

Neighbourhood Food Program Locations

1. Alexandra Park CC
105 Grange Ct.
Tel. 416-603-9603
2. Evangel Hall
573 Queen St. W
Tel. 416-504-3563
3. FYFB - A Multi-service Agency
780 Dundas St.W
Tel. 416-203-3011
4. Queen West CHC
168 Bathurst St.
Tel. 416-703-8480
5. St. Felix
25 Augusta Ave.
Tel. 416-203-1624
6. St. Stephen's Corner Drop-in
370 College St. W
Tel. 416-964-8747
7. St. Stephen's Senior Activities Centre
340 College St.W
Suite 360
Tel. 416-929-328
8. Scadding Court C. C.
707 Dundas St.W
Tel. 416-392-0335
9. Scott Mission
502 Spadina Ave.
Tel.416-923-8872
10. Sistering
11 St. Annes Rd.
Tel. 416-926-9762
11. The Meeting Place
588 Queen St. W
Tel. 416-504-4275
12. Treasure House Ministries
184 Spadina Ave.
(use Cameron St. entrance)
Tel. 416- 603-4187
13. University Settlement House
Out of the cold Program
Recreation Centre
23 Grange Rd.
Tel.416-598-3444
14. YOUTHLINK Inner City
7 Vanauley St.
Tel. 416-703-3361
14. Harbour Front C.C.
627 Queens Quay W
Tel. 416-392-1509



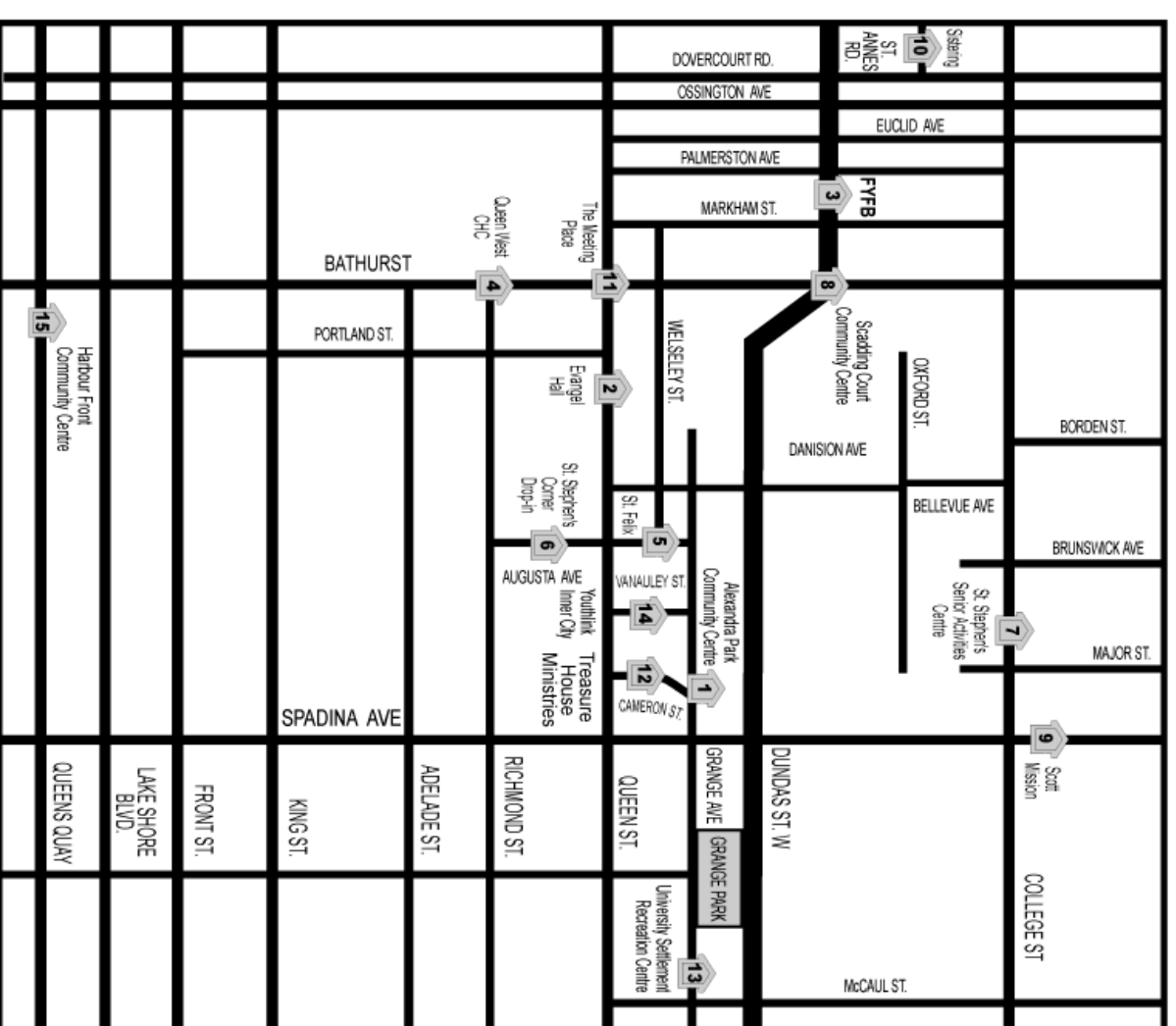
Scadding Court Community Centre



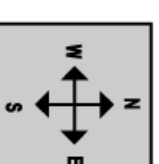
Save Money on Food

Neighbourhood Food Facts Series

Neighbourhood Food Program Locations



see over for program information



Save \$\$\$ on Food...

Shopping Tips ~ Plan before you go...

- Plan what you buy... decide on recipes for the week & write out a grocery list. Only buy what you can use.
- Shopping at No Frills (Dufferin Mall), Price Chopper (Queen St. & Gladstone Ave.-near Dufferin St.), or in Chinatown or Kensington Market (see directions below) saves money!! Shopping in these locations can save about 30%, compared to shopping in a typical grocery store. Basic grocery items that would cost \$100 at a typical grocery store would cost only about \$70 shopping at these locations.
- Check, compare and watch for changes in food prices of the same products in different stores. Buy each product where you find it cheapest.
- Check the prices of "store brand" products at No Frills ("No-Name" or "President's Choice") and Price Chopper ("Smart Choice" or "Our Compliments") before buying brand name items. They are often the same products in different packaging and are usually much cheaper!
- Grocery store flyers, and coupons can offer great savings. Before you buy, though, check "store brand" product prices first... sometimes these are still the cheapest.

Buying Tips ~ Making valuable \$\$\$ go farther...

- Buy fresh foods that are cheaper and in season.
- Many fruits and vegetables are much cheaper in the summertime. Freeze and can fresh foods for winter to take advantage of cheap summer prices.
- The following items are usually cheap to buy, especially in winter:
 - bananas, apples, oranges, kiwi, grapefruit, pears, peppers, cabbage, spinach, carrots, sweet potatoes, potatoes, onions, garlic, ginger, tomato.
- These items are especially cheap in fall:
 - squash, gourds, pumpkin, zucchini, broccoli, cauliflower, cucumber, peppers, apples, pears, mangoes and crabs.
- Order a low-cost fresh & nutritious Good Food Box from SCCC. Call Krista at 416-392-0335, ext. 243 for more information.
- Buy items such as rice, bread, flour, pasta and dried lentils and beans in larger quantities, in bulk or on sale. Kensington Market, No Frills and Price Chopper often sell these items at a low price.
- Buy No Frills and Price Chopper "store brand" products rather than brand name items. They are often much cheaper!
- Check the "day-old" or the quick sale counter and then plan what you cook to take advantage of these discounts.
- Buy meat alternatives such as dry beans, peas, lentils, eggs, sardines, peanut butter and tofu. They contain protein and can be quite inexpensive.

Cooking Tips ~ How to cook MORE with less...

- Fast food and pre-prepared foods are very expensive and often not too nutritious! Cook and bake most meals and deserts for yourself.
- Add extra water to soups, stews, sauces and juice. There is a lot of sugar in most juices... Adding water to juice reduces calories and protects yours and your children's teeth, as well!
- Mix foods together!! Mixing potatoes, vegetables and meat with rice or pasta, in spaghetti sauces, soups, stews & stir-fries is a cheap, delicious and healthy way to make a little bit of food into a lot.

More 'fresh' ideas...

- Grow your own vegetables and herbs at home or in a Community Garden.
- Join a Community Kitchen program and save \$\$\$ by cooking as a group.
Call Krista at *Scadding Court Community Centre* at 416-392-0335, ext. 243, Community Information Toronto at "211" (free of charge from a home telephone), or the *Foodlink Hotline* at 416-392-6655 for more information on these.

Looking for Halal meat?

One place to find it is at *St. Andrew Poultry Limited*, 17 St. Andrew St. (Spadina Ave. & Dundas St. W). Call 416-596-7305 for more information.

- **Downtown Chinatown**
This area surrounds the intersection of Dundas St. W and Spadina Ave. There are three big food supermarkets and many fresh fruit and vegetable stands. Many foods, including those used in Asian cooking, are sold at very low prices. If you shop near closing time, you may be offered or can bargain for cheaper prices.
- **Kensington Market**
Kensington Market is located just west of Spadina Ave., between Dundas & College Sts., and is just beside Chinatown. You will find fruits, vegetables, fish, meat, breads, baked goods, cheese, spices, and coffee and tea at very cheap prices. There are many Asian, West Indian, Latin, Caribbean and Portuguese shops here.
- **Portugal Village**
Located along Dundas St. W between Dovercourt Rd. & Bathurst St., there are a variety of fresh fruit and vegetable markets, meat stores and bakeries.

W W I N T E R T O B U Y C H E A P & N U T R I T I O U S F O O D S ?