

- **Meals on Wheels:** Hot 3 course meal delivered Mon, Wed, Fri. Frozen meals available for Tues, Thurs, Sat, Sun. \$6.00 includes delivery. Call Jack: **549-4201**.
- **Private Meal Delivery Service**
* **Better Meals** delivers frozen meals consisting of a soup, entrée and dessert for \$6.25. Free delivery for Vernon, Armstrong and Enderby with minimum \$25 purchase. Call **1-888-838-1888** www.bettermeals.ca
- **Wheels to Meals:** A nutritious and social outing for seniors. Seniors provide their own transportation.
 - ▶ **Armstrong:** Legion. Wednesdays noon. \$7.00. Call **546-8455** by Tuesday noon to register.
 - ▶ **Enderby:** George Street Senior's Centre \$7.00 Full course meal. Wednesdays—arrive by 11:30 a.m. Call Melody at **838-6439**.
 - ▶ **Lumby:** Old Age Pensioner's Hall Thursdays 11:30 a.m.-1:30 p.m. \$6.00. Call Rona at **547-6502**.
- **Lumby Seniors Drop-In Lunch/Activities:** 1751 Glencaird. St. Mon, Wed, Fri 9:00 am-1:30 pm. \$5.00. Just show up. For info call Seniors Drop-In **547-8821** or Whitevalley Community Resource Centre. Call **547-8866**.
- **Safeway Downtown Grocery Delivery and Shopping Services:** Seniors: \$3.50 shopping on Tuesdays 8:00-11:00 a.m. Disabled persons: \$3.50. All other deliveries: \$10.00. Call **542-5328** or **545-2978**.

Emergency Food Assistance

- ① **Upper Room Mission:** 3403 27th Ave. Free hot breakfast (9:00 –9:30), lunch (12:00-12:30) and supper (4:00-4:30). Mon-Fri. Call **549-1231** for more info.
- ① **Saturday Lunch Program at All Saints Anglican Church:** For those in need, 3205 27th St. (11 a.m.-2p.m.) Call **542-3179**.
- ① **Neighbour Link Services:** Link to local churches that help people with food needs, transportation, etc., Call **558-5527**. open Tues-Fri 9a.m.-1p.m.
- ① **Vernon Food Bank:** Salvation Army Services: 3303 - 32 Ave (behind Staples). Open Mon-Fri 9:30-noon; 1:00-3:00 p.m. by appointment for hampers. Drop by for bread and seasonal fruit. **Moms and Tots** program- second Thursday of the month for eggs, cheese and milk, baby supplies when available (cereal, cookies, formula, diapers, etc.) pre-register. Contact Anna Lee **549-4111**.
- ① **Lumby Food Bank:** Thrift Store 1879 Vernon Ave., **547-2225** call for an appt.
- ① **Armstrong Food Bank:** 3459 Pleasant Valley Rd. Call **546-3465** for an appointment.
- ① **Enderby Food Bank:** St. Andrew's United Church 1106 Belvedere St. 3rd Friday of the month. Call **549-4111** for an appointment.
- ① **Enderby Twice But Nice Thrift Store:** Free bread and produce sharing stand. Call **838-6822**.
- ① **Vernon Student Association / Okanagan College Food Bank:** Located upstairs from the cafeteria in office C312A. Open Monday to Friday from 7:30 a.m.- 4:00 p.m. For more information call Eric at **545-7291** ext. 2213 or email ereist@okanagan.bc.ca.

Food Programs and Food Security Resources in Vernon and Area



Help in the Community

July 2014

Download the most recent version of this pamphlet from: www.socialplanning.ca
or
www.foodaction.ca



Where can I get help?

Currently, Greater Vernon offers the following food-related assistance:

- **Good Food Box Program:** Servicing Vernon, Lumby, Cherryville, Falkland, Armstrong, Westside Road / Parker Cove. This is a volunteer-run, produce buying cooperative. Pay \$16 by the second Wed of the month to pick up the 3rd Thursday. Delivery \$3 in Vernon only. In Vernon pay at Family Resource Center, First Nations Friendship Center, Boys and Girls Club, CMHA, North Okanagan Youth and Family Services, and Vernon Health Centre. **Call Diane at 306-7800** for more information or see www.goodfoodbox.net.
- **Community Kitchens:** Learn how to cook on a budget. Offered in Vernon, Armstrong, Enderby, Lumby, Cherryville, Falkland, and Salmon Arm. Call: 1-888-542-3089 for information or email vernoncommunitycooking@gmail.com
- **Community Kitchen for Seniors:** Once a month at the Salvation Army Church, 3303-32 Ave. Call Diane at **545-7617**.
- **Enderby Food Programs**
Good Food Box **838-6298** (Margaret)
Family Place Hot Lunch / Picnic Lunch **838-9446**
Healthiest Babies Possible food vouchers **838-9446**

- **Community Gardens:**
Vernon: 3 garden sites. For more information about how to rent a garden plot, visit www.greatervernonrecreation.ca or call Kindale Developmental Assoc. 250-546-3005.
Armstrong: For information: Rhea Smith 250 546-3354
Lumby: Rent a box for the summer \$20.00. For information contact Irene Forrest at 547-0173 or Whitevalley Resource Centre **547-8866**.
- **Salvation Army Gleaning:** Volunteers harvest and distribute produce that would otherwise be wasted. 1/3 to volunteers, 1/3 to homeowner and 1/3 donated to community agencies. Contact sagleaning@live.ca or **549-4111**.
- **Armstrong Produce Sharing Program:** Produce available Mondays 10-12 p.m. until Oct 13 at the community garden behind the red caboose. Donations of produce accepted Mondays 9-10, same location. (offered by the Armstrong Food Initiatives Society).
- **Pregnancy Outreach (Canada Prenatal Nutrition Program):** Supports pregnant women to 6 months postpartum with food, prenatal vitamins and other resources. Vernon, Armstrong and Lumby. Contact: First Nations Friendship Centre 2902-29th Ave. Call Caroline **542-5448**.
- **Aboriginal Infant and Early Childhood Day Care:** Free hot lunch Thursdays and Saturdays, 11:30a.m. and 1:30p.m. for clients of Pregnancy Outreach and the Aboriginal Infant Programs (drop-ins welcome). Fresh bread available on Thursdays for families with children up to 6 years of age. 2905 29th Ave., Contact: Connie **542-7578**.
- **School Meal Program:** Subsidized lunch programs available to children at Alexis Park, Ellison, Mission Hill and Harwood Elementary. Parents pay what they can. Program Coordinator: **545-7289**; SD 22 Administrator: 542-3331.

- **Teen Junction:** Provides free hot meals and healthy snacks, 5 nights a week to youth 13-18 years old. Open Mon-Fri 3:30-8:00 p.m. Check website for summer hours at www.teenjunctionyouthcentre.ca. Contact: 275-3117.
- **Cammy LeFleur Street Outreach Nurse Program:** Weekly free vitamins for community members who have difficulty accessing mainstream health services. Fresh fruit Wed 3-4 p.m. for individuals with Hep C. Back door NYFSS. Ask for the outreach nurse. Call **545-3572**.
- **Gateway Shelter:** Bag lunch for working men and women staying at shelter; others directed to eat at Upper Room Mission. Contact: Kelly Fehr **542-4041**.
- **Common Threads:** Free buns, bread, and soup or chili. Mondays 3:00-5:00 p.m. and Thursdays 9:30-12:00 p.m. at the Arbour, 4301-27th Street (offered by the Vernon Alliance Church).
- **Nutrition Tours:** Offered by Save-On Foods dietitians. Ask to have low-cost, nutritious choices highlighted for your group. Cost may be waived at manager's discretion. Register ahead at **542-8825**.

Food Action Society of the North Okanagan

Administers the Good Food Box program and supports food security through education and community action. For more information or to get involved, see www.foodaction.ca or contact them at info@foodaction.ca

Armstrong Food Initiatives Society

Organize initiatives that "Celebrate local seasonal food and promote increased access to nutritious food, for all residents of Armstrong". For more information contact Andrea Gunner 250-546-2712 or gunnera@telus.net