

## **SECTION 2:**

# **Accessing Food: A Food Resource Guide**

## **for Prince Edward County**

## Community Meals for Seniors & Individuals With Disabilities

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**Description:** A full-course hot meal with a varied menu is provided. Individuals usually pay a reasonable fee.

### Prince Edward County Community Care For Seniors Association – Senior Dinners

Cost is \$7.50 per person. Participants need to make a reservation by noon on Monday and need to bring their own plate, cup & utensils. These dinners are held in Bloomfield, Picton, Wellington, Milford, Consecon, and Demorestville every Wednesday at 12:00 noon. Residents of Prince Edward County may call collect if calling long distance.

The Armoury  
206 Main Street  
P.O. Box 1234  
Picton, Ontario  
K0K 2T0

**Phone:** (613) 476-7493  
**Fax:** (613) 476-7728  
**E-mail:** [communitycare@on.aibn.com](mailto:communitycare@on.aibn.com)  
**Website:** [www.communitycareforseniors.org](http://www.communitycareforseniors.org)

## Community Meals for the General Public

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**Description:** A full-course hot meal with a varied menu is provided. Individuals usually pay a reasonable fee.

### Friendship Suppers

Our monthly “Friendship Supper” is the last Tuesday of each month at 6:00 p.m. The menu changes each month, but is always great food. The cost is only \$5 or \$2.50 for under 12. There will also be time for a brief message and lively singing with our worship band. You’ll be on your way again by 7:30 p.m.

The idea behind Friendship Suppers is to continue the long tradition of church suppers (dating way back to a meal in the upper room, and continuing with the disciples and early church) while fulfilling the mission of Friendship Church today. These suppers include a short informal worship around the table after a simple meal. You are invited to come (to worship and be cared for) and to invite others to come with you.

Friendship United Church  
2765 County Rd. S.  
Demorestville, ON

**Contact: Marilyn MacDonald 613-476-4346**

**Website: [www.friendshipunitedchurch.org](http://www.friendshipunitedchurch.org)**

## Emergency Financial Assistance for the General Public

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### Prince Edward Lennox & Addington Social Services

P.O. Drawer 1650, 206 Main Street, Armoury Mall

Picton, ON K0K 2T0

**Phone:** (613) 476-2842

**Fax:** (613) 476-7178

### Friendship Church Helping Hands Fund

Funds raised by church members, from two churches in the Picton area, can be used for food and other necessities if an emergency situation arises. People in our community who are in financial crisis can be supported through this fund.

2765 County Road 5

Demorestville, ON

**Contact The Reverend Gary Magarrell at (613) 968-9873.**

**Email: [gmagarrellassoc@hotmail.com](mailto:gmagarrellassoc@hotmail.com)**

## Food Banks and Food Pantries

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**Food Banks** donate food to those in need. Food Banks are generally larger and more complex in structure compared to Food Pantries. **Food Pantries** are smaller and provide emergency food products, limited in number and variety, for a few meals.

### Prince Edward County

Name/Location	Day & Time of Operation & Contacts	Type of Service
Picton United Church County Food Bank 12 Chapel Street Picton, ON K0K 2T0	Fridays: 9:00 am – 12:00 pm  Pat Romkey at (613) 476-8516	Food Bank
Salvation Army Corner of Queen and Elizabeth Street Picton, ON K0K 2T0	Tuesday, Wednesday, and Thursday 9:00 am – 12:00 pm Sheila McLaughlin at (613) 476-5404	Food Pantry  Note: Non-perishable food available only for a couple of days.

## Food Security Related Organizations & Committees

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### **The Salvation Army Services**

Provides food services in Belleville, Tweed, Trenton, and Picton.

46 Elizabeth Street (at corner of Queen St.)

Picton, ON K0K 2T0

Tuesday, Wednesday, & Thursday from

9:00 am – 12:00 pm

**Contact: Sheila McLaughlin**

**Phone: (613) 476-5404 or (613) 476-3159**

## Grocery Delivery & Transportation Services

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### **The Prince Edward County Community Care for Seniors Association**

Volunteer drivers transport seniors to medical appointments, grocery shopping, and community meals. Fee for the service depends on location. Two to three business days notice is required.

Office hours: Monday to Friday 9 am – 4:30 pm.

The Armoury, Suite 3A  
206 Main Street, Box 1234  
Picton, ON K0K 2T0

**Phone:** (613) 476-7493  
**Fax:** (613) 476-7728  
**Email:** [communitycare@on.aibn.com](mailto:communitycare@on.aibn.com)  
**Website:** [www.communitycareforseniors.org](http://www.communitycareforseniors.org)

## Meals on Wheels & Frozen Meals

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### **The Prince Edward County Community Care for Seniors Association**

A hot, nutritious meal delivered to your home. Cost per meal is \$4.50. Volunteers deliver at 12:00 noon. Restricted or special diets are accommodated, if possible. Call for delivery days in your area. Frozen meals are also available through a parallel Meals on Wheels program that is called “Private Recipe” (see description below).

### **“Private Recipe” - Frozen Meals on Wheels**

Nutritious frozen meals delivered to your home monthly. Restricted or special diets are available. Costs: \$4.50 for entrée. \$1.50 each for soup or dessert.

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## Pick-Your-Own Farms

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**NOTE:** Before leaving home phone the farms to make sure they are open and that specific produce is available.

Pick Your Own Farms	Location/Directions	Fruit/Vegetables Available in Season
<p><b>The Campbell's Orchards</b>  <b>1633 Rednersville Rd., County Rd. 3</b>  <b>Carrying Place</b></p> <p><b>Colin &amp; Dianne Campbell</b>  <b>(613) 962-3751</b></p> <p><a href="http://www.pec.on.ca/campbells/contact.html">www.pec.on.ca/campbells/contact.html</a></p>	<p>From Belleville, take Hwy. 62 south (over the Bay Bridge) to Rednersville Road Go west 8 km. Located 1.5 km west of the Country Store on south side.</p> <p>Summer hours:                      Daily 9:00 am – 5:00 pm</p> <p>Winter hours:                      Thursday &amp; Friday 10:00 am - 5:30 pm                      Saturday &amp; Sunday 9:00 am - 5:00 pm</p>	<p>Apples, strawberries, beans, peas, pumpkins, tomatoes, raspberries, pears, corn; cucumbers, zucchini, squash, broccoli, cauliflower, rutabaga, Brussels sprouts.</p>
<p><b>Ostrander Orchard</b>  <b>J.W. Ostrander</b>  <b>(613) 476-4183</b>  <b>Picton</b></p>	<p>13 km from Picton on County Road 8 in Waupoos.                      Open daily dawn – dusk.</p>	<p>Apples</p>