

Information Durham - Community Information Website

Information Durham is a search engine which will help you find resources/services in Durham Region. This website allows you to search for local community, social service, health and education organizations and programs. Visit www.informdurham.com to search for local community organizations and programs or call 1-866-463-6910.

Durham 211 Service

211 service helps residents connect with thousands of local community, health, government and social services. It is available 24 hours a day, every day of the year and is available in more than 150 languages. To access this free information, please dial 211 or visit www.211ontario.ca.



Free Info on Food

Food Resource Directory is a listing of places where food can be found. It has phone numbers, addresses and information on all of the locations. The directory is also available online at www.durham.ca.

Nutritious Food Basket is a tool to figure out the basic weekly cost to feed a family in Durham Region.

Everybody's Food Budget Book has ideas to stretch your food dollar for delicious, low cost meals.

Eating Well with Canada's Food Guide has lots of information on healthy eating.

Food Budget Kit

The Food Budget Kit is a tool to help you and your family eat better when on a budget. Order your free kit by visiting www.durham.ca/foodbudgetkit.

All of this information is **free**.

Call: Durham Health Connection Line
905-666-6241 or 1-800-841-2729.



A new Food in Durham will be published once a year.

- If you would like to:
- Get the most up-to-date copy
 - Order more copies
 - Tell us about:
 - another phone number to add to the list
 - a change in the information
 - how you have used this information

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Information available in accessible formats.

Nov11



DURHAM
REGION
HEALTH
DEPARTMENT

FOOD IN DURHAM



A list of places to find food in Durham Region 2011/2012

Finding enough nutritious food for you and your family can be hard sometimes. There are services throughout Durham Region that can help. Below is a list of some of the main contact numbers where you can find food or information about food.

Food Banks

A box of food from a food bank can help make ends meet.

Ajax/Pickering

Salvation Army -
House of Hope
Call: 905-427-7123

St. Paul's On The Hill
Food Bank
Call: 905-839-9537

Beaverton/Cannington/Sunderland

Brock Community Food Bank
Call: 1-877-406-8723

Bowmanville

Salvation Army
Call: 905-623-2185

Claremont

Claremont United Church
Call: 905-649-1363

Newcastle

Clarington East Food Bank
Call: 905-987-1418

Oshawa

New Life Neighbourhood Centre
Call: 905-404-2004

Salvation Army - Family Services
Call: 905-723-7422 ext. 21

Seventh Day Adventists
Call: 905-433-8800

Simcoe Hall Settlement House
Call: 905-728-7525

St. Peter's Anglican Church
Call: 905-728-8080

The Eating Well
Call: 905-579-1706

Zion/Hope Food Bank
Call: 905-436-3255

Port Perry

Operation Scugog
Call: 905-985-3087

Uxbridge

Loaves and Fishes
Call: 905-852-6262

Whitby

Salvation Army - Family Services
Call: 905-430-3454



Feed the Need in Durham Region

To find other food banks in Durham Region, contact Feed the Need in Durham by calling 905-571-FTND (3863) or visiting www.ftndurham.ca.

Food and Pregnancy

There are 9 drop-in sites for young pregnant women and new moms where nutritious food and helpful information is available.

Call: Pre and Post Natal Nutrition Program - Food '4' Thought
1-877-447-5795 or visit www.girlsinc-durham.org



Food in Schools for Kids

Many schools have breakfast and snack programs for children and youth.
Call: Durham's Child Nutrition Project
905-493-4055 or visit www.dcnp.ca



Home Meal Delivery

Meals on Wheels delivers nutritious hot and frozen meals to those who have difficulty preparing their own.

Call: Community Care Durham
905-985-0150 ext. 253 or visit www.communitycaredurham.on.ca



Free Speakers and Displays on Food



Volunteers are available to share information about food.
Call: Durham Region Community Food Advisors 1-800-841-2729 or visit www.durham.ca

Fresh Food Directly from the Farm

There is a free map that shows where to go for "pick-your-own" and farms that sell food including eggs, chicken, fish and meat.
Call: Durham Farm Fresh
905-427-1512 or visit www.durhamfarmfresh.ca

