



Scadding Court Community Centre



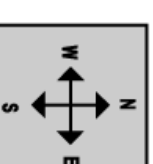
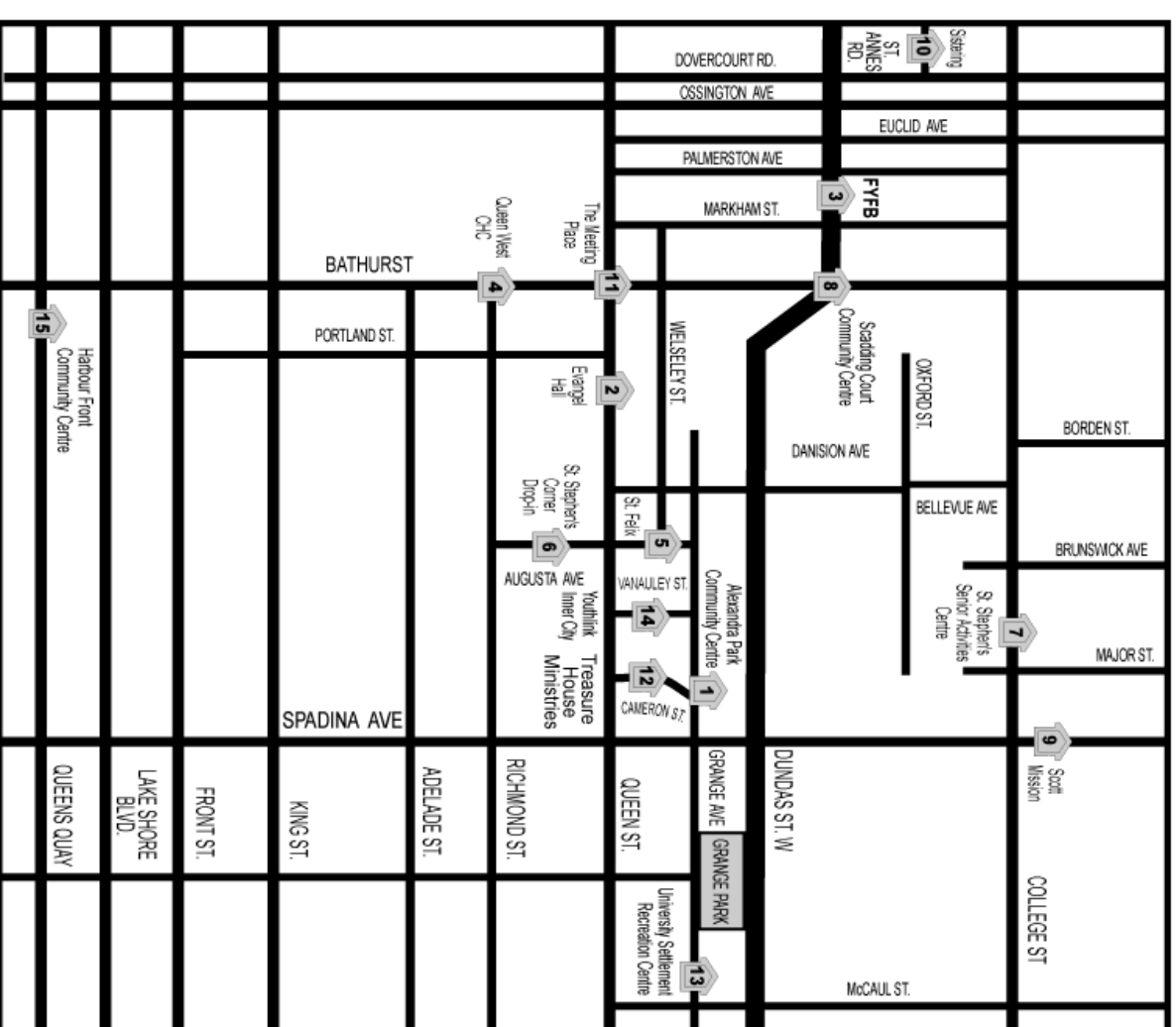
An Introduction to Food programs in the Neighbourhood

Neighbourhood Food Facts Series

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
15. Harbour Front C.C.
627 Queens Quay W
Tel. 416-392-1509

Neighbourhood Food Program Locations



Food programs people in the community wanted to learn more about...

1. Community Kitchens & Cooking Groups

A COMMUNITY KITCHEN involves a group of people who meet regularly to cook healthy, nutritious meals together. Group members can participate in choosing recipes, shopping and cooking. Some groups eat together and others also take food home. Cooking in a community kitchen can help you to save money and time, try new recipes and foods, make new friends and learn new cooking skills. Call *Community Information Toronto* at "211" (free of charge from a home telephone) or the *Foodlink Hotline* at 416-392-6655 for more information.

2. Open Kitchens

An OPEN KITCHEN is a place where anyone can go to cook. You can use the kitchen facilities and equipment free of charge and can sometimes store food there. *The Meeting Place*, located at 588 *Queen St. W.*, has an open kitchen that is available from Monday to Sunday 11:30 am-3:30 pm. Call Brian at 416-504-4275 for more information.

3. FoodShare's Good Food Box Program

The GOOD FOOD BOX promotes healthy eating and fosters community development by making top-quality, fresh food available at a low-cost to the local community. As much as is possible, foods are bought directly from Ontario farmers so that transportation costs are reduced. 1-2 times per month you can order boxes with fresh vegetables and fruits, costing between \$12 and \$32. Choose from small, large or family box size, a fruit or organics box, or a "reach for 5" box specially prepared for seniors. They include a newsletter that offers nutritional information and easy recipe tips. Call Krista at 416-392-0335, ext. 243 to order, and to arrange pick up of your box at *Scadding Court Community Centre* at the corner of Dundas & Bathurst Sts.

4. Community Gardens

A COMMUNITY GARDEN is a place where people get together to grow their own vegetables, fruits, herbs and flowers on shared land. Community gardens offer the opportunity to save money growing fresh vegetables, fruits and herbs. People also benefit by learning how to garden, getting exercise, reconnecting with nature, making friends and sharing information. Community Gardens usually provide everything you need: garden tools, water, seeds and gardening support. *Scadding Court Community Centre (SCCC)* has a Community Garden, as well as a Greenhouse and composting. Call Krista at SCCC, at 416-392-0335, ext. 243, *Community Information Toronto* at "211," or the *Foodlink Hotline* at 416-392-6655 for more information.

5. Meals on Wheels

The MEALS ON WHEELS program delivers hot or frozen meals that are healthy and affordable to seniors in poor health, and to people who have a short or long-term illness or disabilities that make it difficult to cook. Chinese or Western meals are provided and diet restrictions can also be accommodated. Hot meals are delivered daily, including weekends and holidays, and frozen meals are delivered weekly. Hot meals cost \$5 each, and a number of frozen meals can be purchased for \$25. Subsidies are available based on financial need. Call *St. Christopher House* Intake for more information, at 416-532-4828.

6. Food Banks, Food Pantries & the Staples Box Program

FOOD BANKS give short-term emergency food to anyone experiencing hunger. By coming to the Food Bank, you can get a 3-day supply of food, usually including non-perishable foods like canned vegetables, pasta, spaghetti sauce, peanut butter and cereal. A *Staples Box*, especially good for people of diverse cultures, is also available through the Food Bank Program at FYFB, *A Multi-Service Agency*. The *Staples Box* provides the basic raw materials for preparing meals, such as rice, barley, pasta, flour, dried beans, powdered milk, cooking oil, bread, fresh fruits and vegetables.

Scott Mission and *FYFB* screen people for their qualification and the amounts of foods they can get. Only women and their families or single fathers and their families are eligible to use *Scott Mission Food Bank*. *FYFB* provides multiple services such as Meal Program/Drop-In, counseling and advocacy, employment-related counseling, job search, computer and life skills training, and a Community Garden program. Phone *FYFB* at 416-203-3011, or *Scott Mission Food Bank* at 416-923-3916 for more information.

A FOOD PANTRY is a smaller sized food bank. *Alexandra Park Community Centre (APCC)* *Food Pantry* distributes available foods to *Atkinson Co-op* residents every Friday afternoon. Please contact Donna at APCC, at 416-603-9603 for more information.

7. Meal Programs

MEAL PROGRAMS provide healthy, nutritious and hot meals, and are helpful for anyone who lives on a low-income. It is also a good place to meet people, eat together and get support from one another, especially for seniors and others living alone. You can just drop-in to use most meal programs. There are many hot and cold meals available in the neighbourhood. Some programs provide choice and can adjust meals to meet special diets. Call *Community Information Toronto* at "211," or the *Foodlink Hotline* at 416-392-6655 for more information.