

## **MEAL PROGRAMS IN BELLEVILLE, ON**

(This document has been prepared for information purposes by Bridge St. United Church, Belleville – revised June 2019)

### ***Bridge St. United Church***

60 Bridge St. E., Belleville (Northwest corner of Bridge & Church Streets)

**Thank God It's Friday** - (TGIF) - provides takeaway, church-cooked and frozen meals, every Friday afternoon from 2 to 4 p.m. On your first visit, register by showing I.D. for the number of meals you are picking up.

**End-of-the-Month** – (EOTM) – Held on two days in the last week of each month – all year long. Hot, freshly prepared, nutritious meals (entree with vegetables and salad, dessert). No registration is required.

Doors open at 4:30 p.m. and coffee, tea, milk & water is served/Dinner is served from 5 to 6:30 p.m.

On EOTM days, if you're not able to come to the church during these hours, you can pick up frozen meals between 2 and 4 p.m. You need to register for this component of our EOTM meals.

**Inn from the Cold** - (IFTC)( winter program) - Hot, freshly prepared, nutritious meals (soup, entree with vegetables and salad, dessert) each evening of operation – middle of January to the end of February each year. This program is intended to provide assistance during the coldest time of the winter when heating & electricity expenses often eat away at funds otherwise used for groceries. No registration is required.

Doors open at 4 p.m./Hot soup and coffee is served @ 4:30/Dinner is served from 5 to 6:30 p.m.

During IFTC, if you're not able to come to the church during these hours, you can pick up frozen meals, daily, between 2 and 4 p.m. For this component of our winter meal program, you need to register on your first visit by showing ID for the number of meals you wish to pick up.

[http://www.bridgestreetchurch.com/?page\\_id=784](http://www.bridgestreetchurch.com/?page_id=784)

### ***Eastminster United Church***

432 Bridge St. East, Belleville (Corner of Bridge & Herchimer)

#### **Open Door Café**

Wednesdays from 11:30 to 1 p.m.

A weekly, prepared meals program that offers hot lunches for those who may have trouble making ends meet or for seniors or others who would like to have someone to share a meal. There is no cost. Donations are gratefully accepted. All are welcome!

### ***St. Matthew's United Church***

25 Holloway Street, Belleville

#### **Gleaner's Food Bank Distribution Centre**

St. Matthew's, in partnership with Gleaner's Food Bank, provides a weekly food distribution centre serving the community on the West Hill. St. Matthew's Food Bank is open every Tuesday from 1:00 - 2:00 pm.

<http://stmatthewsbelleville.com/Outreach>

### ***Gleaners Food Bank***

25 Wallbridge Cres, Belleville

#### **Emergency Food Hampers**

Monday through Friday 9 to noon, and on

Wednesdays from 6:30 to 8:30 p.m. for students & working families.

#### **Michelangelo's Cafe**

is open during food bank hours - Provides refreshment & snacks to clients through the St. Michael's Outreach Project .

<http://www.gleanersfoodbank.ca/services/apply.html>

## Page 2

### MEAL PROGRAMS OFFERED IN BELLEVILLE, ON

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#### ***Salvation Army***

295 Pinnacle St, Belleville

**Lunch Room** - Mon, Tue, Thu, Fri - 11:30 am-12:45 p.m.

**Weekend Brunch** – last Saturday of the month (check flyers for dates).

**Emergency Food Bank** - Mon, Tues, Thurs, Fri - 1 - 4 pm (Appointment needed).

**Warm Room** - November 15 to March 15 only - Mon-Sun 6:00 - 8:30 p.m.

Homeless drop-in centre provides an evening meal to anyone who is hungry and a time of fellowship - <http://quinte.cioc.ca/record/VIQ3132>

#### ***Community Development Council of Quinte***

65 Station Street, Belleville (Investia Building, rear entrance)

**Good Food Box Program** - Offers fresh, healthy, nutritious fruits and vegetables at a fraction of the retail cost.

##### **Other Programs:**

Good Baby Box Program/Good Food Market/Community Kitchens/Community Gardens

Boxes are available monthly, packed in Belleville and shipped to Depots throughout Hastings & Prince Edward Counties. To participate, call Jim at 613-968-2251 or visit website:

<http://cdcquinte.com/programs/good-food-box/>

Brochure: [http://cdcquinte.com/wp-content/uploads/2014/12/CDC\\_Brochure.pdf](http://cdcquinte.com/wp-content/uploads/2014/12/CDC_Brochure.pdf)

#### ***Christmas Sharing Program***

Provides a food box that allows low income families to enjoy a festive Christmas dinner.

Families must register for the food box with the Christmas Sharing Program and at the same time they may register their children for toys, which are supplied by the Belleville Fire Fighters Toy Drive.

<http://www.christmassharing.org/about.htm>

#### ***Hastings & Prince Edward Counties Health Unit***

##### **Food Access Guide**

Check out this Guide to find information about free or low cost food and meal programs in your area.

These include:

- Emergency Food Services
- Meal Programs
- Collective Kitchens & Cooking Classes
- Food Box Programs
- Community Gardens
- Student Nutrition Programs
- Grocery Delivery and Transportation

[http://www.hpepublichealth.ca/sites/default/files/documents/healthy-living/BELLEVILLE\\_Revised\\_Nov\\_2015.pdf](http://www.hpepublichealth.ca/sites/default/files/documents/healthy-living/BELLEVILLE_Revised_Nov_2015.pdf)