

- **Meal Delivery Services**

- * **Better Meals** delivers frozen meals consisting of a soup, entrée and dessert for \$6.00. Free delivery for Vernon, Armstrong and Enderby with minimum \$25 purchase. Call **1-888-838-1888** www.bettermeals.ca/

- * **Home for Dinner** delivers fresh and frozen meals. Entrée only for around \$7.00-8.00. Free delivery in Vernon with minimum \$50.00 purchase. Call **549-3145**. www.homefordinner.info/

- **Wheels to Meals:** A nutritious and social outing for seniors. Seniors provide their own transportation.

- ▶ **Vernon:** Schubert Centre Thursdays 11:30-1:00 \$8.00 members / \$10.00 non-members. Delivery available if unable to attend. Call Jack at the Shubert Centre for more information. **549-4201**.

- ▶ **Armstrong:** Legion. Wednesdays noon. \$6.00. Call **546-8455** by Tuesday noon to register.

- ▶ **Enderby:** George Street Senior's Centre \$6.00 Full course meal. Wednesdays—arrive by 11:30 AM. Call Melody at **838-7541** for more information.

- ▶ **Lumby:** Old Age Pensioner's Hall Thursdays 11:30-1:30 \$6.00. Call **547-9979**.

- **Seniors Drop-In Lunch: Lumby:** 1737 Glencaird Old Age Pensioner's Hall; Tuesday 9:30-2:30; Wednesday and Friday 11:00-2:30 \$5.00 (activities and entertainment with lunch at noon). Just show up. Call **547-8866**.

- **Safeway Downtown Grocery Delivery and Shopping Services:** Seniors: \$3.50 shopping on Tuesdays 8:00-11:00 AM. Disabled persons: \$3.50. All other deliveries: \$10.00. Call **542-8167**.

Emergency Food Assistance

- ① **Upper Room Mission:** 3403 37th Ave. A hot breakfast (9am) and lunch (noon) and supper (4pm) at no cost. Sun-Fri. Saturdays: breakfast and supper only. Contact person: Linda Price (Cook) or Lisa Froom (Operations) **549-1231**.

- ① **Saturday Lunch Program at All Saints Anglican Church:** For those in need, 3205 27th St. (11am-2pm) **542-3179**.

- ① **Neighbour Link Services:** Link to local churches that help people in the community with food needs, transportation, furniture, etc., **558-5527** open Tues-Fri 9am-1pm.

- ① **Vernon Food Bank:** Salvation Army Services: 3303 - 32 Ave (behind Staples). Open 9:30-noon; 1:30-3:00 PM by appointment for hampers. Drop by for bread and seasonal fruit. **Moms and Tots** program- second Tuesday of the month for eggs, cheese and milk, baby supplies when available (cereal, cookies, formula, diapers, etc) pre-register. Contact person: Anna Lee **549-4111**.

- ① **Lumby Food Bank:** Thrift Store 1879 Vernon Ave., **547-2225** call for an appt.

- ① **Armstrong Food Bank:** 3465 Pleasant Valley Rd. Call **546-3465** for an appointment (Tues, Wed, Fri).

- ① **Enderby Food Bank:** St. Andrew's United Church 1106 Belvedere St. 3rd Friday of the month. Call **549-4111** for an appointment.

- ① **Okanagan College Kalamalka Campus Student Association Food Bank:** Located upstairs from the cafeteria in the Students Association office. Open Monday to Friday from 7:30 AM to 4:00 PM. 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

March 2011

Download pamphlet from:
www.socialplanning.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 \$15 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 shopping and cooking skills. Families with limited budget. Contact: Vernon and Lumby: (Minda Chittenden at Meridian Rehabilitation Services minda.chittenden@meridianrehab.ca): **542-3089**; Armstrong: Colleen Murakami **546-8100**; Enderby: Sandy VanDerHoek **838-2288**.
- **Community Kitchen for Seniors:** Every second Friday morning at the Salvation Army Church, 3303—32 Ave. Call Diane Fleming, **545-7617**.

- **Community Gardens:**

Vernon: 3 garden sites. For more information about how to get your own allotment to rent, visit www.greatervernonrecreation.ca or call Wendy at **542-6920**.

Armstrong: For information contact Laura Lee Evans **546-8504**.

Lumby: Rent a box for the summer \$10.00. For information contact Julie Pilon at **547-8866**.

- **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. Caroline Huisken **542-5448**.

- **Aboriginal Infant and Early Childhood Day Care:**

Free hot lunch (entrées and pastries) Thursdays and Saturdays, 11:30am and 1:30pm for clients of Pregnancy Outreach and the Aboriginal Infant Programs (drop-ins welcome). Fresh bread available on Thursdays from Cobs. 2905 29th Ave., Contact person: Chawow Eaglefeather **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. Coordinator: **Janice Laface 545-7289** at Alexis Park School; Don Wilcox at SD 22 542-3331.

- **Teen Junction:**

Provide free hot suppers Tues and Sat (staff cook and kids may help). Bagels served on Wed. Youth kitchen kids cook once per month learning how to cook more economically than fast food and eat together. Teen Junction Centre main line: 275-3117. Contact Michelle Freebirt for the suppers: cell **307-4581**.

- **Vernon Women's Centre:** Light snack available. Open Tuesday, Wednesday, Thursday, 10am to noon and 1pm to 4pm. Offer a cooking on a budget program. Women cook and eat together Tuesdays—ongoing. 3309 - 32 Ave. Contact person Elizabeth (Liz) Lugandi: **542-7531**

- **Cammy LeFleur Street Outreach Nurse Program:** Weekly free vitamins for community members who have difficulty accessing mainstream health services. No food. Call **545-3572**. Contact person Kathleen Elliman.

- **Gateway Shelter:** Provide a bag lunch for working men and women who are staying at the shelter; otherwise directed to eat at the Upper Room Mission. Contact: Kelly Fehr **542-4041**.

- **Shop Smart Tours:** Offered by Save-On store (free with 5000 SOM points redeemed or \$14.99 with no points redeemed). Ask to have low-cost, nutritious choices highlighted. Register ahead at **542-8825**.

Food Action Society of the North Okanagan

works to improve food security and envisions a community where all members have access to an abundance of food in a thriving local food system.

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 Shirley Fowler **546-3732** or flowerpot@telus.net