

City of Hamilton 2011 Food Access Guide



Produced for health and social service providers to refer clients to free or low-cost food or meals.



Public Health Services

NORTH HAMILTON
COMMUNITY HEALTH CENTRE



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City of Hamilton Food Access Guide

This Guide is a comprehensive listing of places in the City of Hamilton where free or low cost food or meals are available.

The listings include non-profit, community-based food assistance providers as of November, 2010. It is updated and revised on an annual basis.

Public Health Services and the North Hamilton Community Health Centre (NHCHC) would like to thank all of the agencies, services and programs listed in this guide for their input and participation in the completion of this project.

For More Copies:

You are encouraged to make copies of this guide as needed.

Electronic copies can be found on the City of Hamilton website: www.hamilton.ca/nutrition

Printed copies can be requested from:

North Hamilton Community Health Centre
Health Promotion Department

Phone: (905) 523-6611, ext. 3006 Fax: (905) 523-5173

Or

City of Hamilton Public Health Services
Healthy Living Division Resource Centre

Phone: (905) 546-2424, ext. 3521

Fax: (905) 546-3658

Legend



Wheelchair accessible

Community Gardens

Hamilton Community Garden Network

Website:

<http://www.naturallyhamilton.ca/community-gardening-hamilton>

The network provides a directory of existing community gardens in Hamilton, a report with recommendations for community gardening development in Hamilton, a map of existing and potential locations for community gardens in Hamilton, a manual for community gardening from Toronto Public Housing, and many more links to valuable on-line community gardening resources.



Community Kitchens

North Hamilton Community Health Centre Community Kitchens: Seniors' Kitchen



Phone: 905-523-6611 **Fax:** 905-523-5173
Contact: Dianna DeSimone
438 Hughson Street North Hamilton ON L8L 4N5

Group of individuals meet monthly to plan and prepare meals, learn about nutrition, and increase skills around budgeting and food purchasing.

Hours: Call for details.

Cost: None.

Guidelines: Available to north-end residents only.

North Hamilton Community Health Centre Diabetes Kitchen



Phone: 905-523-6611, ext. 305 **Fax:** 905-523-5173
Contact: Carmen Cuming
438 Hughson Street North Hamilton ON L8L 4N5

Participants learn to prepare healthy meals to help manage their diabetes.

Hours: 1st Thu of each month at 10 am - 1 pm.

Cost: None.

Guidelines: Open to anyone living with diabetes and their partner/family.

Congregate/Group Dining

Ancaster Community Services



Phone: 905-648-6675 **Fax:** 905-648-8949
300 Wilson St. E. Ancaster ON L9G 2B9

Congregate Dining twice a month.

Hours: 2nd Wed of each month at Jerseyville United Church, 3rd Wed of each month at St. Andrew's Church, and 4th Wed of each month at Meadowlands Fellowship Church. 12 pm - 1:30 pm.

Cost: Nominal donation.

Guidelines: No program in July or August.

First Place Hamilton



Phone: 905-525-9800 **Fax:** 905-527-2800
350 King St. E., 3rd Floor – Hamilton Room, Hamilton ON L8N 3Y3

A full dining program, and a daily lunch special in a family oriented atmosphere.

Hours: Breakfast/lunch: Mon - Fri, 9 am - 2 pm, Sat/Sun, 9 am - 1 pm; Dinner everyday 4-6 pm.

Cost: Dinner \$4.00 - \$6.75.

Guidelines: For seniors, people with disabilities and their families and friends.

Congregate/Group Dining

Flamborough Red Cross

Phone: 905-689-0732 **Fax:** 905-689-6638

Email: mirish@redcross.ca

St. James United Church, 306 Parkside Dr., Waterdown ON
L0R 2H0

Once a month, clients gather at St. James Church for a meal. Volunteer drivers provide transportation and clients pay for the cost of the food.

Hours: 3rd Tue of each month, 11:30 am - 1 pm., Sept - May.

Cost: Call for cost.

Guidelines: Not wheelchair accessible.

Glanbrook Home Support Programme Inc.

Phone: 905-692-3464 **Fax:** 905-692-9406

4280 Binbrook Rd., P.O. Box 42, Binbrook ON L0R 1C0

Clients gather at various locations in the Glanbrook Community for lunch and a social program. Nutritious meals are prepared by various local organizations and restaurants.

Hours: 3rd Thu of each month, 12:30 pm, Sept - June.

Cost: Clients pay only the cost of the food - \$8.00. Volunteer drivers provide the transportation for residents in Glanbrook.

Guidelines: Serving Glanbrook community.

Congregate/Group Dining

Salvation Army: Mountberry Adult Day Service



Phone: 905-573-0635 **Fax:** 905-573-9414

Contact: Marilyn Reid

300 Winterberry Dr., Hamilton ON L8J 1P8

Mailing Address:

PO Box 99007, 1050 Paramount Dr., Stoney Creek ON
L8J 1P8

Hours: Mon - Fri, 12:30 pm - 1:30 pm.

Cost: \$17.00 includes meal, program and transportation.

Guidelines: Referral required.

Salvation Army Dundas, Café 55+



Phone: 905-627-0572 **Fax:** 905-627-5405

150 King St. W., Dundas ON L9H 1V4

Senior's meals.

Hours: Sept to June, Thu, 10 am - 2 pm.

Cost: None.

Guidelines: For residents in Dundas, Ancaster, Flamborough and West Hamilton only (west of highway 403).



Congregate/Group Dining

Wheels to Meals VON Hamilton



Phone: 905-522-1022 **Fax:** 905-527-1919

Contact: Ann Lindley

(1) St. Joseph's Centre for Ambulatory Health Services,
2757 King St. E., Hamilton ON

(2) Idlewyld Manor, 449 Sanatorium Rd., Hamilton ON

Seniors are transported by volunteer drivers to enjoy a mid-day meal together.

Cost: \$9.50.

Guidelines: None.

Welcome Inn Community Centre



Phone: 905-525-5824 **Fax:** 905-525-6873

40 Wood St. E., Hamilton ON L8L 3Y3

Hot home cooked lunch is prepared for seniors by volunteers.

Hours: Tue, 12 pm - 2 pm.

Cost: \$3.50 per meal.

Guidelines: Must be a senior in the neighbourhood.



Food Banks/Emergency Food

Ancaster Community Services



Phone: 905-648-6675 **Fax:** 905-648-8949
300 Wilson St. E., Ancaster ON L9G 2B9

Food Vouchers/Emergency Food

Hours: Mon - Fri, 9 am - 4 pm.

Cost: None.

Guidelines: Must call for appointment.

Canadian Red Cross Society – Hamilton Branch



Phone: 905-522-8485 ext. 267 **Fax:** 905-522-2826
Contact: Karen Hymas
400 King St. E., Hamilton ON L8N 1C3

Assistance with formula, diapers, baby cereal, baby wipes, and food vouchers.

Hours: Mon - Fri, 8:30 am - 4:30 pm, by appointment only.

Cost: None.

Guidelines: For families with children under four years of age - must bring I.D. for each child and adult. Offered once every three months.

Flamborough Food Bank

Phone: 905-690-1036
1432 Centre Rd., Carlisle ON L0R 1H1

Hours: Wed, 1 pm - 3 pm, 7 pm - 8:30 pm.

Cost: None.

Guidelines: For Flamborough residents only. Must be registered and provide two pieces of identification, one with photo.

Food Banks/Emergency Food

Good Shepherd Family Services



Phone: 905-528-9109 **Fax:** 905-546-1743
120 Cannon St. E., Hamilton ON L8L 2A3

Groceries are provided once per month.

Hours: Mon - Fri, 10 am - 11:30 am, 1 pm - 3 pm.

Cost: None.

Guidelines: Must be over 16 years of age and must be paying rent. Must provide photo ID, rent, income receipt and health card for each family member.

King's Way Blessing Centre



Phone: 905 296-9473 **Contact:** Shelly Clement
649 King St. E., Hamilton ON L8N 1E3

Drop in resource centre provides meals and groceries.

Hours: Mon - Thu, 11 am - 3 pm, Fri, 6 pm - 9 pm.

Wed grocery bag distribution 2 - 2:30 pm.

Cost: None.

Guidelines: Must respect each other and ensure a safe environment.



Food Banks/Emergency Food

Living Rock Ministries



Phone: 905-528-7625 **Fax:** 905-526-8723

Email: mail@thelivingrock.ca

30 Wilson St., Hamilton ON L8R 1C5 (at Hughson St.)

Canned goods, fresh produce and baby supplies are available.

Hours: Tue, Thu, Sat, Sun, 1 pm - 4 pm, Wed, 1:30 - 4 pm.

Cost: None.

Guidelines: Must be between the ages of 13 and 25.

Mission Services



Phone: 905-528-4212 **Fax:** 905-528-7417

50 Murray St. W., Hamilton ON L8L 1B3

Emergency food program.

Hours: By appointment only. Mon and Fri, 9 am - 11 am, Wed, 9 am - 11 am, 1 pm - 3 pm.

Cost: None.

Guidelines: Must bring ID for all members of the household, current income statement, rent receipt and utilities bill. Can only use once a month or every 30 days.



Food Banks/Emergency Food

Neighbour to Neighbour Centre



Phone: 905-574-1334 **Fax:** 905-574-1688
Email: admin@neighbourtoneighbourcentre.com
28 Athens St., Hamilton ON L9C 3K9
(between Upper James and West 5th off Mohawk)

Emergency food provided once per month.

Hours: Mon and Thu, 9:30 am - 12:15 pm, 1 pm - 3:15 pm.

Cost: None.

Guidelines: Must be a resident of Hamilton Mountain, Ancaster, Mount Hope, Stoney Creek Mountain or Binbrook. Must have ID, current proof of address and income.

Salvation Army, Dundas



Phone: 905-627-0572 **Fax:** 905-627-5405
Email: diane.dunnett@bellnet.ca
150 King St. W., Dundas ON L9H 1V4

Provides food assistance.

Hours: Mon - Wed, 9 am - 11:30 am, 1 pm - 3:30 pm, Thu, 1 pm - 3 pm.

Cost: None.

Guidelines: For residents in Dundas, Ancaster, Flamborough and West Hamilton only (west of HWY 403). Must provide photo ID.

Food Banks/Emergency Food

Salvation Army, Family Services



Phone: 905-540-1888, ext. 220 **Fax:** 905-540-4445
80 Bay St. N., Hamilton ON L8R 3N3

Emergency food provided.

Hours: Mon - Fri, 9:30 am - 11:30 am, 1 pm - 3 pm.

Cost: None.

Guidelines: Must have ID and proof of address. Services can be used once a month per family.



Stoney Creek Food Bank



Phone: 905-664-2252
13 Lake Ave. S., Stoney Creek ON L8C 5C9

Emergency food, baby food, and formula are offered once a month per family.

Hours: Mon, 1 pm - 3:30 pm, Wed, 9:30 am - 3:30 pm
Fri, 9:30 am - 1 pm.

Cost: None.

Guidelines: For Stoney Creek residents only. Must register and have a permanent residence as well as proof of address.

Food Banks/Emergency Food

St. Matthew's House



1. St. Matthew's House

Phone: 905-523-5546 **Fax:** 905-523-5553

414 Barton St. E., Hamilton ON L8L 2Y3 (by Wentworth St.)

Serves Hamilton, Dundas, and Ancaster area.

Hours: Mon - Fri, 9 am - 11:30 am, 1 pm - 3:30 pm.

2. St. John's Community Support Programs

Phone: 905-643-2052 **Fax:** 905-643-6126

1285 Highway #8, Winona ON L8E 5K5

Serves Winona area.

Hours: Mon - Thu, 1 pm - 4 pm.

3. Roxborough Centre

Phone: 905-545-0565 **Fax:** 905-312-8238

785 Britannia Ave., Hamilton ON L8H 2B6

Serves Ottawa St. through Stoney Creek area.

Hours: Mon and Thu, 9 am - 12 pm.

Food assistance is offered once a month. Baby food and formula are provided as available.

Cost: None.

Guidelines: Can only use one of these 3 programs each month. Required - proof of income, two pieces of ID for adults, and one piece of ID for children.



Food Banks/Emergency Food

Welcome Inn Community Centre



Phone: 905-525-5824 **Fax:** 905-525-6873

Email: admin@welcomeinn.ca

40 Wood St. E., Hamilton ON L8L 3Y3

Emergency food assistance.

Hours: Mon, Wed, Thu, 12 pm - 2:30 pm

Cost: None.

Guidelines: Food bank can be used once every month.
One piece of ID required.



Free Meals

Good Shepherd Centre



Phone: 905-528-9109 **Fax:** 905-546-1743
135 Mary St., P.O. Box 1003, Hamilton On L8N 3R1
(between Wilson and Cannon St).

A free hot meal is offered. Families are welcome.

Hours: Mon - Sat, 3:30 pm - 4:45 pm.

Cost: None.

Guidelines: None.

Hamilton Urban Core Community Health Centre

Phone: 905-522-3233 **Fax:** 905-522-3706
71 Rebecca St., Hamilton ON L8R 1B9

Street Drop In: Refreshments and healthy snacks.

Hours: Mon and Thu, 10 am to 12 pm. Fri, 1 pm to 3 pm.
Pancake Tuesday: 3rd Tue of each month, 9:30 am to 11:30 am.
Friendly Dinner & Movie: 3rd Friday of each month, 6 pm to 8 pm.
Family Saturday: 3rd Sat of each month, 9 am to 1 pm.
Families can enjoy food and a movie.

Cost: None.

Guidelines: None.



Free Meals

King's Way Blessing Centre



Phone: 905-296-9473 **Fax:** 905-308-7798

Contact: Shelly Clement

649 King St. E., Hamilton ON L8N 1E3

Drop in provides meals and groceries.

Hours: Mon - Thu, 11 am - 3 pm, Fri, 6 pm - 9 pm.

Cost: None.

Guidelines: Must respect each other and ensure a safe environment.

Living Rock Ministries



Phone: 905-528-7625 **Fax:** 905-526-8723

Email: mail@livingrock.ca

30 Wilson St. (at Hughson St.), Hamilton ON L8R 1C5

Hours: Mon - Fri, Breakfast 8 am - 9:30 am, Tue, Wed, Thu, Oasis's supper program, 6 pm - 9 pm., Sat and Sun, light snack, 3 pm - 8 pm.

Cost: None.

Guidelines: Must be between the ages of 13 and 25.

Mission Services



Phone: 905-528-4211 ext. 106 **Fax:** 905-521-9995

Contact: Kellie Baker

309 James St., North

Free meal open to the community.

Hours: 4th Sun of each month, at 5 pm and on Thanksgiving and Easter Sundays.

Cost: None.

Guidelines: None.

Free Meals

Olive Branch Christian Centre



Phone: 905-522-7482

195 Rebecca St., Hamilton ON L8R 1C2

Lunch is offered.

Hours: Wed - Sat, 10 am - 2 pm, Sun, 12 pm - 1:45 pm.

Cost: None.

Guidelines: No smoking and no profanity.



Free Meals

Out of the Cold

Phone: 905-308-8447 **Contact:** Sister Nancy Sullivan

Soup and rolls are served at 4 pm. A hot meal is served at 5:15 pm.

Locations and Days Offered:

James St. Baptist Church, 96 James St. S., Hamilton ON L8P 2Z2 **Hours:** Mon, and Tue, 4 pm - 6:30 pm.

MacNab Presbyterian Church, 116 MacNab St S., Hamilton ON L8P 3C3 **Hours:** Mon and Sat, 4 pm – 6:30 pm.

Centenary United Church, 24 Main St. W., Hamilton ON L8P 1H2 **Hours:** Tue, 4 pm - 6:30 pm.

Erskine Presbyterian Church, 19 Pearl St. N., Hamilton ON L8P 3W4 **Hours:** Wed, 4 pm - 6:30 pm.

Central Presbyterian Church, 16 Charlton Ave. W., Hamilton ON L8P 2C8 **Hours:** Thu, 4 pm – 6:30 pm.

Wentworth Baptist Church, 120 Wentworth St. N., Hamilton ON L8L 5Z7 **Hours:** Fri, 4 pm - 6:30 pm.

Christ's Church Cathedral, 252 James St. N., Hamilton ON L8R 2L3 **Hours:** Sat, 4 pm - 6:30 pm.

Wesley Urban Ministries, 195 Ferguson Ave. N, Hamilton ON L8L 1J1 **Hours:** Breakfast is served on Thu, Fri, Sat, 7:45 am – 8:30 am.

Cost: None.

Guidelines: Must respect the volunteers. No alcohol, weapons, drugs or fighting. No cooked food can be taken outside the building.

Free Meals

Wesley Urban Ministries/ Wesley Centre Drop In



Phone: 905-528-5640 **Fax:** 905-528-9977
195 Ferguson Ave. N., Hamilton ON L8L 1J1 (between
Barton & Cannon St)

Free hot meals.

Hours: Daily breakfast, 7:45 am - 8:30 am, Mon - Sat, lunch
12 pm - 1 pm, Sun soup, 12 - 1 pm, Sun dinner, 4 pm.

Cost: None.

Guidelines: A drop-in for adults over the age 22. Those
under 16 years of age need ID and must be accompanied by
their parents or legal guardians.



Meals on Wheels Programs

Ancaster Meals on Wheels (Ancaster Community Services)

Phone: 905-648-6675 **Fax:** 905-648-8949

300 Wilson St. E., Ancaster ON L9G 2B9

Delivery Area: Urban Ancaster

Hot noon meals with soup, main course, bread and dessert is delivered. Some special diets can be accommodated.

Hours: Mon - Fri, 11:30 am - 12:45 pm.

Cost: \$5.75 per meal, invoiced monthly.

Guidelines: People who are elderly, disabled or housebound in rural Ancaster and surrounding area are served as resources permit.

Dundas Meals on Wheels (Dundas Community Services)

Phone: 905-627-5461 **Fax:** 905-627-5020

3A - 2 King St. W., Dundas ON L9H 6Z1

Diabetic and special meals are available. Meals consist of soup, bread, main course and dessert.

Hours: Mon - Fri, 11 am - 1 pm.

Cost: \$6.50, invoiced monthly.

Guidelines: Dundas area only.



Meals On Wheels Programs

Flamborough Red Cross Meals on Wheels and Frozen Meals

Phone: 905-689-0732 **Fax:** 905-689-6638

Email: mirish@redcross.ca **Contact:** Mae Radford

P.O. Box 1141, Waterdown, ON L0R 2H0

Delivery area: Flamborough (including Carlisle, Waterdown, Westover, Millgrove, Freelon and Greenville)

Hot and frozen meals are available. The Red Cross program also transports individuals on social assistance to the food bank in Carisle.

Hours: Mon - Fri, 11:30 am - 12:30 pm.

Cost: \$6.00 per meal. Transportation cost depends on distance.

Guidelines: Must be a senior or a dependant.

Glanbrook Home Support Programme Inc.

Phone: 905-692-3464 **Fax:** 905-692-9406

4280 Binbrook Rd., P.O. Box 42, Binbrook ON L0R 1C0

Delivery area: Glanbrook Community

Hot meals are available from Mon to Fri and can be ordered one to five days a week. Meals for special diets are available by request. Meals Made Easy is a frozen meal program delivered weekly or every two weeks. Clients have a choice of 35 different entrees and desserts over a 5 week rotation. Six different soups are available weekly.

Hours: Mon - Fri, 12 pm to 1 pm.

Cost: \$6.75 per meal. Prices will vary for frozen food.

Guidelines: Open to seniors age 60+ and people with disabilities in the Glanbrook community only.

Meals On Wheels Programs

VON Hamilton Meals on Wheels

Phone: 905-522-1022 **Fax:** 905-527-1919

Email: hamiltonvolunteerservices@von.ca

Contact: Ann Lindley

414 Victoria Ave. N., Hamilton, ON L8L 5G8

Delivery Area: Hamilton Mountain and Downtown Hamilton
as well as Stoney Creek

Hot meals are delivered Mon – Fri. Up to seven frozen meals per week may be purchased per person. Provides a security check and a short visit by a trained volunteer who delivers the meal.

Hours: Mon - Fri, between 11:00 am – 1:30 pm.

Cost: \$6.25 per meal (subsidy available)

Guidelines: Seniors or individuals who have difficulties with meal preparation.



Prenatal Nutrition Programs

Francophone Community Health Centre



Phone: 905-528-0163, ext. 229 **Fax:** 905-528-9196

Contact: Denise

460 Main St. E., 4th floor, Hamilton ON L8N 1K8

Offers one-on-one support to mothers who are either pregnant or have babies up to nine months old. Prenatal classes, food vouchers, bus tickets and vitamin supplements are available to mothers with low incomes.

Hours: Please call for dates and times.

Cost: None.

Guidelines: Must speak French.



Prenatal Nutrition Programs

Hamilton Prenatal Nutrition Project



The Hamilton Prenatal Nutrition Project (HPNP) links 9 weekly groups throughout Hamilton. Each group is facilitated by a Community or Public Health Dietitian and a Public Health Nurse. The **Healthy Moms Healthy Babies** and **Welcome Baby** programs share funding from the Canada Prenatal Nutrition Program (CPNP). For this reason, a pregnant woman can only register with one weekly group.

Each weekly group provides

- Opportunities to learn about a healthy pregnancy, healthy eating, breastfeeding, infant feeding and healthy lifestyle
- Peer Support
- Snack or light meal
- Grocery gift certificates and bus tickets
- Referrals to community resources
- One-on-one counseling as required
- Child-minding for children under 6 years

Cost: None.

Guidelines: Must be pregnant to register. A participant graduates when her infant reaches 6 months of age.



Prenatal Nutrition Programs

Hamilton Regional Indian Centre

Phone: 905-548-9593 **Fax:** 905-545-4077

Contact: Brenda Jacobs

712 Main St. E., Hamilton ON L8M 1K6

Canada Prenatal Nutrition Program for aboriginal women and their families. Program provides breastfeeding counselling, labour support, growth and development support, food vouchers, lunch or snack, and bus tickets.

Hours: Postnatal Circle: Tue, 9:30 am - 1:30 pm. Prenatal Classes: Fri, 12:30 pm - 4:30 pm.

Cost: None.

Guidelines: Must be pregnant or have a child under 6 months.

Healthy Moms Healthy Babies



North Hamilton Community Health Centre (in partnership with Public Health Services)

Phone: 905-523-6611 **Fax:** 905-523-6611

438 Hughson Street North Hamilton ON L8L 4N5

Hours: Tue, 10 am - 12 pm; Thu, 12:30 pm - 2:30 pm. Call for more details.

Cost: None.

Guidelines: Must be pregnant to register. A participant graduates when her infant reaches 6 months of age.

Prenatal Nutrition Programs

Welcome Baby, Public Health Services



Phone: Health Connections 905-546-3550

Located at the following 7 sites:

- 1) **Church of the Ascension,**
65 Charlton Ave. E. (at John St.).
Hours: Thu, 1 pm - 3 pm.
- 2) **Church of the Resurrection,**
435 Mohawk Rd. W. (at Garth)
Tue, 1 pm - 3 pm.
- 3) **Sanford Ontario Early Years Centre (OEYC),**
735 King St. E., Floor 1A (corner of King and Sanford)
Tue, 9:30 am - 11:30 am.
- 4) **OEYC Main West,**
1900 Main St. W., (near Whitney and Main)
Hours: Wed, 1:15 pm - 3:15 pm.
- 5) **Youth Group at Angela's Place (OEYC),**
32 Tragina Ave. N. (corner of Barton and Tragina)
Hours: Tue, 4 pm - 6 pm.
- 6) **Dominic Agostino Riverdale Community Centre,**
150 Violet Dr. (near Eastgate Mall, off Centennial)
Hours: Wed, 1 pm - 3 pm.
- 7) **OEYC Hamilton East Brighter Futures,**
45 Ellis Ave (across from Centre Mall)
Hours: Thu, 9:30 am - 11:30 am.

Cost: None.

Guidelines: Must be pregnant to register. A participant graduates when her infant reaches 6 months of age.

Shopping/Transportation Services

Ancaster Community Services and Information Transportation for Seniors

Phone: 905-648-6675 **Fax:** 905-648-8949

Contact: Melanie Barlow

300 Wilson St. E., Ancaster ON L9G 2B9

Service Area: Ancaster, urban and rural (when resources permit)

Volunteer transportation for seniors living in Ancaster, to medical or related appointments in the greater Hamilton area. A referral service is offered for shopping needs.

Cost: Call coordinator for costs (based on destination).

Guidelines: Must be able to walk independently and be cognitively alert.

Dundas Community Services Grocery Shopping Program

Phone: 905-627-5461 **Fax:** 905-627-5020

3A - 2 King St. W., Dundas ON L9H 6Z1

A transportation service that takes shoppers to the store of their choice within Dundas. Clients must call ahead to book a driver.

Cost: \$6.50 - \$10.50 round trip in Dundas. \$16.50 to Henderson and beyond.

Guidelines: Must be a senior or a person with a physical disability in Dundas.

Shopping/Transportation Services

Flamborough Red Cross Volunteer - Assisted Transportation

Phone: 905-689-0732 **Fax:** 905-627-6638
279 Dundas St. E., P.O. Box 1141, Waterdown ON L0R 2H0
Contact: Mae Radford

A volunteer using his/her own vehicle takes clients to the grocery store or medical appointments, one-on-one as necessary. The Red Cross Program also transports individuals on social assistance to the food bank in Carlisle.

Hours: Mon - Fri, 9 am - 4:30 pm.

Cost: Call for costs.

Guidelines: None.

Glanbrook Home Support Programme Inc. Volunteer-Assisted Transportation

Phone: 905-692-3464 **Fax:** 905-692-9406
4280 Binbrook Rd., Box 42, Binbrook ON L0R 1C0
Service area: Mount Hope to Binbrook

A transportation service takes shoppers to the store of their choice, to their medical and/or hair appointments. Clients must call ahead and book a driver.

Cost: \$7.50 - \$19.00 round trip

Guidelines: Must be a senior or a person with a disability.

Shopping/Transportation Services

Grocer-Ease (A Program of Banyan Community Services)

Phone: 905-545-1175 **Fax:** 905-549-9011
681 Main St. E., Hamilton ON L8M 1K3

Delivery Area: The City of Hamilton including Ancaster, Dundas, and Stoney Creek. (Some delivery to rural areas based on distance.)

Hours: Mon to Fri, 8:30 am - 4:30 pm

Cost: \$7.00 for orders under \$100.00. A \$2.50 surcharge applies for each additional \$25.00 spent. One day's notice is requested.

Guidelines: Must be a senior or a person with a disability.

Shopping by Bus - Senior Tenant Groups

Phone: HSR at 905-564-2424, ext. 1873 for existing routes as schedules and locations change. **Fax:** 905-679-7305
Contact: Nadia

Weekly HSR bus takes seniors to Fortinos from their individual apartment buildings:

- Mohawk and Wellington and Mohawk Gardens
- St. Elizabeth Village
- First Place
- Olde Stoney Creek
- Upper Gage & Macassa Lodge
- East Hamilton
- Mohawk & Magnolia area

Hours: To begin a new program, please contact the manager of your local Fortinos.

Cost: None.

Guidelines: None.

Shopping/Transportation Services

Shopping by Bus - VON Hamilton

Phone: 905-522-0053, ext. 2233 **Fax:** 905-527-1919
Contact: Nadia

An HSR bus takes clients to Fortinos or No Frills. A volunteer is present to help shoppers.

Hours:

- Every second Wednesday
155 Park St. S., 10:20 am
120 Strathcona Ave. N., 10:00 am.
- Every second Thursday
181 Jackson St. W. & 95 Hess St. S., 8:45 am
226 Rebecca St., 9:30 am
30 Sanford Ave. S., 9:50 am
360 King St. E., 10:10 am
316 King William & 30 West Ave., 10:25 am.

Cost: None.

Guidelines: None.



Student Nutrition Networks

Hamilton Partners in Nutrition (HPIN)



Phone: 905-522-1148 ext. 301 **Fax:** 905-522-9124

E-mail: partnersinnutrition@sprc.hamilton.ca

Student Nutrition Program Coordinator
c/o The Social Planning and Research Council of Hamilton
162 King William St., Suite 103, Hamilton ON L8R 3N9
www.partnersinnutrition.ca

This partnership advises and financially supports over 100 student nutrition programs. Resources and hands-on information are available to start or expand a student nutrition program. A personal site visit may be arranged.

Cost: None.

Guidelines: Programs must meet provincial and regional eligibility requirements.



Student Nutrition Network

North Hamilton Community Health Centre



Phone: 905-523-6611 **Fax:** 905-523-5173
438 Hughson St. N., Hamilton ON L8L 4N5

After School Snack

Contact: Fazleena Nizam

Participants will receive a nutritious snack prior to attending after-school programming.

Hours: Mon - Thu, 4 pm - 4:30 pm.

Cost: None.

Guidelines: Open to all children and youth attending programs at the Eva Rothwell Resource Centre.

Children's Community Breakfast Club

Contact: Alexis Jones-O'Rourke

Children meet at St. Luke's Parish Hall on Macauley and John Street. Program provides a nutritious breakfast and a safe environment for children to "hang out" before school. Included are activities, games, and special events.

Hours: 7:45 am - 8:45 am on school days.

Cost: None.

Guidelines: Open to students, parents and teachers of Bennetto and St. Lawrence schools. Students must clean their area and respect each other.

Healthy Kids Club

Contact: Fazleena Nizam

Children will learn to prepare healthy meals and snacks, explore physical activity and creativity, and learn about nutrition and healthy living.

Hours: Thu, 5 pm - 7 pm.

Cost: None.

Guidelines: Open to north end children. Must register to participate. Can only attend one Thursday each month.

City of Hamilton 2011 Food Access Guide

Produced for health and social service providers
to refer clients to free or low-cost food or meals.



Public Health Services

NORTH HAMILTON
COMMUNITY HEALTH CENTRE

