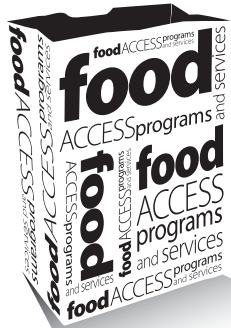


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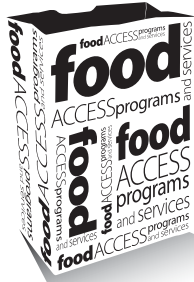


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This listing provides an overview of food access programs and services in York Region. Information is current as of June 2010. For up-to-date information or directions, please call the phone numbers listed.

General	Contact Information	Description
York Region Community and Health Services <i>Health Connection</i>	1-800-361-5653 www.york.ca/ healthconnection	York Region Community and Health Services <i>Health Connection</i> is a free and confidential health information/education telephone service. Public health nurses, sexual health nurses and health inspectors provide current health information, support and counselling for your individual health-related concerns and questions.
EatRight Ontario	1-877-510-5102 www.ontario.ca/eatright	EatRight Ontario is a free and confidential service on nutrition, food and healthy eating information. Registered dietitians can be contacted directly via the website or toll-free number to provide nutrition advice to individuals and families.
YorkLink	www.yorklink.org	This online and hard-copy directory connects York Region residents with over 700 community service providers and government agencies in the region.
York Region Food Network	905-967-0428 or 1-866-454-9736 www.yrfn.ca	A charitable organization dedicated to reducing and eliminating hunger in York Region. Initiatives include community gardens, community kitchens, regional food drive coordination, public education programs, and awareness campaigns.
York Region Street Outreach Van	1-866-553-4053	Program designed to assist homeless, or those at risk, to find shelter, food, clothing and health care. Needle exchange and mental health assessments are provided. The van is on the streets seven days a week from 2:00 p.m. - 9:00 p.m.

Youth Programs	Contact Information	Description
Home Base (Pathways)	905-884-3070 10944 Yonge Street (N. of Elgin Mills near Bernard) www.pathwaysyorkregion.org	A youth drop-in recreational centre providing food and clothing as well as assistance finding housing. Help with job search, support groups and counselling is also available. Open: Monday - Thursday 12:00 p.m. - 8:00 p.m. Friday 11:00 a.m. - 7:00 p.m.
Sutton Youth Multi-Service Centre Sutton	905-722-9076 20898 Dalton Road www.suttonyouthshelter.ca	Emergency shelter and transitional housing for homeless youth. Also provides recreational and instructional programs.
York Region Youth Shelter Newmarket	905-830-0121 1-888-554-5525 835 Gorham Street	Provides emergency shelter beds, meals, supervision, informal counselling and life skills programs for male youth 16 to 26 years old. Length of stay is up to four months.
Women's Services	Contact Information	Description
ABC - All Babies Count Keswick and Newmarket	905-853-5514 or 1-877-516-3715	A nutrition program for moms-to-be. Provides snacks, a small meal and take-home groceries. Programs run on:
Richmond Hill	905-883-6901 ext. 353	Mondays – Newmarket
Woodbridge	1-866-404-2077	Tuesdays – Keswick
Markham	905-471-1620	Wednesdays – Woodbridge and Richmond Hill Thursdays – Markham
Rose of Sharon Services for Young Mothers Newmarket	905-853-5514 or 1-877-516-3715 361 Eagle Street www.therose.ca	Programs designed to meet specific needs and interests of young mothers and their infant to preschool-aged children. Provides educational and support services to clients. Food bank and donation room available for clients. Open: 8:30 a.m. to 4:30 p.m.
Sandgate Women's Shelter of York Region Georgina	905-722-3220 or 1-800-661-8294	An emergency shelter for abused women and their children. Equitable organization equipped to serve all women. Community kitchen is held for Sandgate clients.
Yellow Brick House	1-800-263-3247 www.yellowbrickhouse.org	Provides shelter, counselling and support services to abused women and their children. Services also include parenting, children's program and follow-up. Public education provided to the community on issues of violence against women.
Women's Centre of York Region Newmarket	905-853-9270 120 Harry Walker Parkway www.wcyr.ca	Offers individual counselling and group programs to women in transition and needing support. Onsite supplemental food program and clothing exchange are available to clients. Open : Monday - Thursday 9:00 a.m. - 4:30 p.m. Friday by appointment only

Food Banks	Contact Information	Description
Aurora Food Pantry	905-841-1577 350 Industrial Parkway South Unit 101 Aurora	Open: Saturdays 9:00 a.m. - 3:00 p.m. 2nd and 4th Thursday of the month 6:00 p.m. - 8:00 p.m.
Georgina Community Food Pantry	905-476-1803 110 High Street Sutton West	Open: Thursdays 6:00 p.m. - 8:00 p.m. Fridays 9:00 a.m. - 1:00 p.m.
Humanity First Canada	416-440-0346 245 Bowes Road, Concord (Hwy 7/Keele)	Provides non-perishable foods to individuals, and families in need. Please phone for hours of operation and to make arrangements to receive the food. Delivery provided to those who do not have their own transportation.
King Township Food Bank	905-806-1125 www.kingtowshipfoodbank.ca ktfoodbank@gmail.com	Provides pre-packaged food hampers on the last Saturday of each month.
Markham Food Bank	905-472-2437 70 Main Street North (behind Village Shoppes)	Open: Tuesdays 6:30 p.m. - 8:30 p.m. Thursdays 12:30 p.m. - 2:30 p.m. Saturdays 9:00 a.m. - 11:00 a.m.
Mount Albert Food Pantry	905-473-2562 Mount Albert United Church 41 Alice Street	Open: Last Wednesday of the month 2:00 p.m. - 6:00 p.m.
Newmarket Food Pantry	905-967-0428 510 Penrose Street	Open: Mondays 9:30 a.m. - 11:30 a.m. Wednesdays 9:00 a.m. - 11:00 a.m. Fridays 9:30 a.m. - 11:30 a.m. Every second Tuesday of each month 6:00 p.m. - 7:30 p.m.
Richmond Hill Community Food Bank	905-508-4761 55 Newkirk Drive – Side Door (North of Major Mackenzie, east side of Newkirk)	Open: Monday - Friday 9:00 a.m. - 11:45 a.m.
Vaughan Food Bank	905-851-2333 71 Marycroft Avenue, Unit 8 Woodbridge (Hwy 7 and 400)	Open: Thursdays 10:00 a.m. - 4:00 p.m. Fridays 10:00 a.m. - 4:00 p.m.
Whitchurch/Stouffville Food Bank	905-640-4704 Churchill Baptist Church 15336 Ninth Line, Stouffville (Aurora Road and 9th Line)	Open: Tuesdays 9:30 a.m. - 12:00 p.m.
Community Meals	Contact Information	Description
Martha's Table Aurora	905-727-5011 St. Andrew's Presbyterian Church 32 Mosely Street (at Victoria)	A free lunch of hot soup, sandwiches and dessert is offered every Thursday from 10:30 a.m. - 1:30 p.m. All are welcome.

Community Meals	Contact Information	Description
Seniors' Lunch Aurora	905-726-4767 Aurora Seniors' Centre 5 Municipal Way	Provides a light lunch every Wednesday for seniors in the community. During summer, provides barbeque on Thursdays. Cost is \$4.00 for non-members. Open from 12:00 p.m. - 1:00 p.m. Please call to make reservations.
Welcome Table Aurora	905-727-6101 Trinity Anglican Church 79 Victoria Street (E of Yonge, near Aurora Library)	Offers a warm meal, friendship and community spirit every Wednesday from 5:30 p.m. - 7:00 p.m. The church's clothing outlet for women and children opens at this time. Held on alternate Wednesdays from 6:00 p.m. - 7:30 p.m.
Friday Lunch Club Jackson's Point	905-722-3059 Georgina Salvation Army 1816 Metro Road	Offers free food, fun, fellowship and friendship every Friday from 11:30 a.m. - 12:30 p.m.
The Gathering Place Keswick	905-476-5532 Keswick United Church 177 Church Street	An opportunity for people to gather for fellowship and a relaxed free meal. Program runs on Thursdays from 5:00 p.m. - 6:30 p.m.
Community Dinner Sutton	905-722-3544 St. Andrew's Presbyterian Church 20858 Dalton Road	Offers a free community dinner on Tuesdays from 5:00 p.m. - 6:15 p.m. All are welcome.
Dinner Club Richmond Hill	905-884-3005 ext 30 Community Church 45 Crosby Avenue (N of Yonge and Major Mackenzie)	Provides affordable dining on the first and third Friday of the month at 6:30 p.m. A full course meal including soup, entrée, and dessert costs \$6.00 per person. Please call ahead to reserve a seat.
Lunch with Grace Markham	905-294-3184 Grace Church 19 Parkway Avenue (Near GO Station, E of Hwy 48)	This meal program is open to anyone who would like to attend. It is held at 12:00 p.m. on the 3rd Tuesday of the month. Program closed in July, August and December.
Community Bread on Main Newmarket	905-898-4137 St. John Chrysostom Church 432 Ontario Street (at Main St)	A drop-in meal program for community members in need. Held in the Parish Hall, with entrance on Main Street. Program held on Mondays, beginning at 5:00 p.m. with dinner served from 5:30 p.m. - 6:30 p.m.
Lunch At My Place (LAMP) Newmarket	905-895-4851 Trinity United Church 461 Park Avenue (at Main)	A drop-in hot lunch program for those in need. Held on Tuesdays from 12:00 p.m. - 1:00 p.m. Program closed in July and August.
Crosslands Community Dinner Newmarket	905-868-9920 776 Davis Drive Tenatronics Building (Davis Dr. and Alexander Rd.)	A drop-in program to provide social support and a meal for those in need. Held on Thursdays from 4:30 p.m. - 6:30 p.m. Program closed in July and August.

Community Meals	Contact Information	Description
Valley View Community Dinner Newmarket	905-830-9619 776 Davis Drive Tenatronics Building	A drop-in program to provide social support and a meal for those in need. Held on Sundays from 4:00 p.m.-6:00 p.m. Program open all year round.
Community Dinner Keswick	905-476-4548 Keswick Christian Church 2 Old Homestead Road	Free monthly dinner for the community the last Wednesday of each month from 5:00 p.m. - 7:00 p.m.
Shelter Programs	Contact Information	Description
Blue Door Shelters	905-898-1015 1-888-554-5525 18838 Yonge Street www.bluedoorshelters.ca	Provides supportive and emergency housing services to homeless people or to people at risk of becoming homeless. Offers referrals, informal counselling, and support to enable individuals and families to resolve their immediate housing needs. Meals provided to all residents.
Inn from the Cold Newmarket	905-895-8889 510 Penrose Street www.innfromthecold.ca	Emergency shelter, food and comfort are provided to those in need in the context of compassion and respect. The program runs from December to March and is open on Thursday to Monday nights and when the temperature drops below -15°C. Light dinner and breakfast are served.
Mosaic Interfaith Out of the Cold	416 948 6682 www.miotc.ca	Provides emergency overnight shelter, meals and support services from November to April and runs on Monday, Tuesday, Wednesday, Thursday and Friday nights from 4:30pm to 7:30am. Shelters are located at various faith community centres in Markham, Thornhill, and Vaughan. Locations change each night. Call or visit the website for information on times, locations and potential transportation. Shelters are open to men and women over the age of 17.
Other Meal Programs	Contact Information	Description
Canadian Mental Health Association New Directions Social Recreation Program	905-853-8477 1-866-208-5509 www.cmha-yr.on.ca Aurora, Markham, Keswick, Newmarket and Bradford	Designed to serve individuals diagnosed with mental health concerns. Cooking classes and other programs are available through the New Directions Social Recreation Program across the region. Cost is typically \$1.00-\$3.00. Call for details or check the website for program dates.
Meals on Wheels CHATS (Community Home Assistance To Seniors)	1-877-452-4287 or 905-713-6596 www.chats.on.ca	Meals are available to help seniors to remain independent in their own homes. Entrees cost \$5.45 each. Soups, desserts and snacks cost \$2.10 each. All foods arrive frozen for final heating in the client's home. Meals are delivered once a week and must be ordered in advance. Special diets (health, minced and pureed) available on request.

Other Meal Programs	Contact Information	Description
York Region Food for Learning	905-895-4512 ext 4397 or 1-800-735-6625 ext 4397 www.foodforlearning.com	Food for Learning supports breakfast and snack programs in some York Region schools. Please call for program locations.
Gardening and Fresh Produce Programs	Contact Information	Description
Backyard Gardening (York Region Food Network)	905-967-0428 or 1-800-454-9736 ext. 203	Kits are provided with seeds and/or plants, a trowel and “how to” instructions for backyard gardening on a referral basis for low income residents living in Georgina.
Community Gardens (York Region Food Network)	905-967-0428 or 1-800-454-9736 ext. 203	Small plots of land are available free to residents in Newmarket, Aurora and Markham who want to grow their own food. Open to all gardeners.
St. Paul’s Community Garden Richmond Hill	905-884-6915 or 905-660-5309 c/o St. Paul’s Lutheran Church, 10131 Bayview Avenue	Hosted by St Paul’s but managed separately. Open to all gardeners. Plot availability varies and gardening fees may apply. Individuals are asked to grow one row of food for community members in need.
Fresh Food Partners Gleaning Program	905-895-4512 ext. 4339 or 1-800-735-6625 ext. 4339	The gleaning program allows community members living on a limited income to pick fresh vegetables and fruit at no cost. Program runs from June to November. Picking times are determined by crop availability.
Faith Organizations	Contact Information	Description
Salvation Army Georgina Newmarket, Aurora & area (Bradford, East Gwillimbury, Mount Albert, Queensville, Sharon) Markham Richmond Hill	905-722-3059 1816 Metro Road, Jackson’s Point 905-895-6276 Northridge Services 415 Pickering Crescent, Newmarket 905-471-1038 9329 McCowan Road 905-737-0496 55 Newkirk Road – Front Door (North of Major Mackenzie, east side of Newkirk)	Provides a range of services to families and individuals including emergency food and clothing.
Unionville Alliance Church The Master’s Pantry and Free Store Markham	905-477-1104 ext. 230 4898 Sixteenth Avenue	A food and clothing bank is available on the first and third Saturday for community members in need. A light breakfast is served at 9:00 a.m. The store opens from 9 a.m. – 12:00 p.m.

Faith Organizations	Contact Information	Description
St. Vincent de Paul Society	Please call your local Catholic church for information	An organization which exists in most Catholic church parishes to assist and meet the needs of people on a low income. Food vouchers may be provided for those in emergency situations.
Welcoming Arms Aurora	905-726-1483 44 Metcalfe Street (behind Trinity Anglican Church)	The Outreach centre provides guidance and emergency food vouchers and basic toiletry items, once a month for residents of Aurora. Call for more information. Open: Mondays 10:00 a.m. - 2:00 p.m. Wednesdays 7:00 p.m. - 9:00 p.m. Thursdays 10:00 a.m. - 2:00 p.m.



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If you have any changes or suggestions
for this guide, please call York Region
Community and Health Services at
1-800-735-6625 ext. 4339
TTY: 1-866-252-9933

For more information visit the
Nutrition Services website:
www.york.ca/nutrition

June 2010

