



Food Access Inventory

Lanark County

October 2011 – October 2012

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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 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 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
Health Promotion Department
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	Contact Information	Population Served	Scope of Service and Details
<p>Lanark County Food Bank 5 Allan Street Carleton Place, ON K7C 1T1</p>	<p>Nadine Kennedy 613-257-8546 Email : lanarkfoodbank@yahoo.ca</p>	<p>Carleton Place, Almonte, Franktown, Clayton, Innisville, Beckwith Township, and Pakenham</p>	<p>Food Bank Hours: Tuesday 9 a.m. to 1 p.m.; Wednesday 5 p.m. to 7 p.m., Thursday-Friday 9 a.m. to 12 p.m.</p> <p>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. (Delivery available upon request for Almonte)</p>
<p>Lanark Highland Food Pantry St. Andrew’s United Church 19 Clarence Street P.O. Box 41 Lanark, ON K0G 1K0</p>	<p>Helen Campbell 613-259-3380 Thrift Store 613-259-3285</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>Food Pantry Hours: Tuesday & Thursday, 1 p.m. to 4 p.m.</p> <p>Once clients are registered they can access the food pantry twice a month. Non-perishable foods items, some household items available.</p> <p>Thrift Store Hours: Tuesday-Saturday, 10 a.m. to 3 pm.</p>
<p>Merrickville & District Community Health Centre 354 Reid Street P.O. Box 550 Merrickville, ON K0G 1N0</p>	<p>Pam Barrett 613-269-3400 ext 286 www.mdchc.on.ca</p>	<p>Merrickville, Wolford, parts of Elizabethtown, Kitley, Montague, Augusta, North Grenville, Burritt’s Rapids</p>	<p>Emergency Food Cupboard: Tuesday, Thursday, 1 p.m. to 3 p.m. Can access once/month. No cost. Non-perishable foods only.</p> <p>Vouchers: \$10 for use at Foodtown.</p>
<p>Perth & District Food Bank 190 Gore Street, East Perth, ON K7H 1K3</p>	<p>Director of Operations 613-267-6428 www.perthfoodbank.com</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>Food Bank Hours: Monday, Thursday, Friday 12 p.m. to 3:30 p.m.; Wednesday 4:30 p.m. to 7 p.m.</p> <p>Delivery available, call between 10 a.m. and 2 p.m. Services only available to area residents. Proof of residency required.</p>
<p>Salvation Army 40 North Street Perth, ON K7H 2S9</p>	<p>Rev Shirley Abrahamse Bradley 613-267-4652</p>	<p>Perth and area; Leeds & Grenville communities including Lombardy, Portland, Elgin, Newboro, Westport, Crosby, Lanark County and Northern Frontenac County</p>	<p>Emergency Food Hours: Monday – Friday, 10 a.m. to 2 p.m. Identification required. Clothing, household articles, cooking utensils also available.</p> <p>Noon Lunch Program: Monday to Friday, 11 a.m. to 12:30 p.m. and Sunday dinner, 5:30 p.m. No cost.</p>

Agency	Contact Information	Population Served	Scope of Service and Details
Salvation Army 243 Brockville Street Smiths Falls, ON K7A 4Z5	Malcolm Cameron 613-283-3563 Mailing Address: Salvation Army Mississippi Rideau Lakes Core P.O. Box 381 Smiths Falls, ON K7A 4T2	Smiths Falls and surrounding area to Toledo, Leeds, Grenville & Lanark County; Carleton Place	Emergency Food Cupboard: By appointment only. Need to bring ID and proof of income. Pregnant women and families with babies may be eligible for extra food. Lunch Program: Monday & Friday, 11:30 a.m. to 1:00 p.m. No cost. Donations accepted.
Smiths Falls Community Food Bank 93 Russell Street, East Smiths Falls, On K7A 4T2	Carolyn Barr 613-283-6695	Lanark County, Smiths Falls and surrounding areas	Food Bank Hours: Tuesday, Wednesday, Friday, 1 p.m. to 3 p.m. Summer Hours: June, July & August, 9:30 a.m. to 11:30 a.m. Three day supply of food once per month, or base on need. Pregnant women may receive extra milk. ID required. Family with babies can get baby food, formula and diapers. Seasonal vegetables and school snack available.

Table 2: Food Action and Skill Development Programs

Agency	Contact Information	Population Served	Scope of Service and Details
Connections Program for Families 30 Bennett Street, Unit 2 Carleton Place, ON K7C 4J9	Maureen Hampton 1-888-284-2204 ext 104 www.connectionsprogram.ca	Lanark County – specifically Perth, Smiths Falls, Carleton Place and Almonte	“Good Food for a Healthy Baby” pregnant women and mothers with infants up to 3 months of age. Program offered once/week in Smiths Falls, Carleton Place and Perth twice a month. No Cost. Prenatal vitamins are available. Food Vouchers: \$10 every week for prenatal and 3 months postpartum. Good Food Groups: <ul style="list-style-type: none"> • Smiths Falls : Tuesday, 11 a.m. to 1 p.m., Smiths Falls Community Health Centre, 2 Gould St, Smiths Falls • Carleton Place, Thursday, 2 p.m. to 4 p.m. , 30 Bennett Street, Carleton Place • Perth, 2nd & 4th Thursday, 10 a.m. to 12 p.m. at St. James Church, 12 Harvey Street, Perth Parent & Child’s Group Cook Week: <ul style="list-style-type: none"> • Smiths Falls, Last Monday of the month, 10 a.m. to 12pm • Perth, Last Tuesday of the month, 9:30 a.m. to 11:30 a.m. • Carleton Place, Last Monday of the month, 10 a.m. to 11:30 a.m.

Agency	Contact Information	Population Served	Scope of Service and Details
<p>North Lanark Community Health Centre 207 Robertson Drive Lanark, ON K0G 1K0</p>	<p>Dietitian 613-259-2182 www.northlanarkchc.on.ca</p>	<p>Communities of North West Lanark County</p>	<p>Cooking Groups: Offer a wide range of healthy eating and nutrition programs and workshops (i.e. Cooking on a Dine, Guys in the Kitchen, Healthy Eating for Kids, Healthy Holiday Baking)</p> <p>Call for further information or visit their website. All of the programs are free.</p>
<p>Rideau Valley Diabetes Services 2 Gould Street, Unit 118 Smiths Falls, ON K7A 2S5</p>	<p>Darlene McKay, RD, CDE ext 225 Email: darlene@mdchc.on.ca</p> <p>Melissa Blasko, RD, ext. 222 Email: melissab@mdchc.on.ca 613-284-4500 1-877-321-4500</p>	<p>Lanark area</p>	<p>RVDS provides a variety of services to adults with diabetes or pre-diabetes living in the tri-county area. Services include individual counseling and education programs offered by registered dietitians and registered nurses, grocery store tours, label reading and healthy eating on a budget, insulin initiation, blood glucose monitoring classes, and cooking classes. Clients can be referred by their physician or self-refer. There is no cost for our services.</p>
<p>Smiths Falls & District Club for Youth 41 Main Street, West P.O. Box 861 Smiths Falls, ONK7A 4W7</p>	<p>613-284-1784 Sfdc4@gmail.com</p>	<p>Smiths Falls area</p>	<p>Hours: Monday – Thursday, 2 p.m. to 6 p.m. Summer months, 1 p.m. to 5 p.m.</p> <p>Snack & Meal: Youth will learn basic cooking and food safety skills while preparing a snack for their peers.</p> <p>For further information on programs, such as, Community Builders, Homework Club, Recreation Program, and other programs, please contact for further details.</p>
<p>Youth Action Kommittee of Perth & District 1 Sherbrook Street, East Perth, ON K7H 1A1</p>	<p>613-264-8381 www.yakyouth.ca yakyouthcentre@gmail.com</p>	<p>Drummond-North Elmsley, Perth, Tay Valley, Lanark Highlands</p>	<p>Hours: Monday-Friday, 3 p.m. to 9 p.m.</p> <p>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, cooking classes, activities, computers, TV and recreation space also available.</p> <p>Call for further details.</p>

Table 3: Food Support Programs

Agency	Contact Information	Geographical Area Served	Scope of Service and Details
<p>Community Home Support Lanark County 50 Bennett Street Carleton Place, ON K7C 4J9</p>	<p>Doris Lantz 613-253-0733</p>	<p>Carleton Place and Beckwith Township to 7th Line</p>	<p>Meals on Wheels: available at 12 p.m., 5 days/week, cost \$6.00 each. Frozen meals are available 7 days/week, cost \$5.00/entre; \$1.50/soup.</p> <p>Diner's Clubs:</p> <ul style="list-style-type: none"> • Friday, 12 pm. at Home Support Office, 50 Bennett Street, Carleton Place, \$8.00 • 2nd Wednesday, Beckwith Township Hall, 12 p.m., \$10.00 • Last Wednesday at Home Support Office, 50 Bennett Street, Carleton Place, 12 p.m., \$10.00
<p>Community Home Support Lanark County P.O. Box 20 207Robertson Drive Lanark, ON K0G 1K0</p>	<p>Suzanne Bourbonais 613-259-5412</p>	<p>Lanark Highlands</p>	<p>Frozen Private Recipes: Self referral. Call for frozen meal delivery every 3rd Friday of month, \$5.00 entre, \$1.50 soup (no dessert). No transportation cost. Billed at the end of the month on how many ordered. Serves seniors.</p> <p>Available options for frozen foods: low salt, low fat, pureed, mince, diabetic, renal, vegetarian, gluten-free and lactose free.</p> <p>Diner's Club:</p> <ul style="list-style-type: none"> • Foy Hall (Princess Street, Lanark), 1st Wednesday at 12 p.m. – 1 p.m., \$10.00
<p>Community Home Support Lanark County P.O. Box 263 Pakenham, ON K0A 2X0</p>	<p>John Carlisle 613-624-5647</p>	<p>Pakenham to Almonte border and White Lake area</p>	<p>Meals on Wheels: Frozen meals (no hot meals) delivered every Tuesday/Wednesday for seniors and physically and mentally disabled; \$5.00 entrée, \$1.30 soup and dessert.</p> <p>Diner's Club:</p> <ul style="list-style-type: none"> • Tuesday, 12 p.m., Five Arches Lounge (Pakenham) , \$4.00 • Meal tickets for seniors, \$5.00 for Centennial Restaurant (Pakenham), Brax Family Restaurant (Arnprior).

Agency	Contact Information	Geographical Area Served	Scope of Service and Details,
Community Home Support Lanark County 40 Sunset Blvd, Suite 100 Perth, ON K7H 2Y4	Suzanne Bourbonais 613-267-6400	Perth and surrounding area	<p>Meals on Wheels: Hot meals available 5 days per week, delivered at 12 p.m. to seniors and physically disabled, \$6.00/meal</p> <p>Frozen meals are available for purchase during office hours, \$5 for frozen meal, \$1.50 frozen soup.(subsidy available).</p> <p>Diner's Club:</p> <ul style="list-style-type: none"> • 3rd Wednesday, Glad Tidings Church, 160 Wayside Drive, Perth, 12 p.m., cost \$10.00 • Support group with those with vision loss assistance luncheon, call for details. • Small in-house Diner's Club every Wednesday at 12 p.m. <p>Men's Group Luncheon: 1st Thursday at 12:30 p.m.</p>
Community Home Support Lanark County 2 Gould Street Smiths Falls, ON K7A 2S5	Nancy Andison 613-283-6745	Smiths Falls, Merrickville, Kitley, Wolford, Montague, North & South Elmsley	<p>Meals on Wheels: Hot meals available for seniors, 5 days per week in town; rural areas – Monday, Wednesday and Friday. \$5.00 per meal. Frozen meals are available to be picked up Friday for the weekend. Private recipes available. \$5.00 entrée & \$1.50 soup.</p> <p>Diner's Club:</p> <ul style="list-style-type: none"> • Thursday, 4 Gould Street, transportation provided, \$7.00 • 2nd Tuesday, Easton's Corners , Wolford Township Hall, \$10.00
Good Food Box 19 Abbott Street Smiths Falls, ON K7A 4S3	Debbie Doe 613-283-7996 Lily2@bell.net Betty Laronde 613-283-1490	Smiths Falls, Carleton Place and surrounding area	<p>Smiths Falls Lions Club, every Wednesday, 11:30 a.m. to 1 p.m. during community lunch or the Smiths Falls Community Health Centre, Tuesday, 8:30 a.m. to 7:30 p.m. Pick up orders at the Lions Den, 18 Abbott Street, Smiths Falls.</p> <p>United Church, Carleton Place from 11:30 a.m. to 1:00 p.m. every Tuesday. All orders must be received before the 2nd Tuesday. Picked up orders the 3rd Tuesday from 10:30 a.m. to 11:30 a.m.</p> <p>All orders must be paid in full at the time of ordering. Please bring your own box or bags to carry your produce home.</p>

Agency	Contact Information	Geographical Area Served	Scope of Service and Details
Lanark Highlands Youth Centre 61 Princess Street Lanark, ON K0G 1K0	613-259-2012	Lanark and surrounding areas	Cooking program for 11-19 yrs olds, Friday night, 5 p.m. This program teaches basic food preparation skills and how to make healthy choices when preparing meals.
Mills Community Support Corporation - Home Support 67 Industrial Drive Almonte, ON K0A 1A0	Jeff Mills 613-256-4700	Almonte, Ramsay, Mississippi Mills (any area with 256 phone number prefix)	Diner's Club – Home Support office, 67 Industrial Drive, Almonte, (1 st , 4 th Thursday of month), “Golden Oldies” at 12:00 noon, cost \$9.00 Supper Club – Legion, Almonte, 3 rd Monday of month at 6:00 p.m. cost \$9.00 Fit as a Fiddle – Fitness and Nutritious Lunch for Seniors – Fridays at 12:00 noon at Almonte United Church, 106 Elgin Church, Almonte, cost \$7.00 Lunch Program – “music & memories”. Offers fellowship, memory stimulation and caregiver relief. Held at the Home Support Office, Almonte. Meals on Wheels Program: 7 days/week at noon. Hiking Club – last Wednesday of the month Swimming Program – Monday, Carleton Place, 11 a.m. Transportation provided, client pays own swimming cost.