

MEAL PROGRAMS OFFERED IN BELLEVILLE, ON

(Document prepared for information purposes by Bridge St. United Church, Belleville- July 2014)

Bridge St. United Church

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

THANK GOD IT'S FRIDAY (TGIF) provides takeaway, frozen meals, **every Friday afternoon** from 2 to 4 p.m. when *Inn From the Cold* is not operating. On your first visit, register by showing I.D. for the number of meals you are picking up.

INN FROM THE COLD (IFTC) (our winter program) serves hot, freshly prepared, nutritious meals (soup, salad, entree, vegetables, 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 & electrical costs eat away at funds that would otherwise be 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.

If unable to come to the church at this time, you can pick up frozen meals, daily, between 2 and 4 pm. For this component of our winter meal program, you will 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

Eastminster United Church

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

Wednesdays from 11:30 to 1 p.m.

Open Door Café - is a weekly prepared meals program. It offers hot lunches for those who may have trouble making ends meet or for seniors or others who would like to have someone with whom to share a meal. There is no cost. Donations are gratefully accepted. All are welcome!

<http://www.eastminster.on.ca/open-door-cafe/>

St. Matthew's United Church

Gleaners 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 pm - 2 pm.

Community Luncheon - St. Matthew's provides a FREE, nutritious luncheon once per month to members of our surrounding community who are in need. For the date of our next luncheon, please refer to our church calendar.

<http://www.stmatthewsbelleville.com/index.php/about-us/outreach>

Gleaners Food Bank

25 Wallbridge Cres, Belleville

Emergency Food Hampers for working families, people on social assistance, singles, couples, students, seniors, the disabled and children - 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>

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Salvation Army

295 Pinnacle St, Belleville

Lunch Room - Mon, Tue, Thu, Fri 11:30 am-1 pm

Food Bank - Mon, Wed, Fri 1 pm-3 pm

Warm Room - Homeless drop-in centre provides an evening meal to anyone who is hungry and a time of fellowship - November 15 to March 15 only - Mon-Sun 6 pm-10 pm

<http://quinte.cioc.ca/record/VIQ3132>

Community Development Council of Quinte

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

Program Hours - 9:30 - 4:00 - Tuesday, Wednesday, Thursday

Good Food Box Program offers fresh, healthy, nutritious fruits and vegetables at a fraction of the retail cost. The boxes are available monthly, are packed in Belleville and shipped to Depots throughout Hastings & Prince Edward Counties. To participate, visit our office (or the Depot nearest you) by the first Thursday of the month, place your order and pay (cash only). Pick up your box on the third Thursday of the month.*

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

Good Baby Box Program helps families stretch their dollar, reduce food costs and meet the nutritional food needs of their infants and toddlers. Participants can choose from a variety of food and baby care items such as jarred baby food, cereal, diapers, baby wipes, shampoo, and formula.

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

Community Garden Program offers gardens plots for a nominal fee to anyone who can benefit by growing their own fresh fruits and vegetables. This is popular with families attempting to stretch their food dollars and with seniors and/or apartment dwellers who lack the space to be successful backyard gardeners.

<http://cdcquinte.com/programs/community-gardens/>

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 Securities Network – Food Access Guide

www.yourhealthunit.ca and click on: *Community/Food Security/Food Security Network*