

- **Meal Delivery Services**

- \* **Better Meals** delivers frozen meals consisting of a soup, entrée and dessert for \$6.00. Free delivery for Vernon, Armstrong and Enderby with minimum \$25 purchase. Call **1-888-838-1888** [www.bettermeals.ca/](http://www.bettermeals.ca/)

- \* **Home for Dinner** delivers fresh and frozen meals. Entrée only for around \$7.00-8.00. Free delivery in Vernon with minimum \$50.00 purchase. Call **549-3145**. [www.homefordinner.info/](http://www.homefordinner.info/)

- **Wheels to Meals:** A nutritious and social outing for seniors. Seniors provide their own transportation.

- ▶ **Vernon:** Schubert Centre Thursdays 11:30-1:00 \$8.00 members / \$10.00 non-members. Delivery available if unable to attend. Call Jack at the Shubert Centre for more information. **549-4201**.

- ▶ **Armstrong:** Legion. Wednesdays noon. \$6.00. Call **546-8455** by Tuesday noon to register.

- ▶ **Enderby:** George Street Senior's Centre \$6.00 Full course meal. Wednesdays—arrive by 11:30 AM. Call Melody at **838-7541** for more information.

- ▶ **Lumby:** Old Age Pensioner's Hall Thursdays 11:30-1:30 \$6.00. Call **547-9979**.

- **Seniors Drop-In Lunch/Activities: Lumby:** 1751 Glencaird. St. Mon, Wed, Fri 9:00 am-1:30 pm. \$5.00. Just show up. For info call Seniors Drop-In **547-8821** or Whitevalley Community Resource Centre **547-8866**.

- **Safeway Downtown Grocery Delivery and Shopping Services:** Seniors: \$3.50 shopping on Tuesdays 8:00-11:00 AM. Disabled persons: \$3.50. All other deliveries: \$10.00. Call **542-8167**.

## Emergency Food Assistance

- ① **Upper Room Mission:** 3403 27th Ave. A hot breakfast (9am) and lunch (noon) and supper (4pm) at no cost. Sun-Fri. Saturdays: breakfast and supper only. Contact person: Linda Price (Cook) or Lisa Froom (Operations) **549-1231**.
- ① **Saturday Lunch Program at All Saints Anglican Church:** For those in need, 3205 27th St. (11am-2pm) **542-3179**.
- ① **Neighbour Link Services:** Link to local churches that help people in the community with food needs, transportation, furniture, etc., **558-5527** open Tues-Fri 9am-1pm.
- ① **Vernon Food Bank:** Salvation Army Services: 3303 - 32 Ave (behind Staples). Open 9:30-noon; 1:30-3:00 PM by appointment for hampers. Drop by for bread and seasonal fruit. **Moms and Tots** program- second Tuesday of the month for eggs, cheese and milk, baby supplies when available (cereal, cookies, formula, diapers, etc) pre-register. Contact person: Anna Lee **549-4111**.
- ① **Lumby Food Bank:** Thrift Store 1879 Vernon Ave., **547-2225** call for an appt.
- ① **Armstrong Food Bank:** 3465 Pleasant Valley Rd. Call **546-3465** for an appointment (Tues, Wed, Fri).
- ① **Enderby Food Bank:** St. Andrew's United Church 1106 Belvedere St. 3rd Friday of the month. Call **549-4111** for an appointment.
- ① **Okanagan College Kalamalka Campus Student Association Food Bank:** Located upstairs from the cafeteria in the Students Association office. Open Monday to Friday from 7:30 AM to 4:00 PM. For more information call Eric at **545-7291 ext. 2213** or email [ereist@okanagan.bc.ca](mailto:ereist@okanagan.bc.ca)

## Food Programs and Food Security Resources

in Vernon and Area



*Help in the Community*

**February 2012**

Download the most recent version of this pamphlet from: [www.socialplanning.ca](http://www.socialplanning.ca)  
or  
[www.foodaction.ca](http://www.foodaction.ca)



## Where can I get help?

Currently, Greater Vernon offers the following food-related assistance:

- **Good Food Box Program:** Servicing Vernon, Lumby, Cherryville, Falkland, Armstrong, Westside Road / Parker Cove. This is a volunteer-run, produce buying cooperative. Pay \$15 by the second Wed of the month to pick up the 3rd Thursday. Delivery \$3 in Vernon only. In Vernon pay at Family Resource Center, First Nations Friendship Center, Boys and Girls Club, CMHA, North Okanagan Youth and Family Services, and Vernon Health Centre. **Call Diane at 306-7800** for more information or see [www.goodfoodbox.net](http://www.goodfoodbox.net)
- **Community Kitchens:** Learn how to cook on a budget. General Contact (Minda): 542-3089; Vernon (Jeanette): 545-9292 ext. 205; Armstrong (Kristi) 546-0371; Enderby 542-3089; Lumby (Joy) 547-2461; Cherryville 542-3089; Salmon Arm (Kate) 832-7710
- **Community Kitchen for Seniors:** Once a month at the Salvation Army Church, 3303-32 Ave. Call Diane Fleming, **545-7617**

- **Community Gardens:**

**Vernon:** 3 garden sites. For more information about how to get your own allotment to rent, visit [www.greatervernonrecreation.ca](http://www.greatervernonrecreation.ca) or call Wendy at **542-6920**.

**Armstrong:** For information contact Laura Lee Evans **546-8504**.

**Lumby:** Rent a box for the summer \$10.00. For information contact Julie Pilon at **547-8866**.

- **Pregnancy Outreach (Canada Prenatal Nutrition Program):** Supports pregnant women to 6 months postpartum with food, prenatal vitamins and other resources. Vernon, Armstrong and Lumby. Contact: First Nations Friendship Centre 2902 29th Ave. Caroline Huisken **542-5448**.

- **Aboriginal Infant and Early Childhood Day Care:** Free hot lunch (entrées and pastries) Thursdays and Saturdays, 11:30am and 1:30pm for clients of Pregnancy Outreach and the Aboriginal Infant Programs (drop-ins welcome). Fresh bread available on Thursdays from Cobs. 2905 29th Ave., Contact person: Chawow Eaglefeather **542-7578**.

- **School Meal Program:** Subsidized lunch programs available to children at Alexis Park, Ellison, Mission Hill and Harwood Elementary. Parents pay what they can. Coordinator: **Janice Laface 545-7289** at Alexis Park School; Don Wilcox at SD 22 542-3331.

- **Teen Junction:** Eat together – staff cook and kids encouraged to help). Youth kitchen kids cook once per month learning how to cook more economically than fast food and eat together. Open Mon-Fri. Teen Junction Centre main line: 275-3117. Contact Michelle Freebirt for the suppers: cell **307-4581**.

- **Cammy LeFleur Street Outreach Nurse Program:** Weekly free vitamins for community members who have difficulty accessing mainstream health services. Fresh fruit Wed 3-4 PM for individuals with Hep C. Back door NYFSS. Ask for the outreach nurse. Call **545-3572**.

- **Gateway Shelter:** Provide a bag lunch for working men and women who are staying at the shelter; otherwise directed to eat at the Upper Room Mission. Contact: Kelly Fehr **542-4041**.

- **Shop Smart Tours:** Offered by Save-On store (free with 5000 SOM points redeemed or \$14.99 with no points redeemed). Ask to have low-cost, nutritious choices highlighted. Register ahead at **542-8825**.

### Food Action Society of the North Okanagan

works to improve food security and envisions a community where all members have access to an abundance of food in a thriving local food system.

For more information or to get involved, see [www.foodaction.ca](http://www.foodaction.ca) or contact them at [info@foodaction.ca](mailto:info@foodaction.ca)

### Armstrong Food Initiatives Society

Organize initiatives that “Celebrate local seasonal food and promote increased access to nutritious food, for all residents of Armstrong”. For more information contact Shirley Fowler **546-3732** or [flowerpot@telus.net](mailto:flowerpot@telus.net)