

“Everyone has the right to a standard of living adequate for the health and well being of himself and his family, including food, clothing, housing, medical care and necessary social services....”

From: United Nations Universal Declaration of Human Rights

The term **food security** is often used to describe our right to food that is adequate for health and well-being. Food security means:

- Having the money to buy enough safe, healthy foods to meet your needs
- Having transportation to and from a good grocery store
- Being able to choose the foods that you like
- Having someone in your family who has the motivation, skills and physical ability to buy and prepare healthy meals

People who have all of these things have food security.

In this pamphlet you can get information about activities that local groups are doing to help people who don't have food security. This information is meant to provide ideas for:

- People who want to increase their own food security;
- Groups that are looking for new ways of helping community members who don't have food security.

For more information, please contact the organizations listed in this pamphlet.



Food Banks

When there just isn't enough money for the basics, food banks are here to help. Call ahead for hours of operation and to find out if you need a referral.

Arnprior

Arnprior and District Food Bank
At St. John Chrysostom Catholic Church
295 Albert Street
Arnprior, ON
Connie Zadow
623-7792

Deep River

Deep River and Area Food Bank
40 Poplar Street (garage #1)
Deep River, ON
Marcel Gauthier
(613) 584-2418

Eganville

Eganville and District Food Bank
At the Action Centre
68 Queen Street
Eganville, ON
(613) 628-2845

Killaloe

Killaloe Food Bank
In St Andrew's Church basement.
141 Queen Street
Killaloe, ON
Isabel O'Rielly
757-2209
Operates early November to May first.

Madawaska Valley

Madawaska Valley Food Bank
74 Bay Street
Barry's Bay, ON
Jon Vrakking
738-2831

Pembroke

St. Joseph's Food Bank
Use the annex entrance to Holy Name Church.
284 Trafalger Road
Pembroke, ON
732-3807

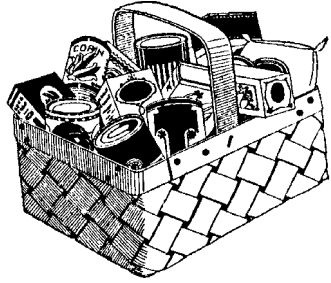
Salvation Army Food Bank
484 Pembroke Street West
Pembroke ON
735-5601
Must make an appointment.

Renfrew

Renfrew and District Food Bank
163 Argyle Street South
Renfrew, ON
432-9574



Frozen Meals Program



The Frozen Meal Program provides nutritionally balanced frozen meals to people who are unable to obtain or prepare adequate meals for themselves. Reasons for needing frozen meals are short-term or long-term illness, physical or mental disability, frailty and difficulty shopping. It is also difficult to make varied nutritious meals when you are cooking for yourself. Special diets are available (diabetic, low salt, low fat, low lactose, renal, gluten free, pureed).

For the Renfrew, Calagogie, Eganville, Golden Lake, Douglas, Barry's Bay and South Algonquin areas: Frozen Meals Program contacts are the same as the Meals on Wheels contacts on the previous page.

For the Pembroke, Petawawa, Cobden, Beachburg, Westmeath and LaPasse areas, contact:

Victorian Order of Nurses
Renfrew County Branch
Pat Beauchamp
732-9993 extension 12

Soup Kitchen

A nutritious meal is provided free to anyone who drops in.

In the basement of the Salvation Army Church.
Salvation Army Corps
484 Pembroke Street West
Pembroke, ON
Tuesday to Friday 11:30 a.m. to 12:00 noon
Closed December, July and August
735-5601



Community Kitchens

A community kitchen involves a small group of people who get together regularly to plan, shop and prepare food.

Usually, a community kitchen group meets once or twice a month to prepare several healthy meals. The food is divided between the group members and taken home. Sometimes the ingredients are donated by local growers or food banks.

Action Centre
68 Queen Street
Eganville, ON
Maggie Fairfield
628-9285

A cooking program for adults that includes job skill development. For recipe books and manuals on how to run a community kitchen, contact the Renfrew County and District Health Unit at (613) 735-8651 extension 547.



Community Gardens

In community gardening, participants share the work and take home a portion of the produce. At some community gardens, people are allotted a plot to tend on their own.

Arnprior-Braeside-McNab Seniors at Home Program Inc.
106 McGonigal Street West
Arnprior, ON
Shirley Thoms
623-7981

Action Centre
68 Queen Street
Eganville, ON
Cathy Dick
628-9285

A summer 2002 gardening program for children.

Diners Clubs

Diners clubs provide a meal at a central location for a reasonable price.

Eganville Diners Club
Eganville and District Senior Citizen's Needs Association
75 Wallace Street
Eganville, ON
628-2354

A monthly buffet lunch and social event, with an educational guest speaker. Transportation is available for a fee.



Breakfast, lunch and snack programs for children and youth

Research tells us that kids who eat well do better in school. Those who don't get enough to eat are tired, have a short attention span and don't learn to solve problems as well.

Forty two percent of children in Canada are not eating an adequate breakfast. Breakfast for Learning provides grants to partially fund food, equipment or staffing of food programs for children and youth. They also have information on how to run these programs.

Breakfast for Learning
Canadian Living Foundation
25 Sheppard Ave. West
Suite 100
North York, ON
M2N 6S7

Telephone: 1-800-627-7922
Web site: www.breakfastforlearning.ca

There are organized breakfast, lunch and snack programs in several local schools. Contact your child's school for information.



Best Start Prenatal Nutrition Program

Best Start is part of the Canada Prenatal Nutrition Program. Best Start is designed to meet the needs of pregnant women in Renfrew County thought to be at risk because of poor health or difficult circumstances.

Best Start provides free food, free prenatal vitamins, nutrition information, support, education, referral and counselling.

Some of the program activities, located across Renfrew County, include nutritional advice, breastfeeding support, cooking and eating together, and tips for food budgeting.

Community Resource Centre (Killaloe) Inc.
Karen Grasley
Box 59, 15 Lake Street
Killaloe, ON K0J 2A0
(613) 757-3108
1-888-757-3108

Meals on Wheels

Meals on Wheels is a support service for senior citizens and physically disabled adults, which delivers a meal to an individual to meet his/her nutritional needs. The meals are delivered by volunteers who provide a regular social contact and check the health and safety of the client.

Arnprior and District Memorial Hospital Auxilliary
John Carlile
623-5896

Barry's Bay and Area Home Support
756-2772

Cobden area
Bonnie Helferty
646-2212

Eganville and District Senior Citizen's Needs Association
628-2354

Miramichi Lodge (Pembroke area)
735-0175

North Renfrew Long Term Care Services (Deep River area)
584-1900

Petawawa area
Pat Lilly
687-2230

Renfrew Victoria Hospital
432-4851 ext. 230



*“If a poor man is hungry, a rich man
has eaten too much”*

(Lebanese proverb)



Food for All

Activities to improve food security in Renfrew County.

Produced and distributed by:

Health Promotion and Clinical Services Division
Renfrew County And District Health Unit
7 International Drive
Pembroke, ON K8A 6W5
Tel: (613) 735-8653 or 1-800-267-1097
Fax (613) 732-3453 or (613) 735-3067

