

Where to Get Food in Thunder Bay: A List of Food Programs

EMERGENCY FOOD PROGRAMS

Southward

Thunder Bay Food Bank, 129 Miles Street East, 626-9231

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

Family Giving Centre, St. Thomas Anglican Church, 1400 South Edward Street, 623-3608 line 2

- Open to Westfort residents and individuals and families living in close proximity to Westfort
- Must show I.D.
- Please phone ahead before coming and for more details
- Open two Fridays per month, 10:30 to 11:30 a.m.

Redwood Park Opportunities Centre, 532 North Edward Street, 577-3481

- Open every Thursday 09:00 a.m. to 2:30 p.m. (Starts serving at 12:30 p.m.)
- Closed the week of Christmas and New Year's
- Only Northwood and County Park residents
- I.D. required

- Limit once per month, pick-up only (can be picked up by family/friend if coordinated with centre in advance)

The Losier Centre, 920 Sprague Street
Thunder Bay Methodist Church, 622-7686

- Eligibility: Recipients of Ontario Works, Ontario Disability Support Program and Employment Insurance, Food hampers for crisis situations only
- Call during operating hours to determine hamper availability
- Open Wednesday 9:30 to 11:00 a.m.
- Closed last week of June until the second week of September

The Gathering Place, 239 Amelia Street West, 623-8184

- Hampers available on Tuesdays between 12:30 to 2:30 p.m.
- Limit once a month
- Must show I.D.

St. Agnes - St. Vincent de Paul Society
1019 Brown St.

- Open most Fridays 9:00 a.m. – 10:30 a.m.
- Hampers available once every two months for southward residents only
- Government ID required for all household members and proof of address

Northward

Thunder Bay Food Bank, 129 Miles Street East, 626-9231

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

Elevate NWO, 102-106 - Cumberland St N, 345-1516

- For clients only
- Phone for details
- Available on Wednesday's

Current River Churches Food Cupboard, 361 Hodder Ave, Unit C, 344-3391

- Open every Tuesday from 9:30 to 11:30 a.m.
- For residents from Current River Ward, Lakeshore Drive, Pass Lake, and Shuniah Township
- Requires proof of current residence
- Can be used once every two weeks

Salvation Army Community & Family Services, 545 North Cumberland Street, 345-7319

- Hampers by appointment only
- Appointments must be made a week in advance
- Limit once a month, must show I.D., income and expense information
- Cooking classes last Friday of the month

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STUDENTS

Lakehead University Food Bank, University Centre, Room 2014B, 343-8850

- Open Monday to Friday 8:30a.m.-4:30p.m.
- Closed on weekends and any major holiday
- For Lakehead University students only; must show I.D.
- Limit 1 bag per month, if students have dependents: 2 bags per month

Confederation College Food Bank, SUCCI Office, Shuniah Building Room 160, 475-6237

- Open Monday to Friday, 8:30a.m.-4:30p.m.
- Locations:
ACE: ACE Office
McIntyre: McIntyre Building Office
Shuniah: SUCCI, Student Success Centre,
Apiwin Lounge.
- For Confederation College students only
- Visit SUCCI office or call for further details

RURAL

Rural Cupboard Food Bank, Office Site: 19 Holland Rd, Conmee Community Complex 285-0836

- For rural residents outside of Thunder Bay west to Upsala and South to Pigeon River only; must show: I.D. of each family member, social insurance number and verification of address
- Open every third Wednesday

- Registration open 9:00 – 11:00 am, distribution from 11:00 a.m. to 1:00 p.m. (Held on the second Wednesday in December)
- Please bring your own bags
- Contact for full list of locations

FREE DAILY MEALS

St. Andrew's Dew Drop Inn, 292 Red River Road, 345-5202

- Daily meals from 2:00 to 3:30 p.m., open to the public
- Dine-in or take-away bag

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

- Lunch 1:30 to 2:30 p.m., dinner 7:00 to 8:00 p.m.
- Open daily to the public
- Surplus groceries distributed if available

Salvation Army Soup Van, 545 Cumberland Street, 345-7319

- 6:00 p.m. for Southward residents
- 7:00 p.m. for Northward residents
- Call for information and locations

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

- September-June: Mon, Tues, Wed 1:00-4:00pm
- July-August: Tuesday-Wednesday 1:00-4:00pm
- Sunday service, coffee and baking at 2:00 p.m.
- No restrictions/applications

Refreshing Waters Community Church Soup Kitchen, 361 Hodder Ave, 344- 3391

- Tuesday and Thursday, 10:00 a.m. to 12:00 p.m.
- Open to the public

Urban Abbey/The Habit, 308 Red River Rd, 633 3052

- Lunch 12:30pm Sunday to Friday
- Dinner 5:30pm Monday to Saturday
- Dementia Café every second Sunday 2-4pm (those with dementia and their caregivers)
- No restrictions/applications

FOOD PROGRAMS

Our Kids Count, 704 Mckenzie Street, 623-0292

- Community kitchens, nutritional snacks provided at most programming, food vouchers available for prenatal program participants

Thunder Bay Indigenous Friendship Centre, 401 Cumberland St N, 345-5840

- Pre/postnatal program, Urban Aboriginal Healthy Lifestyles Program, Child nutrition program, community kitchen and garden
Call for further details.

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NorWest Community Health Centres,

525 Simpson Street, 622-8235

- Good Food Box, community kitchens, and cooking classes, including cooking for certain conditions (e.g. diabetes).

Call for further details.

Beendigen Inc., 541 Luci Court, 344-9579 (Programs and Services)

- Weekly Pre/postnatal programs for Aboriginal mothers.
- Community Action Plan for Children program for Aboriginal children (0-6) includes community kitchens, nutrition education, and cooking class.

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

- For women aged 16-24 with pregnant or with a child under 6 years of age
- Community kitchens, pre/postnatal classes and breastfeeding support.

SAM-MISOL, Confederation College, Room 19B and 200 McIntyre Building, 475-6502

- Pre/postnatal programs for teen mothers aged 13 to 21 looking to complete their high school education.
- Daycare and breakfast program available for program participants. Call for further details.

Anishnawbe Mushkiki, 101 Syndicate Ave N, 623-0383

- Pre/postnatal support

- Healthy Kindred Kitchen Program, Healthy Eating Active Living program, Good Food Box, Community Kitchens
- Fetal Alcohol Syndrome/Fetal Alcohol Effects Project

Ontario Native Women's Association (ONWA), 380 Ray Boulevard, 623-3442

- Community kitchen last Tuesday of each month from 12:00 to 3:00 p.m.
- Pre/post natal classes

GROCERY DELIVERY

George's Market, 14 Balsam Street, 345-7021

- Call in grocery order for pick up or same day delivery
- Call for current delivery pricing
- Delivers within city limits and in the district (extra delivery charges)

Westfort Foods Inc., 111 Frederica Street, 623-4220 option 2

- Delivery to residents south of the Harbourview Expressway: Mondays, Wednesdays and Friday's
- Delivery to residents North of the Harbourview Expressway: Tuesday's and Thursday's
- Fixed price of \$8.50 per order
- Deliveries made between 3:00-6:30 p.m.
- Phone in, fax, or email orders before 1:00 p.m.
- Method of payment: cash, MasterCard, Visa, Debit

MEAL DELIVERY

Meals on Wheels, 750 Tungsten St, Southward, 625-3667; Northward, 684-2862

- Cost: \$7.25 per meal for eligible customers
- Delivery between 10:30 a.m. and 12:00 p.m. by qualified volunteers
- Call to apply, not available on weekends

George's Market, 14 Balsam Street, 345-7021

- Daily lunch specials, choice of dinners
- Call for pick up, same day delivery or more information

Blue Door Bistro, 116 South Syndicate Street, 623-5001

- Frozen meal delivery
- Orders placed Monday, pick-up/delivery Friday
- Call for more information

FOOD FOR SENIORS

Senior Lunch A Month - NorWest Community Health Centres, Thunder Bay Site, 525 Simpson Street, 626-7861

- Soup & sandwich lunch & learn, social
- Call to register, transportation is available

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Thunder Bay 55+ Centre - 700 River Street, 684-3066

- For people 55 and over
- Good Food Box pickup
- Hot lunches served Monday to Friday, 11:30 a.m. to 1:15 p.m.
- Pancake breakfast 8:30-10:00am Tuesday

Our Kids Count Meals for 1 or 2, 704 McKenzie Street, 623-0292

- Cook and take home healthy meals
- Call to register

STRETCHING YOUR FOOD DOLLARS

Community Gardens, Thunder Bay District Health Unit, 625 - 5968

- Garden plots for people to grow their own vegetables and lower their food costs.

Community Kitchens, Thunder Bay District Health Unit, 625 - 8813

- Small groups of people who get together to cook healthy, economical meals to take home to their families.

Gleaning Program, Thunder Bay District Health Unit, 625 - 5956

- Provides transportation to local farms to pick crops for free after the main harvest.

Good Food Box, Northwestern Ontario Women's Centre, 73 N. Cumberland St. Suite 101, 345 - 7802

- 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.
- Second-last Thursday of every month

For more information, call the Community Information and Referral Centre at 211.

Produced by the:

