

# Primary Food Supports Updates During COVID

Last updates Jan. 12/21



FOOD BANKS			
<p><b>211 Registered food banks</b> – All Food Banks listed below require registration via calling 211. People will be registered to one food bank of their choice and need only to provide personal information once, when registering. People can go to the food bank they are registered to twice a month. ID may be required depending on each food bank's rules.</p>			
Organization	Address & Contact Info	Notes	Last Update
Current River Food Bank	361 Hodder Unit C 344 3391	<ul style="list-style-type: none"> <li>Every Second Tues 9am-noon</li> </ul>	Aug 4/20 via 211
The Gathering Place	239 Amelia St W 623 8184	<ul style="list-style-type: none"> <li>Every Second Tues 10am-1pm</li> </ul>	Oct 9/20 via 211
Redwood Park Church	2609 Redwood Ave E. 577 3463	<ul style="list-style-type: none"> <li>Every second Thurs 12:30 – 2:30 pm</li> </ul>	Dec. 15/20 via direct update
Salvation Army Food Bank	545 Cumberland St N 345 7319	<ul style="list-style-type: none"> <li>Thursdays 11:00 – 2:00pm</li> <li>Offering delivery of food hampers on a regular basis as required</li> <li>Back on Jan. 7<sup>th</sup> 2021</li> </ul>	Dec. 15 via EFR table
St Thomas Anglican Church	1400 Edward St S 623 3608	<ul style="list-style-type: none"> <li>Every Second Friday 10-11:30am</li> </ul>	Early 2020 via 211
St. Vincent de Paul – St. Agnes Church	1019 Brown Street 475 7489	<ul style="list-style-type: none"> <li>Every second Friday 9:00 – 10:30am</li> <li>Back on Jan. 15<sup>th</sup> 2021</li> </ul>	Dec. 15/20 via direct update
Thunder Bay Food Bank	129 Miles St. E 626 9231	<ul style="list-style-type: none"> <li>Every second Friday 9:00 – 11:00am</li> <li>Back Jan. 8<sup>th</sup> 2021</li> </ul>	Dec. 15/20 via EFR table
<p><i>Spaces for emergency food access that do not require 211 registration</i></p>			
Losier Center (Methodist Church)	920 Sprague Street 622 7686	<ul style="list-style-type: none"> <li>Food bank not opened</li> <li>Emergency food cupboard can be accessed to top up food supplies</li> <li>Found in the storage container just off of</li> </ul>	Dec. 15/20 direct update with Courtney

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		Christina Ave.	
Gathering Table Food Cupboard	228 Pearl St 345 6898	<ul style="list-style-type: none"> <li>▪ Every Second and Fourth Sunday of the Month 11:30am-12:15pm</li> </ul>	Jan 11/21 via 211
Rural Cupboard Food Bank (Kakabeka/Conmee)	19 Holland Road 285 0836	<ul style="list-style-type: none"> <li>▪ Third Wed of the month 9:00 – 11:00am</li> </ul>	Jan 11/21 via 211
Elevate NWO	106 Cumberland St. N, #102 345 1516	<ul style="list-style-type: none"> <li>▪ Available to individuals who have been active with Elevate NWO in the last 6 months.</li> <li>▪ Every Wednesday, food hampers are available via delivery, and a few in-person pick-ups at the agency.</li> </ul>	Jan 11/21 via 211
Thunder Bay Indigenous Friendship Centre	401 Cumberland St. N 345 5840	<ul style="list-style-type: none"> <li>▪ Third Tuesday of the month from 1:30 – 3:30 by appointment only.</li> </ul>	Jan 11/21 via 211
LUSU Food Bank	955 Oliver Road Rm UC-2014B (807) 343 8850 <a href="mailto:foodbank@lusu.ca">foodbank@lusu.ca</a>  <a href="#">Website</a>	<ul style="list-style-type: none"> <li>▪ Food bank is open to LU students</li> <li>▪ Email to schedule a pickup between Monday – Friday, 8:30 – 4:30pm</li> <li>▪ Closed on weekends and major holidays</li> </ul>	Dec. 15/20 via website
SUCCI Con College Food Bank	1450 Nakina Drive, Balmoral Entrance (807) 475 6226  <a href="#">Register online here</a>	<ul style="list-style-type: none"> <li>▪ Con College students are able to access a bag of non-perishable food items daily;</li> <li>▪ Monday to Friday from 11am until 3pm.</li> <li>▪ Currently, this is a curbside pick up.</li> <li>▪ Students can register in advance on-line or call when they arrive and someone will meet them outside the doors.</li> </ul>	Dec. 1/20 via ERT update + Con College website

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FREE DAILY MEALS			
Organization	Address & Contact Info	Notes	Last Updated
Dew Drop Inn	286 Red River Road 345 0481	<ul style="list-style-type: none"> <li>▪ Meals offered daily with extended hours:                             <ul style="list-style-type: none"> <li>○ 9:00am – 3:30pm – Take-home lunch</li> <li>○ 12:00pm – 3:30pm – Hot meal</li> </ul> </li> </ul>	Dec 1/20 via EFR table  211 not updated
Shelter House	420 George Street 623 8182	<ul style="list-style-type: none"> <li>▪ Shelter House provides basic needs, dignity and comfort to people living in poverty and stimulates action to address the root causes of homelessness.</li> <li>▪ Serves breakfast, lunch, and dinner to clients.</li> <li>▪ Take-out lunch and dinner to the public by take out containers.                             <ul style="list-style-type: none"> <li>○ Lunch: 1:30 – 2:30pm</li> <li>○ Dinner: 7:00 – 8:00pm</li> </ul> </li> </ul>	Oct 20/20 via 211
Salvation Army Soup Van	Minnesota Park & Wilson Park	<ul style="list-style-type: none"> <li>▪ Dinner meal provided daily</li> <li>▪ Minnesota Park @ 6:00 – 6:30pm</li> <li>▪ Wilson Park @ 7:00 – 7:30pm</li> </ul>	Apr 22/20 via 211
Hope for Change Community Group	Blake’s Funeral Home & On Deck Parking Lot	<ul style="list-style-type: none"> <li>▪ Community group offering snacks, soup, warm beverages and warm clothing on weekends, open to anyone.</li> <li>▪ Saturday’s from 3:00 – 5:00pm @ Blake’s Funeral Home</li> <li>▪ Sunday’s from 3:00 – 5:00pm @ the parking lot across from On Deck</li> </ul>	Jan 11/21 via direct update

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Grace Place	235 Simpson St. 473 3538	▪ Meal service is currently closed	Verified Nov/20 with Melody
Urban Abbey	308 Red River Rd. 633 3052	▪ Currently closed?	** Not verified
Refreshing Waters	361 Hodder, Unit C 344 3391	▪ Tuesdays 10am-noon (?)	Unsure of status Dec 10/19 via 211 – left messages

AFFORDABLE & ACCESSIBLE FRESH PRODUCE			
Organization	Address & Contact Info	Notes	Last Updated
Good Food Box (Northwestern Ontario Women's Center)	73 Cumberland St. N <a href="#">Website</a>	<ul style="list-style-type: none"> <li>▪ The Good Food Box is a fruit &amp; vegetable distribution program that aims to improve access to good food for those on low or fixed income by making quality, fresh produce available at low cost in neighbourhoods across the city.</li> <li>▪ If you are interested in ordering a Good Food Box, you need to:                             <ul style="list-style-type: none"> <li>○ Find a Host Site (general public or client specific, see website or call)</li> <li>○ Submit Payment (\$22) to your host site before the deadline</li> <li>○ Pick up your box from your host site on the date listed!</li> </ul> </li> <li>▪ Order Deadlines &amp; Pick-up Dates for early 2021:                             <ul style="list-style-type: none"> <li>○ JANUARY – Order by 11<sup>th</sup>, Pick up 20<sup>th</sup></li> <li>○ FEBRUARY – Order by 8<sup>th</sup>, Pick up 17<sup>th</sup></li> <li>○ MARCH – Order by 15<sup>th</sup>, Pick up 24<sup>th</sup></li> </ul> </li> <li>▪ These details could change at any point during these uncertain times.</li> </ul>	Dec. 1/20 EFR table & direct verification w/ org

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<p>Community Food Market (Roots to Harvest + NorWest Community Health Centers)</p>	<p>Limbrick Resource Center 97 Limbrick Place (807) 285 0189</p> <p><a href="#">Website</a></p>	<ul style="list-style-type: none"><li>▪ Every Tuesday from 1 – 4pm, anyone is welcome to stop by the Community Food Market to purchase fruits and vegetables at wholesale cost.</li><li>▪ Starting up again after the holidays on January 5<sup>th</sup>, 2021</li><li>▪ NorWest CHC has offered some clients “greens prescriptions” to go towards food purchases at the market; call NorWest’s Registered Dietitian for more information 626 8484.</li></ul>	<p>Dec. 1/20 EFR table &amp; direct verification w/ org</p>
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