


Town	Food Bank	Details	Dried & Canned	Fresh Veggies & Fruit	Baked Goods	FROZEN Meat, Juice, Bread	Baby Food, Formula/Diapers	Food Limit	How Often?
Bayfield	Feed My Sheep c/o Trinity Anglican Church, 10 Keith Street Contact: Rev. Wayne Malott 519-565-2790 or Terry Boa-Youmatoff 519-524-1774	Available by phone only.						6-8 meals	Monthly: delivered early afternoon 3rd Wednesday of the month.
Clinton	Friends of the Community Food Bank & Resource Centre 44 Mill St. Contact: 519-482-8603 Emerg.: Betty Cameron 519-955-1809 Mon. 5-7, Wed. 5-7, Thurs. 3-7, Sat. 10-1	Available to all residents of Huron County.						7 day supply	No limit
	Salvation Army 43 Albert Street - Open Tues. & Thurs. 9:30-4:30 pm Wed. 1-4:30 pm Contact: Shannon Daniels 519-482-8586	Walk in or by appt. ID for all family members, proof of address, income, expenses needed.						7-10 day supply milk and food vouchers for families	Monthly with extra according to need.
Exeter	Exeter Community Food Bank c/o Exeter Pentecostal Tabernacle Main Street South, behind Noah's Ark Contact: Diane Sorensen 519-235-4104 Open Tues. & Wed. 9 am-Noon	Walk in, open to anyone. ID, proof of address and income needed					No diapers, limited supply of baby food available.	5 day supply	Monthly
Goderich	Salvation Army 309 Suncoast Drive beside Church, Contact: Shannon Daniels 519-524-2950 Open Mon. & Fri. 8:30 am-4:30 pm Wed. 8:30 am-Noon	Walk in or by appt. ID for all family members, proof of address, income, expenses needed.						7-10 day supply	Monthly with extra according to need.
	St. Vincent de Paul Society 441 MacEwan Street Contact: Pat Clifford or Mary Barry 519-524-1087 Open Mon.- Fri. Noon-4 pm or by appointment.	Walk in or by appointment.						7-10 day supply	Monthly with extra according to need.
Seaforth	Seaforth and District Food Bank 72 Main Street - Open Tues. 10 am-Noon & Thurs. 1 pm-3 pm Contact: Herb McGowan 519-527-0281	Walk in or by appointment. Available to residents of Huron East only.						5 day supply	Monthly with extra according to need.
Wingham	North Huron Food Share 405 Josephine Street (Behind Upper Deck Youth Centre) Contact: 519-357-2277 x4 Gord Kaster 519-357-4833 Open Wed. 9 am-1 pm	ID, proof of income needed.						4-5 day supply	Monthly
	Salvation Army 205 Josephine Street Tues. 1 pm-4 pm, Thurs. 10 am-1 pm Contact: Debra Morrison 519-357-1387 or 519-357-3757 Please bring reusable bags.	Walk in or by appointment. ID for all family members, proof of address, income, expenses needed.						4-7 day supply	Monthly with extra according to need.
Zurich	Blessings Community Store 45 Main Street West - Open Thurs. 10 am-4 pm Contact: Norma Grainger/Angie Demers 519-236-4376	Appointment suggested, ID, proof of income needed.						7-10 day supply	Monthly

Shopping to Donate GROCERY LIST

Tear off and keep this by your grocery list as a reminder of what food banks need.

Vegetables and Fruit

- Canned vegetables
- Canned fruit or fruit cocktail
- Canned juice
- Juice boxes
- Tomato/pasta sauce
- Raisins or other dried fruit
- Fresh anything!**

Grain Products

- Rice
- Pasta
- Crackers
- Pancake mix
- Hot and cold cereals
- Instant soup mixes/cups

Milk and Alternatives

- Dry milk powder
- Milk pudding cups/mixes
- Hot chocolate mix
- Cheese Spreads

Meat and Alternatives

- Canned fish (salmon, tuna)
- Canned meat (ham, chicken, stews)
- Dried or canned beans
- Peas, lentils
- Peanut butter

Other Necessities

- Baking supplies
- Condiments
- Salad dressings
- Jam
- Coffee/tea
- Oil
- Personal hygiene products

Donation Tips

Shop for Baby

Baby food, infant cereals, infant formula, diapers.

Shop for Kids

Nut-free granola bars, fruit cups, juice boxes, milk pudding cups, cracker and cheese snacks for school.

Shop for you!

Shop for foods you and your family like - other families will like those foods too!

Shop for Freshness

Plan your grocery shopping for times when the food bank is open, so you can drop fresh produce off right away.

Shop for Health

Items lower in fat and sodium, higher in fibre and that have whole grains.

Grow a Row

Grow an extra row of vegetables or fruit to donate.

Please don't donate

- Home canned goods
- Damaged canned foods (dented, or no label)
- Expired foods or foods past the *best before* date
- Opened boxes or cans of food
- Unpasteurized food (milk, honey, cider)
- Foods from uninspected premises (homemade sausage).



The Distribution Center coordinates food distribution to food banks. We help by seeking new sources of food, including fresh local produce. We are looking for partners and volunteers. With your help and donation of time, finances, and food products we can all be part of the solution. Contact us at 1-866-276-7338 or (226)-423-3005.

www.huroncountyfoodbank.org

Eat in the Company of Others

Free Meals available

Brussels

What: Soup And More 2
Where: Melville Presbyterian Church
55 Dunedin Drive
Contact: 519-887-6820
When: Weekly on Fridays
11:30 am - 1 pm

Clinton

What: Soup And More
Where: Heartland Community Church
52 Victoria Street
Contact: 519-606-1015
When: Weekly on Mondays & Wednesdays
11 am - 2 pm

Goderich

What: Fishes and Loaves
Where: Trinity Christian Reformed Church
321 Suncoast Drive
Contact: 519-524-8003
When: Third Tuesday of each month,
doors open at 5:15 pm
dinner at 5:30 pm.

What: Fishes and Loaves
Where: Knox Presbyterian Church
9 Victoria Street North
Contact: 519-524-7512
When: First Tuesday of each month,
doors open at 5:15 pm
dinner at 5:30 pm.

What: Fresh "Hot" Soup
Where: St. Vincent de Paul
441 MacEwan St.
Contact: 519-524-1087
When: Monday - Saturday 12 pm - 4 pm

Food Programs

Low-cost Meals for older adults

- **Dining for Seniors**, throughout Huron
1-877-502-8277
- **Meals on Wheels & Home Based Meals**,
throughout Huron
1-877-502-8277
- **Mackay Centre for Seniors**, Goderich
(519)-524-6660

Huron County

CHRISTMAS BUREAU

Any struggling Huron County family with children can apply for help over the Christmas season.

Contact: "Christmas Central"
519-524-7356 or 1-800-265-5198 ext. 3271
During the last week of November or first week of December please call with the names, ages and sizes of your children.

Pickup: A confidential appointment will be scheduled for you at your closest bureau the 3rd week of December.

Other Programs

Learn more about food in Huron by visiting our website www.huroncounty.ca/health or blog www.hereonfood.ca

Check out information on:

- The Good Food Box
- Huron Perth Eat and Learn
- Community Food Advisors
- Community Kitchens

For more information, call the Health Unit:

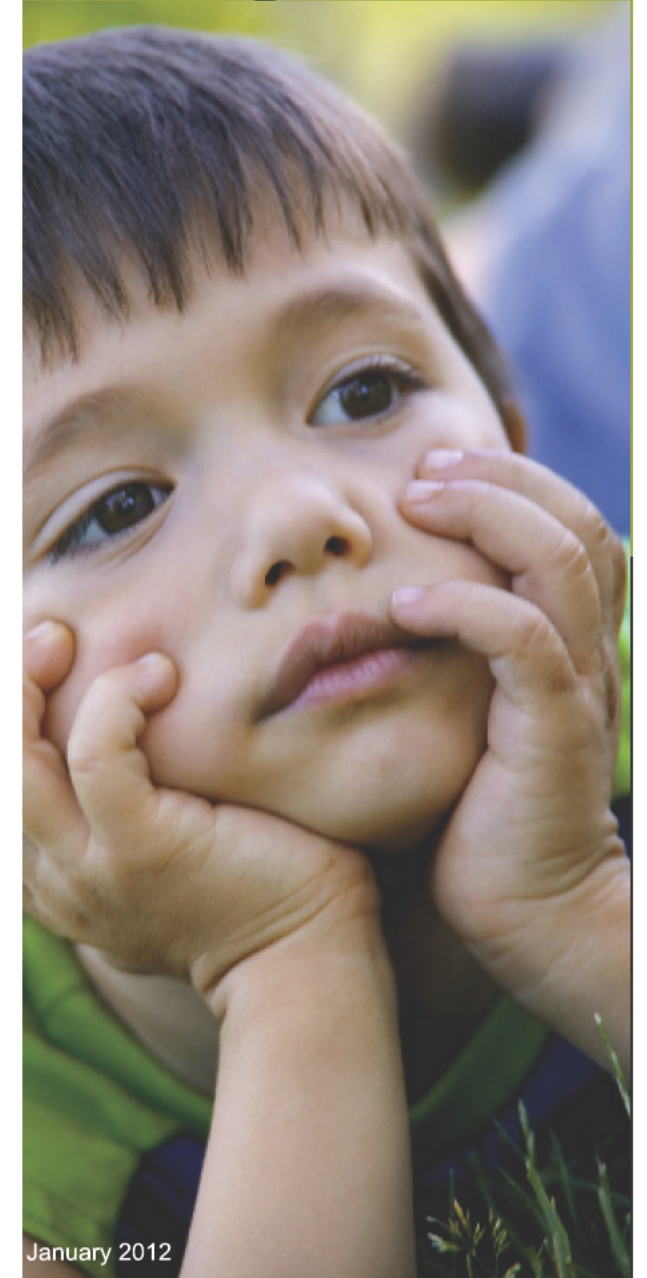


Huron County Health Unit

519-482-3416 Toll free 1-877-837-6143
www.huroncounty.ca/health

Huron County

Food Banks & Programs



January 2012