast Program – Monday to Friday from 8:30 am to 8:50 am.

Morning Snack - Tuesday and Thursday.

Phone: 705 286-1921

**Cardiff Elementary School**

Breakfast Program – Monday, Wednesday and Friday from 8:30 to 8:50 am.

Morning Snack - Monday and Thursday.

Phone: 613 339-2351

**J.D. Hodgson Elementary School**

Breakfast Program – Monday to Friday from 8:30 am to 8:50 am.

Phone: 705 457-2922

### **Stuart Baker Elementary School**

Breakfast Program – Monday to Friday from 8:30 am to 8:50 am.

Phone: 705 457-1342

### **Wilberforce Elementary School**

Breakfast Program – Monday to Friday from 8:30 am to 8:50 am.

Morning Snack - Tuesday and Thursday.

Phone: 705 448-2421

### **Haliburton Highlands Secondary School**

Breakfast Program – Monday, Wednesday and Friday mornings 8:30 am to 8:50 am. All students welcome at "The Bob Orr Breakfast Nook" in Room 15.

Phone: 705 457-2950

## **Stretching Your Food Dollar**

### **Good Food Box/Bag – Rotary Club of Haliburton**

A variety of fresh vegetables and fruit at an affordable price – a great way to stretch your food dollars. Pay \$15 at the beginning of the month and on the third Thursday of the month, receive a box/bag of fresh fruit and vegetables delivered to a pick-up location in your community.

<http://www.haliburtoncountyfoodnet.com/good-food-box.html>

<https://m.facebook.com/goodfoodboxhaliburtoncounty/>

Contact Brian Nash for more information at 705 455-9388 or email: [bri.nash@hotmail.com](mailto:bri.nash@hotmail.com).

### **Community Supper**

Shepherd's Table – Enjoy a free, hot and nutritious meal the third Friday of each month at 5:30 pm.

Lakeside Baptist Church, 9 Park Street, Haliburton

Phone: 705 457-2851 for more information or to RSVP.

## **Community Kitchens**

### **SIRCH Community Kitchen**

Volunteers meet twice a month to prepare healthy frozen meals that get distributed to families and individuals across Haliburton County. Meals are available through several community partners. To learn more or to volunteer, call 705 457-1742.

### **Lunch is on Us**

Every Thursday from 11 - 2, from November through March, SIRCH serves up a free lunch once a week at 2 Victoria Street in Haliburton Village. Eat in and make some friends or take food out and share with a friend.

### **Homemade Frozen Meals**

These meals are perfect for residents who can afford to buy, but don't have the time or ability to cook. Doing good never tasted so good! Buy a meal for yourself for only \$5 and you instantly provide a meal to someone else in need right here in Haliburton County.

To order call 705 457-1742 or email [info@sirch.on.ca](mailto:info@sirch.on.ca)  
[www.sirch.on.ca/social-enterprises/simply-home/](http://www.sirch.on.ca/social-enterprises/simply-home/)

### **Minden Community Food Centre**

Volunteers meet every Monday and produce meals that are frozen and then distributed to families, individuals and seniors throughout Haliburton County. To find out how to access a free meal or to volunteer, please call 705 286-6838 or email [mindencommunityfoodbank@bellnet.ca](mailto:mindencommunityfoodbank@bellnet.ca).

### **Highlands East Community Cooks**

The Highlands East Community Cooks (HECC) are a friendly group who like to cook and host community meals from time to time at the Lloyd Watson Center in Wilberforce for the benefit of the community. HECC is an initiative of Central Food Network. We are always looking for new members, new ideas and new recipes! To join us, please contact Joan Barton at [joan4196@gmail.com](mailto:joan4196@gmail.com) or 705 448-3074.

### **Want to start a Community Kitchen?**

If you like to cook, then volunteering at a community kitchen may be just your thing! Community kitchens are a great place to meet friends, share favourite recipes and cook nutritious meals that are made available to families, individuals and seniors throughout Haliburton County. Community kitchens can also be a place where individuals and families in need can come together to prepare nutritious meals to eat together and take home.

Interested in learning more or starting a community kitchen in your area?

Call Kate Hall, Public Health Food Worker at the HKPR District Health Unit at 1-866-888-4577 ext. 3246.

## **Food for Seniors (55+) and/or Adults with Special Needs**

### **Meals on Wheels – Community Support Services division (HHHS)**

Delicious frozen meals that are delivered to your home. A main meal is \$4.75 and desserts are \$1.75. Meals are nutritious and suitable for individuals with specific dietary requirements. Special order meals are available for vegetarian, renal, gluten-free, lactose-free, pureed and minced diets. Subsidy can be made available based on subsidy requirements.

Phone: 705 457-2941 ext. 2926

### **Diners' Club – Community Support Services division (HHHS)**

Provides hot nutritious meals at local restaurants on pre-arranged days for a fixed price and a fixed menu. Reservations are required.

Phone: 705 457-2941 ext. 2922

### **Special Diet Allowance**

The Special Diet Allowance provides extra funds for people on Ontario Works or Ontario Disability Support Program who require a special diet due to a medical condition. An example of some people who would qualify for the diet allowance are people with diabetes, high cholesterol, gestational diabetes, food allergies, as well as pregnant or breast-feeding women. Other conditions may apply. For an application for Special Diet Allowance or the Pregnancy, Breast Feeding Nutritional Allowance, contact your Social Services Case Worker at 705 457-4571 or toll-free at 1-877-324-9870 and when you hear a voice press the #4. For ODSP call 705 324-6128 or toll-free 1-800-564-3554.

Social Services

Box 728 49 Maple Ave. Unit #8

Haliburton ON K0M 1S0

## **Local Food & Community Supported Agriculture (CSA)**

### **Abbey Gardens Community Trust**

Abbey Gardens is an inspired community project that encourages visitors to think more sustainably about land, food, energy and economy. Our garden offers fresh ideas about local food and inspires collaboration in our growing community.

The Food Hub offers local food products from our gardens and from local partner growers, bringing convenience to local food shopping.

1012 Garden Gate Drive, West Guildford off Hwy. 118

Phone: 705 754-4769

Food Hub hours change seasonally. Please check our website at [www.abbeygardens.ca](http://www.abbeygardens.ca).

### **Haliburton County Farmers' Association**

The Haliburton County Farmers' Association has been around since the 1970's and is a mixed collection of local farmers that raise a variety of animals for food and/or cultivate crops. The HCFA sponsors and hosts information workshops and lectures on farming. Some members of the association also bring their animals to various local events, such as agricultural fairs, with "Meet the Animals" activities so that the public can get up close with our friendly farm animals.

Phone: Jean Neville at 705 286-2345

<http://www.haliburtoncountymembersassociation.com>

### **Farm Gate Sales**

For a list of farm gate sales in Haliburton County to go [www.harvesthaliburton.com/farm-gate-sales.html](http://www.harvesthaliburton.com/farm-gate-sales.html).

### **Graham's Farm Market**

Graham's Farm Market offers local, organic, sustainably grown vegetables. The farm is located at 13 Bobcaygeon Road in Minden. Stop in and say hi and/or visit them at the Haliburton County Farmers Markets.

Email: [Grahamsfarmmarket@gmail.com](mailto:Grahamsfarmmarket@gmail.com)

Phone: (705) 935-0032

<https://www.facebook.com/grahamsfarmMinden/>

## Farmers' Markets

### Haliburton County Farmers' Markets

[www.hcfma.ca](http://www.hcfma.ca)

#### Minden

In front of the Township Offices, corner of Milne St. & Prince St.  
Saturdays, May-October, 10 am to 2 pm

#### Haliburton Village

Head Lake Park  
Tuesdays, May-October 12 pm to 4 pm

#### Stanhope Community Centre

1095 North Shore Rd. Just off Hwy 35, 4 km north of Hwy 118.  
Fridays, Late June – Labour Day, 12 pm to 4 pm

#### Kinmount, City of Kawartha Lakes

[www.kinmountfarmersmarket.ca](http://www.kinmountfarmersmarket.ca)

Austin Sawmill Heritage Park  
Saturdays, Victoria Day to Thanksgiving Day weekends 9 am – 2 pm  
Phone: Marion Willemson at 705 488-2612

**Note: All markets are seasonal. Please see websites for details.**

## Community Gardens

### Haliburton Highlands Community Garden Network

The Haliburton Highlands Community Garden Network is a group of food gardens and community partners working together to create and expand community gardens that provide individuals and families with fresh, local produce as well as opportunities to learn from each other about growing and preparing fresh food.

For more information call Kate Hall, Public Health Food Worker at the HKPR District Health Unit at 1-866-888-4577 ext. 3246.

## Other Support Services

### Housing and Housing Support

#### Kawartha Lakes Haliburton Housing Corporation

322 Kent Street West, Lindsay, Ontario  
Phone: local 705 324-6401 or toll free 1-800-463-4120

### **A Place Called Home**

If you or someone you know is homeless and has nowhere to sleep tonight or if you are at risk of becoming homeless or are a previous resident of our shelter and need support, please call 705-328-0905 or 1-866-520-2689 and press 1 to speak with shelter staff.

If you are 16 or 17 years of age and are homeless or living in any unstable situation, you can book an appointment to speak with a Youth Trustee Worker by calling the office between 9:00 am – 4:30 pm, Monday to Friday at 705 328-0905 or 1-866-520-2689 ext. 223.

### **Housing and ID Supports**

Ontario Works clients should contact their caseworker. All others should contact the Housing Help Centre at 1-844-878-9367.

### **Heat Bank Haliburton County**

Assists households facing a heating or hydro related emergency through advocacy, benefits screening and grants of firewood, oil, propane and hydro. Practical support & intake provided to apply for provincial hydro relief programs (OESP, Home Assistance Program and LEAP). Information on consumer rights, energy conservation and financial literacy is also available.

Call or text: 705 306-0565

[www.heatbankhc.ca](http://www.heatbankhc.ca)

[www.facebook.com/HBHalibCounty/](https://www.facebook.com/HBHalibCounty/)

### **Fuel for Warmth**

Provides emergency assistance to households requiring heating fuel including propane, oil, wood pellets or fire wood. Volunteers also provide information and assistance to households experiencing a hydro disconnect and refer them to either government agencies or private organizations who can help.

Call 705 286-6838 Monday and Wednesday between 11:00 am – 4:00 pm. After hours call, 705 854-9208 and leave your name and phone number or email [info@fuelforwarmth.com](mailto:info@fuelforwarmth.com).

[www.fuelforwarmth.com](http://www.fuelforwarmth.com)

## **Human and Financial Services**

### **Social Services of City of Kawartha Lakes & Haliburton County**

The Human Services Department administers the Ontario Works (OW) program, which provides financial and employment assistance to people in need, Children's Services and Homelessness Prevention Programs in Kawartha Lakes and Haliburton County.

Residents of Kawartha Lakes and Haliburton County can seek the assistance of our Human Services Department by visiting or contacting one of our offices located in Haliburton and Lindsay, open Monday to Friday from 8:30am to 4:30pm.

The Haliburton Office is located at 49 Maple Avenue, Unit 8 Haliburton ON K0M 1S0.

Phone: 705 457-4571 or 1-877-324-9870 for more information.

<https://www.kawarthalakes.ca/en/living-here/social-services.aspx>



**Community Legal Clinic**

For issues related to human rights, disability, housing, education, Workers' Compensation, etc.  
Phone: 1-800-461-8953 for more information.

**Credit Counselling Services**

Free not-for-profit service offered in Peterborough or over the phone. Arrangements may be made to meet in person in Haliburton County by appointment.

Phone: 1-800-274-1611 to book an appointment.

The Community Counselling and Resource Centre is located at 540 George St. N. Peterborough Ont. K9H 3S2.

**Point in Time Centre for Children, Youth and Parents**

Provides a range of support for parents and children in Haliburton County. Assistance is available for children's mental health matters, recreation, respite relief and a variety of other services.

Phone: 705 457-5345 for more information.

[www.pointintime.ca](http://www.pointintime.ca)

**John Howard Society - Literacy Outreach Haliburton Highlands**

Outreach Literacy is a community-based program providing literacy essential skills training for adults 19 years old and over. Learners are supported to develop an individualized training plan. Training options include one-to-one tutoring or working in a small group for short-courses with an employment readiness focus. Participation is FREE.

Contact: Bob Gaudette at 1-888-665-6615 or 705 328-0472 ext. 925 or by email

[learn@outreachliteracy.com](mailto:learn@outreachliteracy.com)

[www.outreachliteracy.com](http://www.outreachliteracy.com)