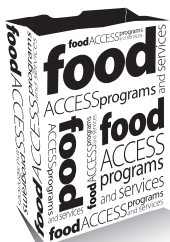




food

ACCESS programs
and services

G U I D E



food

ACCESS programs
and services

G U I D E

TABLE of CONTENTS

GENERAL PROGRAMS.....	1
WOMEN'S SERVICES	2
FOOD BANKS.....	2,3
COMMUNITY MEALS	4,5
OTHER MEAL PROGRAMS	6
GARDENING AND FRESH PRODUCE PROGRAMS	7
FAITH ORGANIZATIONS	8





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 September 2013. 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 Health Connection 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 Aurora	905-841-3101 or 1-866-454-9736 350 Industrial Parkway www.yrfn.ca	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.

Women's Services	Contact Information	Description
<p>ABC - All Babies Count Keswick and Newmarket</p> <p>Richmond Hill</p> <p>Markham</p>	<p>905-853-5514 or 1-877-516-3715</p> <p>905-856-5511 or 1-866-404-2077 ext. 214</p> <p>905-471-1620</p>	<p>A nutrition program for moms-to-be. Provides snacks, a small meal and take-home groceries. Programs run on:</p> <p>Mondays – Newmarket Tuesdays – Keswick Wednesdays – Richmond Hill Thursdays – Markham</p>
<p>Rose of Sharon Services for Young Mothers Newmarket</p>	<p>905-853-5514 or 1-877-516-3715 361 Eagle Street www.therose.ca</p>	<p>Programs designed to meet specific needs and interests of young mothers and their infant to preschool-aged children. Provides educational and support services to clients. Food bank and donation room available for clients. Open: 8:30 a.m. to 4:30 p.m.</p>
<p>Women's Centre of York Region Newmarket</p>	<p>905-853-9270 120 Harry Walker Parkway www.wcyr.ca</p>	<p>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.</p>
Food Banks	Contact Information	Description
<p>Aurora Food Pantry</p>	<p>905-841-1577 350 Industrial Parkway South, Unit 101 Aurora</p>	<p>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.</p>
<p>Georgina Community Food Pantry</p>	<p>905-596-0557 110 High Street Sutton West</p>	<p>Open: Thursdays 6:00 p.m. to 8:00 p.m. Fridays 9:00 a.m. to 12:00 p.m.</p>
<p>Humanity First Canada</p>	<p>416-440-0346 600 Bowes Road, Concord, Unit 40 (Hwy 7/Keele)</p>	<p>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.</p>

Food Banks	Contact Information	Description
King Township Food Bank	905-806-1125 www.kingtownship-foodbank.ca	Provides pre-packaged food hampers on the last Saturday of each month.
Markham Food Bank	905-472-2437 190 Bullock Drive, Unit 11	Open: Tuesdays 6:30 p.m. to 8:15 p.m. Thursdays 12:30 p.m. to 2:15 p.m. Saturdays 9:00 a.m. to 11:45 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 171 Main St. South, Unit 8 (backdoor)	Open: Mondays 9:30 a.m. to 11:30 a.m. Wednesdays 9:30 a.m. to 11:30 a.m. Thursdays 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.
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.

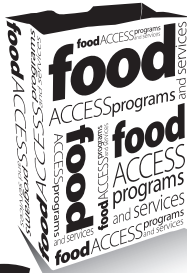
Community Meals	Contact Information	Description
Aurora United Church Rise and Shine Breakfast Aurora	905-727-1935 15186 Yonge Street	A breakfast program open to community members every Saturday from 9:30 a.m. to 11 a.m. from October to April.
Martha's Table Aurora	905-727-5011 St. Andrew's Presbyterian Church 32 Mosely Street (at Victoria)	A free lunch of hot soup, sandwich and dessert is offered every Thursday from 11:30 a.m. to 1:00 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 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 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.
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 47 Millard Avenue West	A drop-in program to provide social support and a meal for those in need. Held on Wednesdays from 12:00 p.m. to 1:00 p.m. and Thursdays from 4:30 p.m. to 6:30 p.m. Program closed in July and August.
Valley View Alliance Church Community Dinner Newmarket	905-830-9619 800 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.
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 4:30 p.m. to 6:30 p.m.
Dinner Club Richmond Hill	905-884-3005 ext. 30 Community Church 45 Crosby Avenue (N of Yonge and Major Mackenzie)	Provides affordable dining one Saturday each month. A full course meal of soup, entrée, and dessert for \$10. Please call ahead for information and to reserve a seat.
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.

Other Meal Programs	Contact Information	Description
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. 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 Community Kitchen	905-841-3101 or 1-866-454-9736 350 Industrial Parkway www.yrfn.ca	Community kitchen program that invites community members to cook and share a healthy meal together. Call for more information on the breakfast and lunch programs.

Gardening and Fresh Produce Programs	Contact Information	Description
York Region Food Network Community Gardens	905-841-3101 or 1-800-454-9736 ext. 203 www.yrfn.ca	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. Please call for more information and other locations.
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 Aurora	905-841-3101 or 1-866-454-9736 350 Industrial Parkway www.yrfn.ca	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.
Seeds for Change	905-597-3316 www.seedsforchange-gardens.org	A grassroots community organization with a goal of creating healthier neighbourhoods through school and community gardens. For more information, call or visit the website.

Faith Organizations	Contact Information	Description
<p>Salvation Army Georgina</p> <p>Newmarket, Aurora & area (Bradford, East Gwillimbury, Mount Albert, Queensville, Sharon)</p> <p>Markham Richmond Hill</p>	<p>905-722-3059 1816 Metro Road, Jackson's Point</p> <p>905-895-6276 Northridge Services 415 Pickering Crescent, Newmarket</p> <p>905-471-1038 9329 McCowan Road</p> <p>905-737-0496 55 Newkirk Road – Front Door (North of Major Mackenzie, east side of Newkirk)</p>	<p>Provides a range of services to families and individuals including emergency food and clothing.</p>
<p>Unionville Alliance Church The Master's Pantry and Used Clothing Centre Markham</p>	<p>905-477-1104 4898 Sixteenth Avenue</p>	<p>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.</p>
<p>St. Vincent de Paul Society</p>	<p>Please call your local Catholic church for information</p>	<p>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.</p>
<p>Welcoming Arms Aurora</p>	<p>905-726-1483 44 Metcalfe Street (behind Trinity Anglican Church) www.welcomingarms.ca</p>	<p>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 6:30 p.m. to 8:30 p.m. Thursdays 9:30 a.m. to 1:30 p.m.</p>



food

ACCESS programs
and services

GUIDE

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 or TTY 1-866-252-9933

For more information visit the Nutrition Services at www.york.ca/nutrition
September 2013



1-800-361-5653

TTY (for those with hearing disabilities) **1-866-252-9933**

York Region Health Connection

Community and Health Services

Public Health

www.york.ca

