



# Food Access Inventory

## *Lanark County*

***October 2009 – October 2010***

## ***Food Access Inventory - Lanark County October 2009 – October 2010***

Food security, or access to healthy food, is a basic determinant of health. Hunger and lack of food security are directly associated with poverty. Low socio-economic status related to income, education, and occupation is the major determinant of poor health. In 1993, the Ontario Public Health Association defined food security as, “People have food security when they can get enough food to eat that is safe, that they like to eat, and that helps them to be healthy. They must be able to get this food in ways that make them feel good about themselves and their families.” People who live in poverty and isolation are at greater risk for acute and chronic disease due to lower levels of education, lower levels of social support, and environmental factors. The lack of access to healthy food means that they are at greater risk of illness and malnutrition.

As a way to address the issue of food security in Lanark County, the Leeds, Grenville, and Lanark District Health Unit provides a directory of services available for residents who are in need of access to healthy food. An inventory of services currently available to meet the food security needs of people living in Lanark County can be grouped into three general categories:

### **1. *Emergency Food Programs***

A number of people access services that fall into the emergency food program category (see table 1). These programs include food banks, soup kitchens, and grocery vouchers. These programs report that generally they have not had to turn away anyone in genuine need, although people are limited in the number of times they can ask for help. Conversely, it is difficult to estimate how many people in need do not ask for help or are not aware of the services available to them.

For pregnant or lactating women who access these services, they rarely receive special consideration to meet their additional nutritional needs nor are they permitted to access the service more often. However, mothers who have chosen to bottle-feed receive formula when available.

Food banks have become permanent fixtures in our communities. Food banks and other emergency food services are only designed to help people meet their short-term food needs. Regular users are not likely to meet their nutritional needs through this food supply. Long-term costs to society of reliance on emergency food programs include disempowerment, malnutrition, chronic disease, and chronic poverty. This is especially true for people with special needs such as growing children, pregnant and lactating mothers.

## **2. Food Action and Skill Development Programs**

These programs allow participants to help themselves by providing an opportunity to learn new skills, gain knowledge, benefit from social support, and build self-esteem.

In the past, schools introduced youths to information about food, nutrition and basic food preparation skills. However, this is no longer the situation. Instead very little is taught in elementary schools and even less in high schools since the family studies course is optional. The increase in the percentage of mothers in the work force means that many children are not learning basic life skills, including how to prepare food.

Providing food action and skill development programs are important to provide individuals with skills and knowledge so that they may take steps to provide food for themselves and their families. Currently in Lanark County there is an insufficient number of food action and skill development programs (see table 2). It is clear these programs need to be expanded and new programs developed in a variety of convenient locations. To be successful these programs must assist with transportation needs and provide childcare services.

## **3. Food Support Programs**

These programs serve primarily seniors, the disabled, and the housebound. Generally, these programs offer participants a low cost meal and an opportunity to socialize. They consist mainly of Meals on Wheels, Diner's Clubs, and the Good Food Box programs. Many of the programs can help arrange transportation to external events and will provide home delivery of food to ensure that no one misses out.

The Food Access Inventory for Lanark County is updated on an annual basis. We are always open to comments and suggestions, and would love to hear of other food security programs in Lanark County.

For more information, please contact:

Leeds, Grenville & Lanark District Health Unit  
458 Laurier Blvd.  
Brockville, ON K6V 7A3  
Phone: (613) 345-5685  
Fax: (613) 345-2879  
Health Action Line: 1 (800) 660-5853

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**Table 1: Emergency Food Programs**

<b>Agency</b>	<b>Population Served</b>	<b>Scope of Service and Details</b>
<p><b>Lanark County Food Bank</b> 5 Allan Street Carleton Place, ON K7C 1T1</p> <p>Phone: 613-257-8546 Fax: 613-253-0479 Contact: Nadine Kennedy</p>	<p>Carleton Place, Almonte, Franktown, Clayton, Innisville, Beckwith Township, and Pakenham</p>	<p><b>Food Bank:</b> Open Monday to Friday, 9:00 a.m. to 1:00 p.m. Provide emergency food hampers to those in need of food (hampers provide about 3 days worth of food). Clients can access the food bank once every 30 days. (Arrangements can be made for delivery of food to those without access to transportation in Almonte only).</p>
<p><b>Lanark Highland Food Pantry</b> <b>Held at: St. Andrews United Church</b> P.O. Box 41 Lanark, ON K0G 1K0</p> <p>Phone: 613-259-3380 Phone: 613-259-2457 Contact: Helen Campbell</p>	<p>Lanark village to Hwy #7 (In Perth) to Clayton, to Renfrew County Line, also Sharbot Lake village line and Snowroad Station</p>	<p><b>Food Pantry:</b> Tuesday 1:00 p.m. to 4:00 p.m. Thursday: 1:00 p.m. to 4:00 p.m.</p> <p>Once clients are registered they can access the food pantry 2x/month. Non-perishable food items, some household items available.</p> <p><b>Thrift Store hours:</b> Tuesday – Saturday 10:00 a.m. to 3:00 p.m.</p>
<p><b>Merrickville District Community Health Centre</b> 354 Reid Street P.O. Box 550 Merrickville, ON K0G 1N0</p> <p>Phone: 613-269-3400 ext. 286 Contact: Pam Barrett</p> <p><a href="http://www.mdchc.on.ca">www.mdchc.on.ca</a></p>	<p>Merrickville &amp; area, Wolford, parts of Elizabethtown-Kitley, Montague, Augusta, North Grenville and Burritt's Rapids</p>	<p><b>Emergency Food Cupboard:</b> Tuesday and Thursday 1:00 p.m. to 3:00 p.m. Can only access 1x/month. No cost, available to anyone in need within area. Non-perishable foods only, rely on community and business donations, depends on availability.</p> <p><b>Vouchers:</b> \$10 for use at Foodtown.</p>
<p><b>Perth &amp; District Food Bank</b> <b>91A Drummond Street, West</b> Perth, ON K7H 2S9</p> <p>Phone: 613-267-6428 Contact: Director of Operations</p> <p><a href="http://www.perthfoodbank.com">www.perthfoodbank.com</a></p>	<p>Perth and District – up to Sharbot Lake to Westport and up to North of Lanark. Does not include Carleton Place and Smiths Falls postal codes.</p>	<p><b>Food Bank:</b> Monday 1:00 p.m. to 3:00 p.m.; Wednesday 5:00 p.m. to 7:00 p.m. and Friday 1:00 p.m. to 3:00 p.m. Call if you are ill for an appointment. Transportation available on Friday from Salvation Army. To qualify you must be a resident of the geographical area. ID will be required.</p>

<b>Agency</b>	<b>Population Served</b>	<b>Scope of Service and Details</b>
<p><b>Salvation Army- Smiths Falls</b> 243 Brockville Street Smiths Falls, ON K7A 4Z5</p> <p>Phone: 613-283-3563 Contacts: Symone Rombough Major Brian Fuller</p> <p>Mailing address: P.O. Box 381 Smiths Falls, ON K7A 4T2</p>	<p>Smiths Falls and surrounding area to Toledo. Leeds, Grenville &amp; Lanark. Carleton Place included.</p>	<p><b>Food Bank:</b> Monday, Tuesday &amp; Thursday, 10:00 a.m. to 12:00 noon. Some documentation required for screening. ID and proof of income requested. No cost. Families can come to church to pick up non-perishable foods and for food vouchers (depending on circumstances). Extra supplies will be given to pregnant women if available. Families with babies will receive baby food and formula, as it is available.</p> <p><b>Lunch Program:</b> Friday's 11:30 a.m. to 1:30 p.m. No cost.</p>
<p><b>Salvation Army – Perth</b> 40 North Street Perth, ON K7H 2S9</p> <p>Phone: 613-267-4652 Contact: Rev Shirley Abrahamse Bradley</p>	<p>Some Leeds &amp; Grenville communities Including Lombardy, Portland, Elgin, Newboro, Westport, Crosby, Lanark County and Northern Frontenac County.</p>	<p><b>Emergency Food Hours:</b> Monday to Friday 10:00 a.m. to 2:00 p.m. Identification required. Clothing, household articles, cooking utensils also available.</p> <p><b>Noon Lunch Program:</b> Monday to Friday 11:00 a.m. to 12:30 p.m. and Sunday dinner 5:30 p.m. No cost.</p>
<p><b>Tay Rideau Food Bank</b> 93 Russell Street East Smiths Falls, ON K7A 4T2</p> <p>Phone: 613-283-6695 Contact: Sylvia Davis</p>	<p>Lanark County, Smiths Falls and surrounding areas</p>	<p><b>Food Bank:</b> Tuesday, Wednesday and Friday - Fall hours starting September 3rd (1:00 p.m. to 3:00 p.m.) Summer Hours July &amp; August (9:30 a.m. to 11:30 a.m.)</p> <p>Three day supply of food once per month, and based on their needs. For example, if pregnant, may receive extra milk. Families must bring ID. Non-perishable food. Families with babies can get baby food, formula and diapers. Produce (vegetables and fruits) in summer generally on hand. Seasonal vegetables available. Also supply children's snacks for school such as pudding, juice box, cookies, cereal bars.</p>
<p><b>Good Food Box</b> 19 Abbott Street Smiths Falls, ON K7A 4S3</p> <p>Contact Information: Debbie Doe: 613-293-7996 Betty Laronde: 613-283-1490 Or Serreh Koeslag, SF CHC Phone: 613-283-1952 ext 136</p>	<p>Smiths Falls and surrounding area</p>	<p><b>Good Food Box:</b> Smiths Falls Lions Club on Wednesdays between 11:00 a.m. to 1:00 p.m. or The Smiths Falls Community Health centre on Monday's from 10:00 a.m. to 12:00 noon, Tuesday from 2:00 p.m. to 4:00 p.m. or Thursday from 4:00 pm. to 7:00 p.m.</p> <p>All orders must be received before the 2<sup>nd</sup> Wednesday of every month, and all orders must be paid full in cash at time of ordering. Orders are to be picked up on the 3<sup>rd</sup> Tuesday of every month. Please bring your own box or bags to carry your produce home.</p>

**Table 2: Food Action and Skill Development Programs**

<b>Agency</b>	<b>Population Served</b>	<b>Scope of Service and Details</b>
<p><b>Connections Programs for Families</b>            30 Bennett Street, Unit 2            Carleton Place, ON K7C 4J9</p> <p>1(888) 284-2204            Contact: Joanne Harris -Leeds and Grenville            Maureen Hampton -Lanark (ext. 104)</p> <p><a href="http://www.connectionsprogram.ca">www.connectionsprogram.ca</a></p>	<p>Lanark County – specifically Perth, Smiths Falls, Carleton Place and Almonte areas.</p>	<p><b>“Good Food for a Healthy Baby”</b> targeted at pregnant women and mothers with infants up to 3 months of age. Program offered once per week in Smiths Falls, Carleton Place, and Perth twice a month. No cost. Every 2<sup>nd</sup> week participants learn to cook a new recipe. Also have guest speakers. Service also provided by public health nurse and dietitian. Prenatal vitamins are also given.</p> <p><b>Food Vouchers:</b> Receive \$10 every week for prenatal.</p> <p><b>Good Food Groups:</b></p> <ul style="list-style-type: none"> <li>• Smiths Falls -Tuesday 11:00 a.m. to 1:00 p.m. at 1<sup>st</sup> Baptist Church.</li> <li>• Carleton Place - Thursday 2:00 p.m. to 4:00 p.m. at 30 Bennett Street, Carleton Place.</li> <li>• Perth - 2<sup>nd</sup> &amp; 4<sup>th</sup> Thursday of month 10:00 a.m. to 12:00 noon at St. James Church.</li> </ul> <p><b>Parent &amp; Child’s Group Cook Week:</b></p> <ul style="list-style-type: none"> <li>• Smiths Falls – Last Monday of the month 10:00 a.m. to 12:00 p.m.</li> <li>• Perth – Last Tuesday of the month 9:30 a.m. to 11:30 a.m.</li> <li>• Carleton Place – Last Thursday of the month 9:30 a.m. to 11:30 a.m.</li> </ul>
<p><b>Merrickville District Community Health Centre</b>            354 Reid Street P.O. Box 550            Merrickville, ON K0G 1N0</p> <p>Phone: 613-269-3400 ext. 233            Contact: Janine MacLeod</p>	<p>Merrickville and area, Wolford, parts of Elizabethtown-Kitley, Montague, Augusta, North Grenville and Burritts Rapids</p>	<p><b>Cooking Classes:</b> Cutting cost of cooking.</p> <p>For further information on programs/classes please contact the Merrickville District Community Health Centre.</p> <p><b>Community Kitchen:</b>            This is an opportunity for community members to expand their nutrition knowledge and enhance their cooking skills. The topics are determined by the participants.            First Tuesday of the month at Merrickville District Community Health Centre</p> <p><b>Guys Get Cooking: For Men Only</b>            This is an opportunity for men to expand their nutrition knowledge and enhance their cooking skills. The topics are determined by the participants.</p> <p>Last Thursday of the month at Smiths Falls Community Health Centre</p>

<b>Agency</b>	<b>Population Served</b>	<b>Scope of Service and Details</b>
<p><b>North Lanark Community Health Centre</b> 207 Robertson Drive Lanark, ON K0G 1K0</p> <p>Phone: 613-259-2182 Contact: Community Health Promoter</p>	<p>Lanark Highlands, North of Hwy 7 (As far as Maberly, not including Perth)</p>	<p><b>Cooking Groups:</b> Offered on an ongoing basis. Free instruction about how to cook inexpensive nutritious foods. Call if interested.</p> <p>For further information on available programs please contact the North Lanark County Community Health Centre.</p>
<p><b>Smiths Falls &amp; District Club for Youth</b> 41 Main Street, West, P.O. Box 861 Smiths Falls, ON K7A 4W7</p> <p>Phone: 613-284-1784 Email: <a href="mailto:sfdcy@smithsfalls.ca">sfdcy@smithsfalls.ca</a></p>	<p>Smiths Falls district</p>	<p><b>Snack &amp; Meal:</b> Youth will learn basic cooking and food safety skills while preparing a snack for their peers.</p> <p>Monday to Thursday, 2:00 p.m. to 5:00 p.m. Winter months. Summer months 1:00 p.m. to 5:00 p.m.</p> <p>For further information on programs, such as, Community Builders, Homework Club, Recreation Program, and other programs please contact the Smiths Falls &amp; District Club for Youth.</p>
<p><b>Youth Action Kommittee of Perth &amp; District (Old Perth Shoe Factory)</b> <b>1 Sherbrooke Street, East</b> <b>Perth, ON K7H 1A1</b></p> <p>Phone: 613-264-8381 <a href="http://www.yakyouth.ca">www.yakyouth.ca</a></p>	<p>Drummond-North Elmsley, Perth, Tay Valley, Lanark Highlands</p>	<p>Open Monday to Friday 3:00 p.m. to 9:00 p.m. YAK serves youth age 12-18 yrs old. YAK has a fully stocked kitchen and pantry. Youth are able to access the food pantry, take food home when necessary and cook healthy nutritious meals during evening hours. Weekly dinner and cooking classes. Activities, computers, TV and recreation space also available. Call or stop by for details on programs.</p>

**Table 3: Food Support Programs**

<b>Agency</b>	<b>Population Served</b>	<b>Scope of Service and Details</b>
<p><b>Mills Community Support Corporation – Home Support</b>                      67 Industrial Drive                      Almonte, ON K0A 1A0</p> <p>Phone: 613-256-4700                      Contact: Jeff Mills</p>	<p>Almonte, Ramsay, Mississippi Mills                      (Any area with 256 phone number prefix)</p>	<p><b>Diner’s Club</b> – Home Support office (1<sup>st</sup>, 4<sup>th</sup> Thursday of month), “Golden Oldies” at 12:00 noon, cost \$8.25.  <b>Supper Club</b> – Legion, Almonte, 3<sup>rd</sup> Monday of month at 6:00 p.m. cost \$8.25.  <b>Fit as a Fiddle</b> – Fitness and Nutritious Lunch for Seniors – Fridays at 12:00 noon at Almonte United Church, cost \$6.50 (\$3.50 for exercise).  <b>Lunch Bunch Club</b> – every 2<sup>nd</sup> Wednesday of month. Group of persons with physical disabilities meet at a different restaurant. No cost. Responsible for lunch meal cost. Transportation provided at a minimal cost.  <b>Lunch Program</b> – Almonte Home Support “music &amp; memories” lunch program. Offers fellowship, memory stimulation and caregiver relief. Held at the Home Support Office, 67 Industrial Avenue, Almonte.  <b>Other Services:</b> Friendly Visiting, Medical Transportation, Foot Care Clinics, Security Reassurance, Home Health &amp; Home Maintenance, Volunteer Hospice, Shopping Service for Seniors.  <b>Meals on Wheels Program:</b> 7 days week at noon.</p>
<p><b>Community Home Support Lanark County - Carleton Place</b>                      210 Bridge Street                      Carleton Place, ON K7C 3G9</p> <p>Phone: 613-253-0733                      Contact: Margaret Bourke or Doris Lantz</p>	<p>Carleton Place and Beckwith Townships to 7<sup>th</sup> line.</p>	<p><b>Meals On Wheels:</b> are available at 12:00 noon 5 days/week, cost \$6.00 each. Frozen meals are available 7 days/week at a cost of \$5.00/entrée; \$1.50/soup.</p> <p><b>Diner’s Clubs:</b></p> <ul style="list-style-type: none"> <li>• Friday 12:00 noon, at Home Support Office - \$8.00.</li> <li>• 2<sup>nd</sup> Wednesday of month at Beckwith Township Hall at 12:00 noon - \$10.00.</li> <li>• Last Wednesday of month at Carleton Place Arena at 12:00 noon - \$10.00.</li> </ul> <p><b>Other Services:</b> Friendly Visiting, Medical Transportation, Foot Care Clinics, Security Reassurance, Home Help &amp; Maintenance, Volunteer Hospice and income tax clinics.</p>

<b>Agency</b>	<b>Population Served</b>	<b>Scope of Service and Details</b>
<p><b>Community Home Support Lanark County - Pakenham</b>  P.O. Box 263  Pakenham, ON K0A 2X0</p> <p>Phone: 613-624-5647  Contact: John Carlisle</p>	<p>Pakenham to Almonte border and White Lake area</p>	<p><b>Meals On Wheels:</b> Frozen meals (no hot meals) delivered every Tuesday/Wednesday for seniors and physically and mentally disabled. \$4.50-entrée - \$1.30 soup and dessert.</p> <p><b>Diner's Club:</b></p> <ul style="list-style-type: none"> <li>• Tuesday 12:00 noon, Five Arches Lounge (Pakenham) end of September through April, \$4.00.</li> <li>• Meal Tickets – for seniors, \$5.00, for restaurants in Pakenham (Centennial Restaurant) and Arnprior (Brax Family Restaurant).</li> </ul> <p><b>Other Services:</b> Friendly Visiting, Medical Transportation, Foot Care Clinics, Security Reassurance, Home Health &amp; Home Maintenance, Volunteer Hospice.</p>
<p><b>Community Home Support Lanark County - Lanark</b>  P.O. Box 20  207 Robertson Drive  Lanark, ON K0G 1K0</p> <p>Phone: 613-259-5412  Contact: John Carlisle</p>	<p>Lanark Highlands</p>	<p><b>Frozen Private Recipes:</b> Self-referral method. Call for frozen meal delivery every 2<sup>nd</sup> Friday of month - \$5.00 entrée, \$1.30 soup (no dessert). No tax. No transportation cost. Billed at end of month on how many ordered. Focus on seniors to be nutritionally balanced.</p> <p><b>Available options:</b> low salt, low fat, pureed, minced, diabetic, renal, vegetarian, gluten-free and lactose free.</p> <p><b>Diner's Club:</b></p> <ul style="list-style-type: none"> <li>• Foy Hall (Princess St., Lanark), first Wednesday of month at 12:00 noon - \$10.00.</li> </ul> <p><b>Other Services:</b> Friendly Visiting, Medical Transportation, Foot Care Clinics, Security Reassurance, Home Health &amp; Home Maintenance, Volunteer Hospice.</p>
<p><b>Rideau Valley Diabetes Services</b>  91 Cornelia Street, West  Smiths Falls, ON K7A 5L3</p> <p>Phone: 613-284-2558  Toll Free: 1-877-321-4500  Fax: 613-284-2591</p>	<p>Lanark area  For Leeds and Grenville see the Leeds, Grenville Food Access Inventory</p>	<p>See clients who have diabetes or pre-diabetes. Will see them individually and in classes. As part of our diabetes counselling, we cover nutrition issues related to healthy eating on a budget (as needed). As well, we conduct grocery store tours for healthy eating for diabetes and pre-diabetes management. This also includes tips for eating well on a budget.</p>

<b>Agency</b>	<b>Population Served</b>	<b>Scope of Service and Details</b>
<p><b>Community Home Support Lanark County - Perth</b> 23 Wilson Street West Perth, ON K7H 2M8</p> <p>Phone: 613-267-6400 Ext. 24 Contact: Suzanne Bourbonais</p>	<p>Perth and area</p>	<p><b>Meals On Wheels:</b> Hot meals available 5 days per week. Frozen meals available 7 days/week. Delivered at 12:00 noon to seniors and physically disabled. \$6.00 per meal, \$5 for frozen meal (subsidy available).</p> <p><b>Diner's Club:</b></p> <ul style="list-style-type: none"> <li>• Glad Tidings Church, 160 Wayside Drive, Perth, 3<sup>rd</sup> Wednesday of month at 12:00 noon, cost - \$10.00.</li> <li>• Support group with those with vision loss assistance luncheon call for details.</li> <li>• Small in-house Diners Club every Wednesday at 12:00 noon.</li> </ul> <p><b>Other Services:</b> Friendly Visiting, Medical Transportation, Foot Care Clinics, Security Reassurance, Home Health &amp; Home Maintenance, Volunteer Hospice. Parkinson's Support Group</p>
<p><b>Community Home Support Lanark County - Smiths Falls</b> 4 George Street Smiths Falls, ON K7A 1X4</p> <p>Phone: 613-283-6745 Contact: Nancy Andison</p>	<p>Smiths Falls, Merrickville, Kitley, Wolford, Montague, North &amp; South Elmsley.</p>	<p><b>Meals On Wheels:</b> Hot meals available for seniors 5 days per week in town and 3 days per week in rural areas (Mon., Wed., Fri.). \$5.00 per meal. Frozen meals also available on Fridays for weekend. Private recipes available. \$5.00 entrée &amp; \$1.50 soup.</p> <p><b>Diner's Club:</b></p> <ul style="list-style-type: none"> <li>• 4 George Street, every Thursday, transportation provided \$5.00.</li> <li>• Easton's Corners-Wolford Township Hall, 2<sup>nd</sup> Tuesday of month cost \$10.00.</li> </ul> <p><b>Other Services:</b> Friendly Visiting, Medical Transportation, Foot Care Clinics, Security Reassurance, Home Health &amp; Home Maintenance.</p>
<p><b>Lanark Highlands Youth Centre</b> 75 George Street Lanark, ON K0G 1K0</p> <p>Phone: 613-259-2012</p>	<p>Lanark and surrounding areas</p>	<p><b>Cooking program for youth ages 11-19; Friday nights 5 p.m.</b></p> <p>This program teaches basic food preparation skills and how to make healthy choices when preparing meals.</p>