



Food Access Inventory

Leeds & Grenville Counties

October 2009 – October 2010

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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 Leeds & Grenville Counties, 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 Leeds & Grenville 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 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 Leeds & Grenville Counties 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 Leeds & Grenville Counties 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 Leeds & Grenville Counties.

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

Table 1: Emergency Food Programs

Agency	Geographical Area Served	Scope of Service and Details
<p>Athens Ministerial Food Bank –Lion’s Club Free Methodist Church 58 Elgin Street, North Athens, ON K0E 1B0 Contact: Shirley Mainse Phone: 613-924-2625</p>	<p>Athens to Toledo, Forthton and Delta</p>	<p>Food Vouchers: Mondays from 10:00 a.m. to 12:00 noon (except holidays.) \$30 - \$60 food vouchers available once per month, no cost. Need referral and application filled out to pick up vouchers. Can use voucher for any foods at Athens Food Town. Christmas hampers (non-perishable groceries, voucher and gifts for kids) also available. Will not call last year's list-must call yearly to register before the end of November.</p> <p>Pantry/Cupboard: Churches collect and store for emergency use.</p>
<p>Portland Food Bank Portland Community Hall (where old library was) 7 Queen St, at Colbourne Portland, ON K0G 1V0 Contact: Janice Myers: (613) 272-3658 Carolyn Long: (613) 272-5388</p>	<p>Portland and surrounding area</p>	<p>Food Bank: Open 1st and 3rd Monday of the month, 11:00 a.m. to 12:00 noon. Open to anyone in need once per month. No cost. Non-perishable foods only.</p> <p>Good Food Box: 3rd Tuesday of the month. Pick up at Country Roads Community Health Centre.</p>
<p>Delta Food Bank Delta United Church (side door of basement) Bying Street Delta, ON K0E 1G0 Contact: Claire Cowley 613-928-2761 Robert Rollins 613-928-2585</p>	<p>Rideau Lakes</p>	<p>Hours: 9:00 a.m. – 10:00 a.m. on the 2nd and 4th Tuesday of each month.</p> <p>Food Bank: available for those in need, non-perishable foods, available once a month or more depending on need.</p>
<p>Elgin Food Bank- Bethel Tabernacle Church Main Street (on corner of Hwy 15 & Water St.) 31 Water Street, West Elgin, ON K0G 1E0 Mailing Address: c/o Elgin Food Bank R.R. #1, Portland, ON K0G 1V0 Phone: 613-272-3339 Contact: Joan White, Coordinator</p>	<p>Rideau Lakes and Elgin area</p>	<p>Hours: 2nd & 4th Thursday of the month from 10:00 a.m. to 12:00 noon. Open monthly Sept-June. Open twice during July, and once in August. Recipe monthly with ingredients.</p> <p>Food Bank: Clients can access the food bank once a month or as necessary for emergencies. Non-perishable and frozen foods are sometimes available. Chicken available at Christmas. Special considerations are made for pregnant women and infants/children. Snack packs available.</p> <p>Call Lisa Brown at Guthrie House 613-359-1140. Can come to church during food bank hours and fill out application form (income tax returns required).</p>
<p>Food For All – Cardinal 618 King’s Hwy #2 (basement of library in Cardinal) Cardinal, ON K0E 1E0 Phone: 613-657-1967 Contact: Bonnie Gommert</p>	<p>Cardinal-Edwardsburg</p>	<p>Food Bank: Monday 12:00 noon to 4:00 p.m. and 1st Monday of the month 5:00 p.m. to 7:00 p.m. Identification and address required. Non-perishable foods available bread, milk, eggs meat and summer/fall, seasonable perishable foods available. Household products available.</p> <p>Baby Shelf – infants up to 1 year, on a weekly basis.</p>

Agency	Geographical Area Served	Scope of Service and Details
<p>Food for All – Prescott 136 Henry Street, West Box 1692 Prescott, ON K0E 1T0 Phone: 613-925-2444 (call during open hours) Contact: Bonnie Gommert www.foodforall@bellnet.ca</p>	<p>South Grenville Township</p>	<p>Food Bank: Tuesday, Wednesday, and Thursday 10:00 a.m. to 2:00 p.m. and Wednesday evening from 5:00 p.m. – 7:00 p.m. Not open on statutory holidays. Identification and address needed. Non-perishable foods, bread, milk, eggs, meats and in summer/fall seasonal perishables foods available. Household products available.</p> <p>Baby Shelve – infant to 1 year, access on a weekly basis.</p>
<p>Gananoque Food Bank Gananoque Legion, basement 55 King Street, East Gananoque, ON K7G 1E8 Phone: 613-382-4434 Contact: Audrey Jackson</p>	<p>Gananoque area: Howe Island: Leeds and the 1000 Islands; Boundaries: Gananoque, Lansdowne, Lyndhurst, Seeley’s Bay, and all areas in between.</p>	<p>Hours: Monday 9 a.m. to 11 a.m.; Thursday 1:00 p.m. to 3:00 p.m.</p> <p>Food Bank: primarily canned foods, fresh vegetables in season, packaged food, milk, bread, margarine, frozen meat, bar soap, toilet paper. Donated baby food, diapers available when needed. Clients can access the food bank once a month. Drop in with proof of income, receipts for rent utilities, etc. Will consider childcare expense.</p>
<p>House of Lazarus 2245 Simms Street P.O. Box 125 Mountain, ON K0E 1S0 Phone: 613-989-3830 Fax: 613-989-3830 Contact Person: Pauline Pratt www.houseoflazarus.org</p>	<p>Includes some areas in Leeds, Grenville & Lanark</p>	<p>Food Bank: Monday to Saturday 9:00 a.m. to 11:30 a.m.; Tuesday 5:30 p.m. to 7:30 p.m. Phone after hours if it is an emergency. Application process – proof of address, driver’s license, SIN or phone bill, etc. Available once/ month. Emergency allotment available (1/2 of regular). Annex Bldg. provides supplies such as household furnishings, bedding, dishes, etc.</p> <p>Thrift Shop: Monday to Saturday 9:00 a.m. – 12:00 noon</p>
<p>Merrickville District Community Health Centre 354 Reid Street P.O. Box 550 Merrickville, ON K0G 1N0 Phone: 613-269-3400 ext. 286 Contact: Pam Barrett www.mdchc.on.ca</p>	<p>Catchment area of Merrickville Community Health Centre, Wolford, parts of Elizabethtown, Kitley, Montague, Augusta, North Grenville, and Burritt’s Rapids</p>	<p>Emergency Food Cupboard: 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>Vouchers: \$10 for use at Foodtown.</p>
<p>Operation Harvest Sharing 2 Delhi Street Brockville, ON K6V 5W1 Phone: 613-342-0605 Fax: 613-342-1713 Contact: Joanne Sytsma myra.garvin@cogeco.ca</p>	<p>Brockville, Athens, Jasper, Mallorytown, Toledo, Lombardy, Lyn, Maitland, South Augusta, Merrickville</p>	<p>Food Bank: Tuesday to Friday 12:30 p.m. – 2:30 p.m., also 2nd Monday from 6:00 p.m. – 7:30 p.m. No cost. Need assessed on individual basis (i.e. single mother, welfare, disability, seniors, etc.) Quantity of food is increased for parents of babies. Baby food, diapers, and formula available. Food donated by community businesses, clubs, organizations, etc. In summer, donations from gardeners. Pick-up food in Brockville once per month; milk Sometimes non-perishable foods available.</p>

Agency	Geographical Area Served	Scope of Service and Details
<p>Roll Aid Centre Food Bank Seeley's Bay Legion P.O. Box 29, Bay Street Seeley's Bay, ON K0H 2N0 Phone: 613-387-3245 (Home # of contact) Contact: Donna Robinson, Coordinator</p>	<p>Township of Leeds & 1000 Islands and neighbouring areas.</p>	<p>Food Bank: Families can access once per month – 2nd Tuesday from 11:00 a.m. to 1:00 p.m., 2nd Thursday from 2:00 p.m. to 4:00 p.m. and 4th Tuesday of the month from 11:00 a.m. to 12:00 noon. Drop by during hours of operation. Individual need assessed through screening (financial expenses, income sources). Some arrangements can be made for groceries to be delivered to families in emergency need. Non-perishable and perishable foods, some household items. Some extra given to pregnant women & children. Formula available. Diabetic allowances. Donations from food drives or individual financial donations.</p>
<p>Salvation Army – Brockville Brockville Community Church 175 First Avenue, P.O. Box 751 Brockville, ON K6V 5W1 Phone: 613-342-5211 Fax: 613-342-5788 Thrift Store: 613-342-1616 Contact: Capt. Randy Gatza sabrockvillecfs@ripnet.com</p>	<p>Brockville and area, north to North Augusta, east to Iroquois, and west to Mallorytown.</p>	<p>Food Bank: Tuesday and Thursday 9:00 a.m. to 3:00 p.m. Canned, non-perishable food; sometimes perishable food. Do provide some formula, infant cereal, and diapers. Monday to Friday 8:30 a.m. to 4:30 p.m. for emergencies. Available on a 2-month basis.</p>
<p>Salvation Army – Gananoque Gananoque Care & Share Centre 120 Garden Street, P.O. Box 92 Gananoque, ON K7G 2T6 Phone: 613-382-3105 Fax: 613-382-8206 Contact: Dave Harvey david.harvey@salvationarmy.org</p>	<p>Gananoque, north to Smith Falls, South to St. Lawrence River, east to Mallorytown, west to Joyceville Road.</p>	<p>Emergency Food Bank and Food Pantry: Monday to Friday 10:00 a.m. to 2:00 p.m.</p> <p>Open to anyone in genuine need of food. Application required. Emergency assistance allow for 4 days; non-perishable foods in pantry. Some meat and other perishables.</p>
<p>Salvation Army – Kemptville 2 Oxford Street, West, P.O. Box 295 Kemptville, ON K0G 1J0 Phone: 613-258-3583 – Office Number Phone: 613-258-2496 – Thrift Store Fax: 613-258-2496 Contact: Stephanie Gilmer www.kemptvillesalvationarmy.com</p>	<p>Kemptville and area, from Burritts Rapids Road to the west; to Winchester to the east; to Spencerville to the south; and Ottawa-Carleton Twp line to the north.</p> <p>Spencerville, North Augusta, Burritts Rapids</p>	<p>Food Bank: Monday & Thursday 12:30 p.m. – 3:30 p.m. Must have proof of residence; screening process (interviews). Approximately three-day supply of food is given. Mostly non-perishable food; occasionally will have bread, milk, some meat; sometimes fresh produce, baby food, and diapers as donated.</p> <p>Thrift Store: Monday to Saturday 9:30 a.m. to 4:00 p.m. Offers clothing, house wares, books, etc., sometimes furniture if it is available.</p>
<p>Salvation Army – Perth 40 North Street Perth, ON K7H 2S9 Phone: 613-267-4652 Contact: Rev Shirley Abrahamse Bradley</p>	<p>Some Leeds & Grenville communities Including Lombardy, Portland, Elgin, Newboro, Westport, Crosby, Lanark County and Frontenac.</p>	<p>Emergency Food: Hours: Monday to Friday 10:00 a.m. to 2:00 p.m. as needed. Identification required. Clothing, household articles, cooking utensils also available.</p> <p>Noon lunch Program: Monday-Friday 11:00 a.m. to 12:30 p.m. and Sunday dinner 5:30 p.m. to 6:30 p.m. –No cost.</p>

Agency	Geographical Area Served	Scope of Service and Details
<p>St. Ann's Parish P.O. Box 43 230 Main Street, West Merrickville, ON K0G 1N0 Phone: 613-269-4220 Contact: Pat Shields</p>	<p>Wolford & Merrickville</p>	<p>Food Vouchers: \$20.00 food vouchers are available from the rectory if assistance is required. No application is required. Parishioners also donate articles of clothing, non-perishable food such as canned goods, cereals, etc. and St. Ann's Parish donates them to the Merrickville & District Community Health Centre.</p>
<p>Westport Food Bank- Located in the United Church's Basement P.O. Box 105 (corner of Church/Spring St) Westport, ON K0G 1X0 Phone: 613-273-6121 Contact: Bev Heyman, Coordinator Contact: Norman Lapoint 613-273-5289</p>	<p>Westport and Newboro</p>	<p>Food Bank: 2nd & 4th Thursday 10:00 a.m. to 12:00 noon. Available for use once per month. Non-perishable and frozen foods available. Serves pregnant women, infants and children. Snack-packs and formula available. Referral from social workers, schools, and other churches food banks. Donations come from food boxes in the church, donation boxes and grocery stores.</p> <p>Community Kitchen: Westport Free Methodist Church. Contact (613) 273-2141 for details.</p>

Table 2: Food Action and Skill Development Programs

Agency	Geographical Area Served	Scope of Service and Details
<p>Connections Programs for Families 30 Bennett Street, Unit 2 Carleton Place, ON K7C 4J9 Phone: 613-257-2779 1-888-284-2204 Contact: Joanne Harris -Leeds and Grenville – ext 113 Maureen Hampton -Lanark – ext 104</p> <p>www.connectionsprogram.ca</p>	<p>Leeds, and Grenville Counties</p>	<p>“Good Food for Healthy Baby”: Offered once per week in 6 different locations. Targeted at pregnant women and mothers with infants up to 3 months of age. No cost. Every 2nd week participants learn to cook a new recipe. Guest speakers. Other services are provided by public health nurse and dietitian.</p> <p>Food Vouchers: Receive \$10 grocery voucher every week and free prenatal vitamins as needed.</p> <p>Good Food Groups:</p> <ul style="list-style-type: none"> • Brockville on Monday 10:00 a.m. to 12:00 noon at St. John’s United Church (corner of King St. & Park St.), use the King Street entrance. • Kemptville on Tuesday 11:00 a.m. to 1:00 p.m. at Early Years Centre, 215 Sanders Street, Unit 207 • Prescott on Monday 1:00 p.m. to 3:00 p.m. at Early Years Centre, Central Public School, Hyde Street entrance.
<p>Country Roads Community Health Centre 4319 Cove Road P.O. Box 58 Portland, ON K0G 1V0</p> <p>Phone: 613-272-3302 ext. 237 1-888-998-9927 Contact: Cheryl English, RD</p> <p>www.crchc.on.ca</p>	<p>North Leeds including Rideau Lakes Township, Village of Westport, and western portion of Elizabethtown-Kitley Township</p>	<p>“What’s Cooking Community Kitchen”: 1x monthly in Elgin & Westport communities. Childcare and travel subsidies available. No cost.</p> <p>Parenting Education and Support for Families with children 0-6 yrs: Elgin, Delta and Portland. Free prenatal vitamins. Eligible families receive produce and milk voucher. Healthy meal or snack provided. Contact CRCHC for program details.</p> <p>“Cook Together” Session: Monthly at Depression Support group, no cost. Contact CRCHC for program details.</p> <p>Good Food Box Program – Fresh Fruits/Vegetables – order box and pay the first of the month. Pick up box from local community the 3rd Tuesday of the month.</p>
<p>Rideau Valley Diabetes Services 163 Ormond Street Brockville, ON K6V 2L2 Phone: 613-498-1555 Fax: 613-498-9922 Toll Free: 1-877-321-4500 Contact Person: Darlene McKay, RD ext 225 Email: Darlene@mdchc.on.ca Katelyn More, RD ext. 222 Email: katelynm@mdchc.on.ca</p>	<p>Leeds, Grenville area</p>	<p>RVDS provides services to adults with diabetes or pre-diabetes in Lanark, Leeds & Grenville counties. Services include: individual counselling, diabetes and pre-diabetes education classes. We conduct grocery store tours for healthy eating for diabetes and pre-diabetes management. As part of our counselling, we incorporate healthy eating on a budget. Other services include insulin initiation, blood glucose monitoring classes, as well, as cooking classes. Clients can be referred to us by their physician or they can self-refer.</p>

<i>Agency</i>	<i>Geographical Area Served</i>	<i>Scope of Service and Details</i>
<p>Kemptville Youth Centre 221 Prescott Street P.O. Box 1124 Kemptville, ON K0G 1J0</p> <p>Phone: 613-258-5212 Fax: 613-258-9223 Contact: Stacey Tenbult, Executive Director staceykyc@bellnet.ca</p>	<p>Kemptville</p>	<p>Cook Night Thursdays 5:00 p.m. to 8:00 p.m. Basic cooking and food safety skills.</p>

Table 3 – Food Support Programs

Agency	Geographical Area Served	Scope of Service and Details
<p>Country Roads Community Health Centre 4319 Cove Road P.O. Box 58 Portland, ON K0G 1V0 Phone: 613-272-3443 ext. 256 1-888-998-9927 Contact: Emily Beelen</p>	<p>North Leeds & area – including Portland, Westport, Athens, Lyndhurst, Elgin, Delta and Newboro</p>	<p>Good Food Box: – Fresh Fruits/Vegetables – order box and pay by the 7th of the month. Pick up box the 3rd Tuesday of the month. Open to all residents in the geographical area.</p>
<p>Grace United Church – Gananoque 120 Pine Street Gananoque, ON K7G 1C7 Phone: 613-382-2161 Contact:</p>	<p>Gananoque and surrounding area that the Food Bank covers.</p>	<p>Men’s Fellowship breakfast: Last Sunday of each month at 8.00 a.m. (not in July & August). Donation of a toonie to cover costs. Contact Ed Smith at (613) 382-5121. Potluck supper: For adult group held 4th Monday of the month at 6:00 p.m. No cost, basket for donating. Anyone welcome. Contact Jean McLean (613) 382-2698. Food Bank donation: On 3rd Sunday of month, church ask congregation to donate to food bank.</p>
<p>Kemptville & District Home Support 215 Sanders Street, Box 1192 Kemptville, ON K0G 1J0 Phone: 613-258-3203 Contact: Cheryl Brown</p>	<p>Municipality of North Grenville (Kemptville, Oxford-on-the-Rideau, South Gower, etc.)</p>	<p>Meals on Wheels: Frozen meals or hot meals – 3 course meal \$7.50; if sold separately, entrees \$5.00, soups \$1.35, desserts \$1.35. Frozen meals to rural areas within the geographical areas. Service for frail, elderly (65 yrs), adults (18 yrs) with physical disabilities. Monday-Friday heated meals available and frozen meals for weekends. Diner’s Club Luncheons: Wednesdays for \$9.00 for Home Support.</p>
<p>King’s Kitchen South Grenville District High School 1000 Edward Street Prescott, ON K0E 1T0 Phone:613-925-5340 Contact: Carole Casselman</p>	<p>Prescott area</p>	<p>Serves meals on a donation basis every Wednesday from 4:30 p.m. – 6:30 p.m. in the school cafeteria.</p>
<p>Loaves and Fishes Resource Centre 25 Front Avenue, West Suite 1A Brockville, ON K6V 4J2 Phone: 613-345-6498 Contact: Irene Selkirk loavesandfishes@bellnet.ca</p>	<p>Leeds & Grenville Counties</p>	<p>Low-cost meals: This is a restaurant that serves meals to anyone in need. Meals cost \$1.00, children under 10 eat free. Services available on Monday to Friday from 4:00 p.m.-6:30 p.m. Take out meals are also available from 6:30 p.m. Meals include: soup or salad, main course, dessert, coffee, tea, juice or milk. Will sell cards with 6 meals for \$5.00.</p>

Agency	Geographical Area Served	Scope of Service and Details
<p>S.A.I.L. (Services to Assist Independent Living) Gananoque 740 King Street, West Gananoque, ON K7G 2H5 Phone: 1-613-382-1175 1 (800) 561-8024</p> <p>Hours of operation: Monday to Thursday 9 a.m. – 4:30 p.m. Friday 9 a.m. – 4 p.m.</p> <p>Email: sail@bellnet.ca Website: www.sailonline.ca</p>	<p>Gananoque, Leeds & 1000 Islands, and Front of Yonge Township</p>	<p>Meals on Wheels: delivers 5 days/week for Town of Gananoque, weekend delivery can be arranged in special circumstances, 3-5 days/week for rural areas. Delivered at lunchtime. Available for seniors, adults with disabilities, adults convalescing. Meals are hot or frozen – costs are \$1.50 soup or dessert, \$4.00 entrée, \$5.25 entrée, soup or dessert, \$6.50 full meal. Foods available are vegetarian, texture modified meals and special diets. Hot or frozen.</p> <p>Diner's Club: Held bi-weekly in Gananoque on Tuesday (except statutory holidays). Alternate weeks a soup/sandwich lunch is served including dessert for \$5.00. The opposite week, a dinner is offered at noon consisting of an entrée, dessert, coffee or tea for \$7.50. Lunch usually has a guest speaker or entertainment. Need to call and reserve a spot; escorted transportation included in price.</p> <ul style="list-style-type: none"> • Seeley Bay: 3rd Wednesday of month at Fire Hall (2nd floor) • Gananoque Secondary School: alternate Tuesday of each month at 12:00 noon. • Lansdowne Community Bldg: 1st Tuesday of month • Mallorytown Legion: 4th Wednesday of month <p>Escorted Transportation: Volunteer driver to help people with grocery shopping, medical appointments; \$5 flat fee for local trips and .40/km out of town trips.</p>
<p>Salvation Army – Brockville Brockville Community Church 175 First Avenue, PO Box 751 Brockville, ON K6V 5W1 Phone: 613-342-5211 Fax: 613-342-5788 Thrift Store: 613-342-1616 Contact Person: Capt. Randy Gatza</p>	<p>Brockville and area, north to North Augusta, east to Iroquois, and west to Mallorytown.</p>	<p>Good Food Box: Consists of 10-15 items for \$15 of fruits and vegetables.</p> <p>Go to Brockville or Prescott Thrift Store to order – order by 2nd Thursday of the month; receive groceries by 3rd Tuesday; For Brockville orders pick up box at the church. For Prescott orders pick-up at the Thrift Store in Prescott. Boxes must be paid for at either store.</p>
<p>Seaway Christian Church 349 Churchill Road, Box 639 Prescott, ON K0E 1T0 Phone: 613-925-5840</p>	<p>Prescott, Augusta, Edwardsburg-Cardinal</p>	<p>Community Supper: A free community supper for those in need is held on the 4th Monday of each month.</p>

Agency	Geographical Area Served	Scope of Service and Details
<p>CPHC (Community & Primary Health Care) 333 California Avenue, Unit 12 Box 338 Brockville, ON K6V 5V5</p> <p>For Meal Information for all areas, Contact main line: 1-(800) 465-7646 Phone: 613-342-3693</p> <p>www.cphcare.ca</p>	<p>Lanark, Leeds, and Grenville Branch Serves all 3 counties.</p>	<p>Hot Meals on Wheels: Available in regions with minor differences. 8:30 a.m. to 4:30 p.m. Available for seniors and adults (18+) with physical or cognitive disabilities. Most meals are heart healthy, low salt. Special diets available: minced, pureed, diabetic and renal.</p> <p>Frozen meal standard for all regions. \$4.75 Entrée, \$1.50 Soup, \$1.50 Dessert; See specifics below per region differences.</p> <p>Diner's Club: Specific to each region. See below. Assessments made to determine need and most suitable location and service to meet needs. Entertainment sometimes available and included in price.</p>
<p>Athens: Jamie Chapman or Maria Millward</p> <p>613-924-1629</p>	<p>Athens and Elizabethtown</p>	<p>Meals on Wheels: Monday to Thursday, not available on Friday. Hot meals cost \$4.75. Frozen meals every 2 wks will be delivered, cost \$4.00, soup \$1.50, dessert \$1.50</p> <p>Diner's Club: Once per month \$8.00 Men's Breakfast: 3rd Friday of month, \$5.00</p>
<p>Cardinal & Prescott: Tracey Lirette</p> <p>613-925-3731</p>	<p>Maitland to Cardinal</p>	<p>Meals on Wheels: Monday to Thursday, Hot meals cost \$4.75. Frozen meals every 2 wks will be delivered, cost \$4.00, soup \$1.50, dessert \$1.50</p> <p>Diner's Club: 9 per month. Call for details.</p>
<p>Portland: Donna McKenna</p> <p>613-272-8014</p>	<p>Westport to Bolingbroke, Elgin, Delta, Portland, as far as Lyndhurst</p>	<p>Meals on Wheels: Frozen meals available. Diner's Clubs: Focus is on frail seniors and disabled in need for socialization. \$8 for the following 6 locations (11:30 a.m. – 1:30 p.m.)</p> <ul style="list-style-type: none"> • Bolingbroke ABC Hall: 3rd Tuesday of month. • Westport Free Methodist: 2nd Thursday of month. • Elgin Community Hall: 3rd Wednesday of month. • Forfar Community Hall: 4th Tuesday of month. • Portland: Country Roads CHC: 4th Thursday of month. • Delta Baptist Church: 2nd Friday of month.

R: May 2010