

# Sudbury and Manitoulin Districts' Community Food Security Directory



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## Disclaimer

The names and goals of all groups listed in the Sudbury and Manitoulin Districts' Community Food Security Directory are provided for information and are not necessarily considered endorsements by the Sudbury & District Health Unit.

The names of and information related to all groups printed in the Sudbury and Manitoulin Districts' Community Food Security Directory are accurate to the knowledge of the Sudbury & District Health Unit as of December, 2008.

The Sudbury & District Health Unit assumes no responsibility or liability.

2008 – 2009

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## Resources From Other Communities

### FoodShare

<http://www.foodshare.net>

### Thought About Food?

<http://www.foodthoughtful.ca/>

### Community Kitchens – Building Community Around Food

<http://www.communitykitchens.ca/>

## References

Community Nutritionist Council of BC, 2004, Making the Connection – Food Security and Public Health

Ontario Public Health Association, OPHA Food Security Work Group, 2002, A Systemic Approach to Community Food Security: A Role for Public Health.

Xuereb, M., Desjardins, E. 2005. Towards A Healthy Community Food System for Waterloo Region. Interim Report. Region of Waterloo Public Health.

address issues like breast and bottle feeding, and the introduction of solid foods.

- supports school meal and snack programs.
- administers the Community Food Advisor Program.

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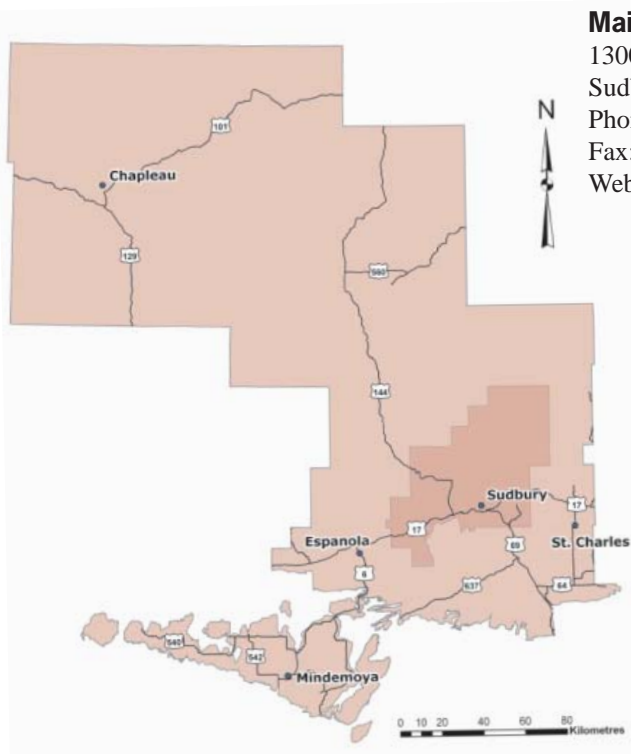
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## Sudbury & District Health Unit Catchment Area



**Main Office:**  
1300 Paris Street  
Sudbury, ON P3E 3A3  
Phone: (705) 522-9200  
Fax: (705) 522-5182  
Website: [www.sdhu.com](http://www.sdhu.com)

### Branch Offices:

101 Pine Street East  
Box 485  
Chapleau, ON P0M 1K0  
Phone: (705) 864-1610  
Fax: (705) 864-0820

Espanola Mall  
800 Centre Street  
Unit 100C  
Espanola, ON P5E 1J3  
Phone: (705) 222-9202  
Fax: (705) 869-5583

6163 Highway 542  
Box 87  
Mindemoya, ON P0P 1S0  
Phone: (705) 377-4774  
Fax: (705) 377-5580

1 King Street  
Box 58  
St. Charles, ON P0M 2W0  
Phone: (705) 222-9201  
Phone: (705) 522-9200, ext. 332  
Fax: (705) 867-0474

## City of Greater Sudbury, Citizen Advisory Panels

Advisory Panels for the City of Greater Sudbury are made up of community volunteers, experts, and councillors.

### Agriculture and Topsoil Advisory Panel

The panel's mandate is to provide input and advice on agricultural issues in the community, including such matters as agricultural land use, the promotion of the agricultural sector of the local economy and topsoil preservation.

Contact: City Clerk's office at 3-1-1

### Sudbury Horticultural Society

Website: [www.sudburyhorticulturalsociety.ca](http://www.sudburyhorticulturalsociety.ca)

Email: [lhugli@hotmail.com](mailto:lhugli@hotmail.com)

Founded in 1911, the Sudbury Horticultural Society is dedicated to the beautification of the Sudbury and Manitoulin districts and the preservation of the environment. Annual membership: \$15 single, \$20 family. Includes monthly newsletter and yearbook.

### Sudbury & District Health Unit (including Branch offices)

Phone: (705) 522-9200 (main office)

Fax: (705) 677-9613

Website: [www.sdhu.com](http://www.sdhu.com)

The Sudbury & District Health Unit has begun to focus on the *social determinants of health* in its mission to work with communities to promote and protect health and prevent disease. The social determinants of health are a set of factors that, when taken individually or in combination, can have serious effects on people's health. Food security is closely tied to the social determinants of health and several of these determinants can have a direct impact on an individual's or community's food security.

The Sudbury & District Health Unit makes every effort to include the social determinants of health, and food security in particular, in all of its programming. The health unit:

- produces the annual *Nutritious Food Basket Report*.
- promotes and advocates for breastfeeding and breastfeeding-friendly spaces.
- inspects all food premises to ensure food safety.
- provides food handler training.
- participates as a member of the Sudbury Food Connections, Eat Local Sudbury Co-operative Inc., EarthCare Sudbury, and Manitoulin Community Food Network.
- provides prenatal nutrition classes and home visits to new moms to

## Organizations Supporting Sustainable Environments

### **The Foodshed Project**

1960 C Paris Street  
Sudbury, ON P3E 4V1

Phone: (705) 523-2567  
Fax: (705) 523-0177  
Email: info@foodshedproject.ca  
Contact: Doreen Ojala

The Foodshed Project supports the City of Greater Sudbury Food Charter. Their programming includes children's and community gardens, and education on the impacts of climate change. Their mandate is to link with the community to create partnerships that improve food security.

The mandate of the Foodshed Project is to partner with community groups, government, and charitable organizations to strengthen community food security strategic planning. The Foodshed Project promotes a sustainable food system that ensures the quality of our air, land, and water resources, as well as local reinvestment within the food system.

New project: **Partners for Youth Engagement in Food Security** - building community partners to support youth-led projects in food sustainability. This could include starting a local buying club, a community or school garden, a cooking club, or getting together to watch films on food security and the environment.

### **EarthCare Sudbury**

Website: www.greatersudbury.ca  
Contact: Stephen Monet  
Email: stephen.monet@greatersudbury.ca  
Phone: (705) 674-4455, ext. 4297

EarthCare Sudbury is a collaboration of over 100 community partners working together to implement the EarthCare Sudbury Local Action Plan.

EarthCare Sudbury has been charged by the Healthy Community Cabinet with leading the Natural Environment pillar of the City of Greater Sudbury's "Healthy Community Strategy." They have been reporting to the Cabinet on various initiatives underway by various groups in Greater Sudbury to address local food security.

### **City of Greater Sudbury, Waste Division** **www.greatersudbury.ca**

673-BLUE (2583)

Has numerous programs to help citizens reduce their waste, contribute to reuse and recycling, and make Greater Sudbury greener.

## Purpose of the Community Food Security Directory

To increase community food security in the Sudbury & District Health Unit catchment area by:

- linking individuals with food programs and other food resources in their community.
- increasing awareness of the healthy community food systems approach and the City of Greater Sudbury (CGS) Food Charter.

"Community food security exists when all community residents obtain a safe, personally acceptable, nutritious diet through a sustainable food system that maximizes healthy choices, community self-reliance and equal access for everyone." (Dietitians of Canada, 2007)

Resources in the Community Food Security Directory have been organized by the four goals of the CGS Food Charter.

These goals are:

- population Health and Wellness
- community Development
- investment in the Regional Food System
- Development of a Sustainable Food System.

The goals of the CGS Food Charter overlap. Although the resources are only listed under one goal, they could be listed under multiple goals. This reflects the interconnectedness of our food system.

If you are aware of other programs and services that should be included in this directory, please call (705) 522-9200, ext. 257 with the information.

## City of Greater Sudbury Food Charter

The Sudbury & District Board of Health and the City of Greater Sudbury passed the City of Greater Sudbury Food Charter in June 2004. The municipalities of Killarney, St. Charles, and the Township of Tehkummah on Manitoulin Island passed the Charter as of September 15, 2004.

Given that access to safe, affordable, nutritious food is a basic human right of individuals and communities, and connects us to our families, our cultures, and our traditions, and that community food security is a comprehensive approach that includes all components of the food system, from producers to consumers, and promotes regional food self-reliance, and that having a food secure community is the foundation of population health, social justice, community-based economic development, and a sustainable environment;

Therefore, the Food Security Network of the Sudbury and Manitoulin Districts, including the City of Greater Sudbury, the Social Planning Council of Sudbury, and the Sudbury & District Health Unit, will work towards the development and implementation of a community food security mandate that supports research, policies, and programs that will endorse:

### 1) Population Health and Wellness:

Individual and household food security as a determinant of health;  
Adequate income, employment, housing, and transportation policies that ensure food accessibility and availability to all citizens; and  
Nutritional education and healthy food choices in schools, businesses, and public places.

### 2) Community Development:

An annual community food security report card;  
Food self-reliance through community-based food programs such as community gardens, fresh food box programs and collective kitchens;  
Multicultural food festivals and cultural events;  
An emergency food preparedness plan; and  
The involvement of the community in developing food security solutions.

### 3) Investment in the Regional Food System:

A regionally-based and community-driven food system;  
The viability of agricultural and rural communities;  
The development of regional value-added agricultural production, food processing and distribution systems; and  
The promotion of regional food products at farmers' markets, farm-gate sales, and local food outlets.

## Salad Bar Programs

Salad Bar Programs provide students in participating schools with a variety of fresh, healthy food choices with lots of vegetables and fruit, whole grains and legumes. Salad bar programs support local producers by using locally grown produce. For more information on Salad Bar Programs, contact the Sudbury & District Health Unit at (705) 522-9200, ext. 257.

## Development of a Sustainable Food System

A healthy, sustainable food system will have a diverse agricultural economy, linked with local food needs and markets. The City of Greater Sudbury Food Charter encourages activities that preserve biodiversity and natural resources and increase awareness of global environmental issues.

## Community Food Security Networks

### Sudbury Food Connections (formerly the Food Security Network)

Sudbury Food Connections (SFC) is a community-based network of individuals from many different backgrounds. The group produces a newsletter, *Food Connections News*, to communicate network activities and provide information on food security-related topics. The SFC played a vital role in the development of the City of Greater Sudbury Food Charter, which is meant to provide direction to the network, individuals, organizations, and local government in an effort to improve food security for all community members.

Sudbury Food Connections' Vision statement is: Food secure communities in the Sudbury and Manitoulin districts that have zero hunger, healthy food choices, local food resources, and a sustainable environment.

New members are always welcome. If interested in adding your ideas, or helping out, call the Sudbury & District Health Unit at (705) 522-9200, ext. 257.

### Manitoulin Community Food Network

Contact: Heather Thoma

Phone: (705) 282- 0358

Email: [interwovenness@yahoo.com](mailto:interwovenness@yahoo.com)

This diverse, and inclusive group consists of farmers, educators, health care professionals, social service representatives, business people, and members of the general public, cooperating on Manitoulin Island with the following mission: *“To support and develop the community awareness, production and consumption of healthy, locally-produced food.”*

## Mindemoya Farmers' Market

Location: Mindemoya Arena

Hours: Saturdays from 9 a.m. to 1 p.m.

May (holiday weekend) to October (Thanksgiving)

Approximately 34 vendors

Phone: (705) 377-4471

Contact: Maja Mielonen, Market Manager

P.O. Box 292

Highway 542, 6152 King Street

Mindemoya, ON POP 1S0

## Farm-to-Table Sales

Some farm produce is sold from roadside stalls. Signs indicate produce for sale and their prices. Direct farm-to-table sales reduce environmental impact and provide produce picked at their peak of freshness for consumption.

For a leisurely drive or an excursion through the countryside, the directions are as follows. The return trip takes 2 to 2½ hours from the City of Greater Sudbury.

Travel to Hwy. 69 South and turn onto Hwy. 64 to drive through Alban and Noelville. Turn onto Hwy. 535 to travel through St. Charles, Hagar and back to Hwy. 17 West. You will drive through Markstay and Coniston and arrive back in the City of Greater Sudbury.

The Health Protection and Promotion Act of Ontario requires that anyone who intends to open and operate a food premises must notify the health unit of their intention to operate.

The Ontario Food Premises Regulation (O. Reg 562), under the Health Protection and Promotion Act, provides the minimum requirements for the operation of a food premises. These requirements help operators comply with the regulation and fulfill their responsibility to prepare, serve and sell safe food.

Please note that it is illegal to sell or offer for sale food that is unfit for human consumption, unpasteurized milk or cream and uninspected meat. No operator of a food premise shall sell or offer for sale ungraded or Grade "C" eggs. Contact your local office of the Sudbury & District Health Unit if you encounter a food premise that is selling or offering for sale the food items noted above.

Health Protection and Promotion Act (HPPA): [http://www.e-laws.gov.on.ca/html/statutes/english/elaws\\_statutes\\_90h07\\_e.htm](http://www.e-laws.gov.on.ca/html/statutes/english/elaws_statutes_90h07_e.htm)

Food Premise Regulation (FPR): [http://www.e-laws.gov.on.ca/html/regs/english/elaws\\_regs\\_900562\\_e.htm](http://www.e-laws.gov.on.ca/html/regs/english/elaws_regs_900562_e.htm)

If you have questions, as an operator or as a consumer, please call the Sudbury & District Health Unit at (705) 522-9200, ext. 398 and ask to speak with a public health inspector.

## 4) The Development of a Sustainable Food System:

Public and institutional education on the interdependence between the food system and a sustainable environment;

Scientifically proven best management agricultural practices and regional crop varieties;

The development and implementation of renewable technologies in the expansion of the regional food system;

The reduction of persistent toxic chemicals that can accumulate within the food chain;

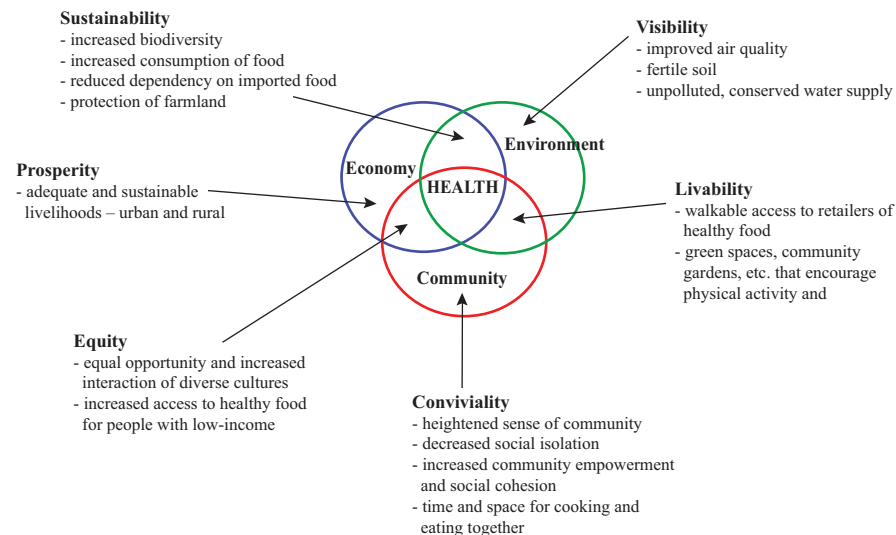
Sustainable waste management practices; and

Support for initiatives that minimize the loss of biodiversity, resource depletion, and climate change, and that raise the awareness of global environmental issues.

## The Community Food Systems Approach to a Healthy Communities Model

Community food insecurity is a serious public health issue (Ontario Public Health Association Food Security Workgroup, 2002). To achieve community food security, a community food systems approach is needed. The community food system approach looks beyond individual eating behaviours and thinks about the bigger food system (Xuereb et al., 2005). For example, it looks to support local food producers through farmers' markets and Good Food Box programs. It aims to support increased access to fresh vegetables and fruit through community gardens and salad bar programs in schools.

Figure 3: Applying a Community Food Systems Approach to a Healthy Communities Model



Source: Xuereb, 2006

## Population Health and Wellness

A healthy food system makes sure that everyone can afford to buy the food they need to eat well (Xuereb, 2005). Adequate income, employment, housing and transportation polices that ensure food accessibility and availability to all citizens is an objective of the City of Greater Sudbury Food Charter.

Unfortunately, food insecurity exists in our community and there is a need for emergency food programs.

### Free Meal Programs

#### **Bread and Roses Food Bank**

72 Young Street  
Capreol, ON P0M 1H0

Phone: (705) 858-3630

Contact: Marie Jones

Hours: Open every third Thursday of each month from 11 a.m. to 12:30 p.m. Serves Capreol residents only.

#### **Out of the Cold (Hot Meal Program)**

St. Andrew's United Church  
111 Larch Street  
3rd Floor  
Sudbury, ON P3E 4T5

Phone: (705) 674-0721

Fax: (705) 674-2762

Email: standy@cyberbeach.net

Contact: Jim Dickson/Alan Ritchie

Hours: Friday evenings from November to the end of April from 6 p.m. to 7 p.m.

#### **Sudbury Soup Kitchen**

Samaritan Centre  
The Blue Door Café  
344 Elgin Street  
Sudbury, ON P3E 3N9

Phone: (705) 675-5300

Fax: (705) 560-9773

Email: marieturcotte41@hotmail.com

Contact: Marie Turcotte

Hours: Open five days a week from 11 a.m. to 2:30 p.m.

Phone: (705) 897-6302 (taped 24-hour information line)

Email: jrainville@can.rogers.com

Website: www.dinosauressudbury.com or  
www.josephinesvegetables.com

Contact: Marcel M. Rainville

Hours: May 1 until September 8, rain or shine, 9 a.m. to 8 p.m.  
After September 8, please call.

Note: Interac, VISA, American Express and MasterCard are all accepted. Gift certificates for vegetables are available, and E-gift certificates can be bought online.

#### **Downtown Sudbury Market Square**

Location: Market Square

85 Elm Street  
Sudbury, ON P3C 1T3

Hours: May 31 to November 1: Saturdays from 8 a.m. to 3:30 p.m.  
and Sundays from 10 a.m. to 3:30 p.m.  
Approximately 35 vendors

Market: (705) 670-9121

Phone: (705) 674-4455, ext. 4622

Fax: (705) 671-6767

Email: rob.stevenson@sudbury.ca

Contact: Rob Stevenson, Market Square Officer  
City of Greater Sudbury  
PO Box 5000, Stn A, 200 Brady Street  
Sudbury, ON P3A 5P3

#### **Gore Bay Farmers' Market**

Location: Gore Bay Arena, Manitoulin Island

Hours: Fridays from 9 a.m. to 1 p.m.  
Mid-May to mid-October  
Approximately 40 vendors

Contact: Vincent Beleson, Market Manager

Phone: (705) 282-8509

The market includes a vast array of arts, crafts, and baked goods, with many new vendors from all over the island.

#### **Little Current Farmers' Market**

Location: NEMI Recreation Centre,  
Hwy. 6, Little Current ON P0P 1K0

Hours: Tuesday - 9 a.m. to 1 p.m.  
May (holiday weekend) to October (Thanksgiving)  
Approximately 20 vendors

Contact: Sophie Pheasant, Market Manager

Phone: (705) 368-3579

season.

CSA members are welcome to attend regular farm tours with hayrides to see the gardens and animals, and will be invited to a CSA member potluck supper. Members will receive regular farm newsletters as well as weekly email bulletins. Our vegetable list for 2008 included: beans (green and yellow), broccoli, Brussels sprouts, cabbage (red, green, savoy), carrots, cauliflower, cucumbers (slicing and pickling), kale, lettuce (and other salad greens), onions (green and cooking), peas, potatoes (red and white), pumpkins, red beets, spaghetti squash, sweet corn, sweet potatoes, Swiss chard, tomatillos, tomatoes, zucchini (green and yellow), and more!

Take pleasure in knowing that your family's food was produced by your own personal farmer, in a safe and environmentally friendly fashion.

### **Community Shared Agriculture (CSA) - Wanup**

Heart & Soil Gardens  
Wanup, ON

Contact: Amy Hallman

Email: [ahallman@yorku.ca](mailto:ahallman@yorku.ca)

Amy Hallman has been running a CSA for three seasons, providing weekly boxes for a maximum of 14 shareholders. The boxes include a wide variety of vegetables, sprouts, flowers, and local wild blueberries. Heart & Soil Gardens is currently functioning as part CSA and part market garden for the Eat Local Sudbury Co-op store.

### **Community Shared Agriculture (CSA) - Manitoulin Island**

Loon Song Organic Garden  
601 Lakeshore Rd, Kagawong

Phone: (705) 368-0460

Email: [loonsong@vianet.ca](mailto:loonsong@vianet.ca)

LoonSong Garden offers an exciting diversity of produce, carefully grown using organic and biodynamic practices. Loon Song Organic Garden chooses vegetable and fruit varieties that are most nourishing for both people and the land, and harvest them fresh for your share each week.

### **Farmers' Markets / Farm Fresh Products**

There is a huge variety of produce at most Farmers' Markets ranging from fresh berries, fruit, vegetables, pickles, and preserves to such delicacies as local goat cheese, wild mushrooms, smoked meat, and fresh herbs. And you'll find homemade baked goods, as well as traditional arts and crafts.

### **Josephine's Vegetables No Herbicide Farm Since 1982**

3316 St. Laurent Street (on Valleyview Road)  
Sudbury, ON P0M 1L0

Services: Offers hospitality and a free noon meal to people in need. The Sudbury Soup Kitchen often provides 300 meals a day. Please use front entrance. Community health centres provide outreach programs at the soup kitchen.

### **The Mission**

344 Elgin Street  
Sudbury, ON P3E 3N9

Phone: (705) 673-2163

Email: [administrator@themission.ca](mailto:administrator@themission.ca)

Contact: Tammy Vanlimbeek

Hours: Daily: 7 p.m. to 8:30 p.m. (Supper)

Mondays to Fridays: 7 a.m. to 9 a.m. (Breakfast)

Saturdays: 10 a.m. to noon (Breakfast)

Sundays: 1:30 p.m. to 2:30 p.m. (Lunch)

### **The Salvation Army Rehab Centre**

146 Larch Street  
Sudbury, ON P3E 1C2

Phone: (705) 673-1175

Fax: (705) 673-3187

Contact: Major Carey

Hours: Open seven days a week

Mondays to Fridays: 6 a.m. to 6 p.m. (Breakfast at 7:30 a.m.)

Weekends: 7:30 a.m. to 8:30 p.m. (Breakfast at 8:30 a.m.)

(Lunch at 12 p.m. and dinner at 5 p.m.)

There is a charge of \$3 per meal.

### **Food Banks**

A food bank is an emergency food depot that accepts donations of food from individuals and organizations and distributes it to those in need. Call first for information.

### **The Sudbury Food Bank**

634 Notre Dame Avenue  
Sudbury, ON P3C 5L2

Phone: (705) 671-9663

Fax: (705) 671-9503

Email: [sudburyfoodbank@vianet.ca](mailto:sudburyfoodbank@vianet.ca)

Website: [www.sudburyfoodbank.ca](http://www.sudburyfoodbank.ca)

Contact: Geoffrey Loughheed, Chair

Daniel Xilon, Administrator

Hours: Mondays to Fridays: 8:30 a.m. to 5 p.m.

Services: Provider/networker for local food banks.

### **Good Neighbours Valley East Food Bank**

Lafontaine Street, Upstairs in the Old Fire Hall  
857 Attlee Avenue  
Sudbury, ON P3A 3H7

Phone: (705) 566-1283

Contact: Anne Unwin

Hours: Open on last two Wednesdays of the month from 10 a.m. to 2 p.m. and the last two Saturdays of the month from 11 a.m. to 1 p.m.

Services: Provides food, clothing, dishes, etc.

### **Garson Community Food Bank**

O'Neil Drive West, Brady Park Clubhouse  
Garson, ON

Mailing Address: c/o Sudbury Food Bank, 634 Notre Dame Avenue  
Sudbury, ON P3C 5L2

Phone: No phone on location.

Contact: Patty Bondy

Hours: The food bank is open Tuesdays and Thursdays from 12 p.m. to 3 p.m. at the Garson Community Food Bank site.

Services: Provides non-perishable foods for Garson, Falconbridge and Skead.

### **Guiding Light Food Bank**

1230 Parisien Avenue  
Sudbury, ON P3A 3B4

Phone: (705) 524-0237

Contact: Elmer Kutcher

Hours: Open Mondays to Thursdays from 10 a.m. to 2 p.m.  
Please call ahead.

Services: Serves the entire City of Greater Sudbury.

### **Inner City Home**

251 Elm Street West  
Sudbury, ON P3C 1V5

Phone: (705) 675-7550

Fax: (705) 675-1652

Email: [ichos@isys.ca](mailto:ichos@isys.ca)

Contact: Mary Ali

Hours: Mondays to Fridays from 1 p.m. to 4 p.m.

Services: Emergency food bank depot.

Fax: (705) 694-2030

Email: [noront.agrifood@sympatico.ca](mailto:noront.agrifood@sympatico.ca)

Website: [www.norontagrifood.org](http://www.norontagrifood.org)

Northern Ontario Agri-Food Education & Marketing Inc. educates consumers, processors, and retailers on the agri-food industry in northern Ontario, while assisting producers with marketing initiatives.

### **Programs:**

- Professional Development for Educators
- Agri-Days
- Harvest Celebrations
- Farm Directory

### **Community Shared Agriculture (CSA)**

Community Shared Agriculture is a system of growing and distributing food in a way that connects farmers and those that consume their food.

### **Eat Local Sudbury Co-operative Inc.**

28 Durham Street  
Sudbury, ON P3C 5E3

Phone: (705) 521-6717

Email: [info@eatlocalsudbury.com](mailto:info@eatlocalsudbury.com)

Contact: Allison Muckle, Project Coordinator

Website: [www.eatlocalsudbury.com](http://www.eatlocalsudbury.com)

Services: Co-op store selling local food (seasonal).

Hours: New hours are still being determined.

Eat Local Sudbury Co-operative Inc. is the one-stop-shop for all your local food needs! Our new year-round store carries a wide-range of local food products, including meats, cheeses, milk, juice, oils, nuts, grains, preserves, prepared foods and more!

Eat Local Sudbury Co-operative Inc. also promotes *Community Shared Agriculture* in Sudbury. This is where shareholders pay up front to receive a weekly delivery of in-season vegetables and fruit. Call us if you want to be put on the 2009 waiting list.

### **Dalew Farms**

Phone: (705) 594-1823

Email: [dalew@phonenet.ca](mailto:dalew@phonenet.ca)

Join Chantal and Dave to feast on the bounty of summer with a wide array of fresh produce from Dalew Farms. Dalew Farms uses absolutely no chemicals or artificial fertilizers and our animals are raised on pasture during the spring, summer, and fall.

CSA produce will be delivered to Sudbury's Market Square every Wednesday evening to CSA members at a pre-determined time during the regular growing

GEODE is a not-for-profit community economic development organization that supports environmentally and socially responsible economic development for the citizens of the City of Greater Sudbury. GEODE works to support local small business development and sustainability with innovative, ethical and responsible business practices to benefit all citizens of the City of Greater Sudbury.

### **Social Planning Council (SPC)**

30 Ste. Anne Road  
Sudbury, ON P3C 5E1

Phone: (705) 675-3894

Fax: (705) 675-3253

Email: [info@spcsudbury.ca](mailto:info@spcsudbury.ca)

Contact: Janet Gasparini, Executive Director

The Social Planning Council of Sudbury is an independent, not-for-profit, community-based organization. It is an association of individuals and organizations interested in improving the quality of life for everyone. The SPC works at the grassroots level to identify and resolve social issues in the community. In an effort to build a healthier community, the Social Planning Council is involved with research, advocacy and partnership building.

### **Northern Vegetarian Society**

1303 Marcel Street  
Sudbury, ON P3E 4G2

Phone: (705) 692-9322

Email: [nvs@ivu.org](mailto:nvs@ivu.org)

Contact: Pat Laplante

The purpose of the Northern Vegetarian Society is to help people of the City of Greater Sudbury and of northeastern Ontario adopt and maintain a healthy vegetarian lifestyle.

## **Investment in Regional Food System**

A healthy food system protects rural communities and culture (Xuereb, 2005). A regionally based food system is an objective of the City of Greater Sudbury Food Charter.

### **Agriculture and Food Education**

#### **Northern Ontario Agri-Food Education & Marketing Inc.**

1540 Highway 17 East  
Wahnapitae, ON P0M 3C0

Phone: (705) 694-4396

### **Neighbourhood Action Project of Sudbury (NAPOS)**

7 Elgin Street  
Sudbury, ON P3C 5B7

Phone: (705) 671-9835

Email: [neighbourhoodaction@bellnet.ca](mailto:neighbourhoodaction@bellnet.ca)

Contact: Bill (Willard) St. Louis

Hours: Mondays to Thursdays from 11 a.m. to 5 p.m.

Food Pantry only Tuesday from 10 a.m. to 2 p.m.

NAPOS is a non-profit organization assisting individuals having difficulty with Social Assistance, General Welfare Assistance programs, or other income programs. It also provides education to the public about various issues related to poverty and the working poor. There is a small food bank on the premises.

### **St. Alphonse Food Bank**

Holy Redeemer Church  
1887 Bancroft Drive  
Sudbury, ON P3B 1S7

Phone: (705) 566-9409 (Please leave message)

Serves Minnow Lake area residents only. Leave a message on the answering machine, as no one is available to answer the phone. The food bank provides enough food for approximately three days and allows one visit per month. Deliveries consist mostly of non-perishable foods; some perishable foods when they are available.

### **Salvation Army Community & Family Services**

634 Notre Dame Avenue  
Sudbury, ON P3C 5L2

Phone: (705) 566-8151

Email: [sherry.beaudoin@bellnet.ca](mailto:sherry.beaudoin@bellnet.ca)

Fax: (705) 566-5211

Contact: Sherry Beaudoin

Provides emergency family assistance with food, clothing, essential furnishings, food vouchers (only at Christmas), and medicine. Counselling services are also available. Hours of operation are Mondays, Tuesdays, and Thursdays from 9 a.m. to 11:45 a.m. and from 1 p.m. to 3:45 p.m., and on Wednesdays and Fridays from 9 a.m. to 11:45 a.m. only.

### **New Sudbury Food Bank**

1169 Dollard Avenue  
Sudbury, ON P3A 4G7

Phone: No phone at this location.

Contact: Mary Ali

Hours: Tuesdays and Thursdays from 10 a.m. to 12 p.m.

The New Sudbury Food Bank is managed by Inner City Home, which can be reached at (705) 675-7550; please call here for further details.

**Society of St. Vincent de Paul, St. Kevin's Convenience Thrift Store and Food Bank**

2506 Highway 69 North  
Val Caron, ON P3N 1K6

Phone: (705) 897-1212  
Fax: (705) 897-3338  
Contact: Marie Bertrand (Mondays, Wednesdays and Fridays)  
Sandra Prokulevich (Tuesdays and Thursdays)  
Hours: Mondays, Wednesdays and Fridays from 9:30 a.m. to 4 p.m.  
Thursdays from 9:30 a.m. to 4 p.m.  
Services: Serves Val Caron and Valley East.

**Student's Administrative Council Food Bank**

Cambrian College  
1400 Barrydowne Road  
Room 1164  
Sudbury, ON P3A 3V8

Phone: (705) 566-8101, ext. 7305 or 524-7305  
Fax: (705) 524-6395  
Email: [sacpres@cambriancollege.ca](mailto:sacpres@cambriancollege.ca)  
Hours: Monday to Friday from 8:30 a.m. to 4:30 p.m.  
Services: The food is located in room 1164 and is an emergency food bank.

Students wishing to access this service must provide their Cambrian College ID and fill out an information card. In addition to the food bank, they also provide food vouchers for various grocery stores throughout Sudbury. Students can access the emergency food bank up to three times per semester. If a student uses the food bank more than three times, they are referred to the Sudbury Food Bank.

**Laurentian University Food Bank**

Student General Association (SGA) / L'association générale des étudiants  
Laurentian University Student Centre  
Room SC212  
935 Ramsey Lake Road  
Sudbury, ON P3E 2C6

Phone: (705) 673-6547  
Fax: (705) 673-6555  
Contact: Tannys Laughren  
Email: [sga@laurentian.ca](mailto:sga@laurentian.ca)

will go over your income and expenses and suggest ways to help you better manage your money. They also offer workshops.

**Inner City Home**

251 Elm Street West  
Sudbury, ON P3C 1V5

Hours: Mondays to Fridays from 10 a.m. to noon - Hospitality and Drop-In  
1 p.m. to 4 p.m. food bank, counselling, workshops, resources, and drop-in  
Phone: (705) 675-7550  
Fax: (705) 675-1652  
Email: [ichos@isys.ca](mailto:ichos@isys.ca)  
Contact: Mary Ali, Director

**Food Co-ops**

Access natural and organic foods by starting your own food-buying club. You need a minimum of five adult members. Foods available include dry goods, cooler items, and frozen products. No produce or meat (although some products contain meat). Deliveries to Sudbury every two weeks.

**Ontario Natural Food Co-op**

Phone: (905) 507-2021 or 1-800-387-0354, ext. 228  
Email: [buyclub@onfc.on.ca](mailto:buyclub@onfc.on.ca)  
Contact: Kate Jarvis, Buying Club Representative  
Website: [www.onfc.ca](http://www.onfc.ca)

Ontario Natural Food Co-op is a wholesale distributor of natural and organic foods that offer "Buying Clubs". A "Buying Club" is a group of at least five people who get together to purchase goods directly from the distributor, saving money and gaining access to over 3 500 products.

**Community Building Initiatives**

**GEODE**

(Grassroots Economic Opportunity Development and Evaluation)  
30 Ste. Anne Road, Second Floor  
Sudbury, ON P3C 5E1

Phone: (705) 670-8920  
Fax: (705) 674-5732  
Email: [info@geode.ca](mailto:info@geode.ca)  
Website: [www.geode.ca](http://www.geode.ca)  
Contact: Rayvin Nyte or Glenda Forward

### **Aaron Taxi**

Call (705) 523-3333

For hearing impaired, call (705) 670-2122

### **Grocery Store Bus Transportation**

Bus transportation to grocery stores is often arranged through retirement residences or can be arranged through Estaire Bus Lines at (705) 674-0708.

### **Espanola Care Van**

The Care Van provides transportation to Winkel's Your Independent Grocer. It is only available to seniors (65 plus years) and physically or developmentally handicapped residents. A fee of \$5 is charged for a round trip and vouchers can be purchased in \$20 increments, in advance, from the Espanola Town Office. Call (705) 869-1540 for more details about the Care Van.

### **Food Budgeting / Credit Counselling**

#### **Community Food Advisor Program**

Community Food Advisors (CFAs) are trained volunteers who share their knowledge about healthy eating through food demonstrations and other services to groups in the community. CFAs can provide information on healthy eating on a budget.

To book a food demonstration, healthy eating display, or other CFA service:

Phone: (705) 522-9200, ext.257

Email: cfa@sdhu.com

Website: www.sdhu.com

For general information about the program:

Phone: (705) 522-9200, ext. 288

Email: kingb@sdhu.com

Contact: Bridget King, Public Health Nutritionist

#### **Sudbury Community Service Centre**

(non-profit group) Credit Counselling

1166 Roy Street

Sudbury, ON P3A 3M6

Phone: (705) 560-0430

Fax: (705) 560-0440

Email: scsc@vianet.on.ca

Contact: Norm Collin, Francine Hebert, Renée Boivin

Consultations are available for everyone, free of charge. You must book an appointment ahead of time. During this 1 to 1 ½ hour session, the counsellors

Or

Phone: (705) 675-1151, ext. 3007

Fax: (705) 675-4853

Contact: Paulette Lafortune, Residence Manager

Email: plafortune@laurentian.ca

Students can receive food (pickup or delivery) all week from 8:30 a.m. to 4:30 p.m. For students in residence, contact the SGA office or your residence leaders. The food bank runs year-round.

#### **Infant Food Cupboard**

Phone: (705) 677-0931 (leave message)

Services: Provides milk, formula, and diapers in emergencies only.

Accepts calls Wednesdays for milk, formula and diapers.

#### **Peer Support Group**

105 Elm Street

Unit #E4

Sudbury, ON P3C 1T3

Phone: (705) 675-1319

Fax: (705) 675-2502

Contact: Janet MacKenzie, Board President

A food bank for individuals with mental health disorders. Food can be obtained during the third week of each month on Wednesdays from 9 a.m. to 4:30 p.m., Thursdays from 10 a.m. to 4:30 p.m., and Fridays from 9 a.m. to 3 p.m. The food bank is available only for members of Peer Support Group.

#### **Walden Food Bank**

215 Sixth Avenue

P.O. Box 1237

(Tennis Court Building)

Lively, ON P3Y 1M9

Phone: (705) 692-9207

Fax: (705) 692-1268

Contact: Lynn Demers, President

Hours: Thursday 1:15 p.m. to 3 p.m.

Services: Provides food for residents of Walden

#### **Manitoulin Community Help Centre & Food Bank**

P.O. Box 181

Mindemoya, ON POP 1S0

Phone: (705) 377-4444

Fax: (705) 377-4863

Contact: Kathy Size, President

Hours: Every week - Tuesdays from 10 a.m. to 2 p.m.

Wednesdays from 7 p.m. to 9 p.m., Friday 10 a.m. to 2 p.m.  
Please call ahead for directions to the Food Bank.

### **Massey / Walford Food Bank**

205 Sauble Street  
Massey, ON P0P 1P0

Phone: (705) 865-2646

Contact: Donelda Cannard

Hours: Open the third Friday of each month from 1 p.m. to 3 p.m.

For more information, please call the township office number listed above.

### **Espanola Food Bank**

St. Jude's Parish

Phone: (705) 869-0025

Closed over the summer.

### **Food Pantries**

Pantries also provide food to those in need. Pantries are a great deal smaller than food banks and are usually operated by the local church for their parishioners.

### **Paroisse St. Marguerite D'Youville**

4290 Highway 69 North  
Val Therese, ON P3P 1S7

Phone: (705) 969-9339

Fax: (705) 969-0660

Contact: Jean Legault

Services: Provides a small pantry for parishioners and helps families at Christmas.

### **Meals on Wheels Programs**

These programs deliver hot, nutritious, full-course meals at a reasonable cost to people unable to attend to their own nutrition needs. Meals are available to: new mothers, seniors, convalescents, and those who are terminally ill, or physically or mentally challenged.

### **Meals on Wheels**

1127 Bancroft Drive  
Sudbury, ON P3B 1R6

Phone: (705) 525-4554

Fax: (705) 525-4741

Contact: Russel H. Decou, Executive Director

Email: meals25@sudburymeals.org

Office Hours: 9 a.m. to 4:30 p.m.

This group works in partnership with individuals, families and organizations to develop and promote community resources and programs that nurture healthy children, healthy families, and healthy communities. Nos services sont aussi disponibles en français.

### **Grocery Delivery and Transportation**

Please call the grocery store in your area for details on general delivery and transportation options.

### **Neil's Your Independent Grocer**

5200 Highway 69 North  
Hanmer, ON P3P 1Z3

Phone: (705) 969-4474

Fax: (705) 969-5523

Delivery: Call in or fax order the day before delivery.

Minimum \$100 order.

Free delivery for local customers (Hanmer and Val Caron);  
\$10 delivery fee to McCrea Heights (Sudbury).

Owner: Neil Lindenbach

### **Smith's Markets Inc.**

971 Lasalle Boulevard  
Sudbury, ON P3A 1X7

Phone: (705) 560-3663

Fax: (705) 560-5259

Delivery: Call in order a day ahead.

\$7.50 charge for local (New Sudbury) delivery; \$10 or more  
for the rest of the City of Greater Sudbury; additional costs  
for other (outlying) areas.

Contact: Jereme Doniec

### **Chartrand's Independent Grocer**

Place Bonaventure Mall  
4764-17 Regional Road 15  
Chelmsford, ON P0M 1L0

Phone: (705) 855-4588

Fax: (705) 855-3641

Contact: Michel Chartrand

### **Transportation to Grocery Stores**

Transportation for physically handicapped:

### **Handi-Transit**

To register, call 675-3333

## Family and Community Food Security Projects

### **Better Beginnings Better Futures (BBBF)**

450 Morin Avenue  
Sudbury, ON P3C 5H6

Phone: (705) 671-1941

Fax: (705) 671-1782

Email: [betterb@isys.ca](mailto:betterb@isys.ca)

Contact: Carole Dodge, Director

A breakfast and after-school snack program for students. For more information, call Eileen Creasey, Family Support Worker, or Jim Eshkawkogan, Community Worker.

### **Partir d'un bon pas pour un avenir meilleur**

Pour de plus amples renseignements, contactez Johanne Thompson, Agente de développement communautaire, au 671-1956, poste 229.

### **Baby's Breath**

Teen pregnancy and parenting support group for English-speaking parents that are 18 years old and younger.

Date: Mondays

Hours: 5 p.m. to 7:30 p.m.

Place: 450 Morin Street

For more information, call Johanne Thompson, Coordinator at 671-1941, ext. 229.

### **Le soufflé d'un bébé**

Un programme d'appui pour adolescentes en voie de grossesses et pour parents adolescents âgés moins de 18 ans.

Date: Mercredi

Lieu: 450, rue Morin

Pour de plus amples renseignements, contactez Johanne Thompson, coordonnatrice, au 671-1956, poste 229.

### **Our Children, Our Future / Nos enfants, notre avenir**

199 Travers Street  
Sudbury, ON P3C 3K2

Phone: (705) 677-0440 or toll-free 1-888-677-0440

Fax: (705) 673-3354

Email: [mail@ourchildren-ourfuture.net](mailto:mail@ourchildren-ourfuture.net)

Website: [www.ourchildren-ourfuture.net](http://www.ourchildren-ourfuture.net)

### **Chapleau Health Services / Turning Point**

8 Lorne Street South  
Chapleau, ON P0M 1K0

Phone: (705) 864-1919

Contact: Sylvie Sylvestre

This program provides lunch meals only at a cost of \$5.50 per meal from Mondays to Fridays. Breakfast, supper, and weekend service is not available. Aside from the Meals on Wheels program, they also provide group dining every second Thursday (not in summer) for seniors. These are luncheons held at Cedar Grove for a cost of \$6.50 per meal. Please call ahead for directions to the Food Bank.

### **Aide aux Seniors**

P.O. Box 370  
Noelville, ON P0M 2N0

Phone: (705) 898-2174

Fax: (705) 898-3449

Contact: Françoise Racine

Services: Homemaking, Meals on Wheels, Emergency Response System (Lifeline), Respite Service, Transportation, Diners Club, Friendly Visiting, and Supportive Housing.

Diners Club is a program that provides transportation to a community meal for those in need. Please call ahead for directions to the Food Bank.

## Other Organizations

### **Access AIDS Network**

111 Elm Street  
Unit 203  
Sudbury, ON P3C 1T3

Phone: (705) 688-0500 or  
1-800-465-2437

Fax: (705) 688-0423

Email: [access@cyberbeach.net](mailto:access@cyberbeach.net)

Website: [www.accessaidsnetwork.com](http://www.accessaidsnetwork.com)

Contact: Richard Rainville, Executive Director

Services: Provides services and food vouchers for people living with HIV.

### **Elizabeth Fry Society**

204 Elm Street  
Sudbury, ON P3C 1V3

Phone: (705) 673-1364

Fax: (705) 673-2159

Email: [efry@on.aibn.com](mailto:efry@on.aibn.com)  
Contact: Kelly Anderson, Manager  
Services: Helps women who are in need as a result of conflict with the judicial system or who have just come out of prison.

### **Genevra House**

370 St. Raphael Street  
Sudbury, ON P3B 4K7  
Phone: (705) 674-2210  
Toll-free: 1-800-461-0133  
Fax: (705) 688-8816  
Contact: Ginette C. Demers, (705) 674-2210, ext. 303  
Email: [g.demers@ywca.sudbury.com](mailto:g.demers@ywca.sudbury.com)  
Contact: Marlene Gorman, Executive Director (705) 673-4754, ext. 222  
Email: [m.gorman@ywca.sudbury.com](mailto:m.gorman@ywca.sudbury.com)  
Hours: Open 24 hours a day  
Services: 32-bed shelter for abused women and children impacted by violence in their intimate relationships. Provides temporary shelter and basic needs for abused women and children.

### **Foyer Notre Dame**

213 Pine Street  
Sudbury, ON P3C 1X4  
Phone: (705) 675-6422  
Fax: (705) 675-1719  
Contact: Lise Senecal  
Services: Homeless shelter for teenage girls ages 16 to 19 years.

### **Corner Clinic**

344 Elgin Street, Second Floor  
Sudbury, ON P3E 3N9  
Phone: (705) 673-3721  
Fax: (705) 673-8508  
Hours: Mondays to Fridays from 8 a.m. to 3 p.m.

The Corner Clinic provides many health care services in partnership with other community agencies. Please note that it is not a walk-in clinic.

### **EatRight Ontario**

Website: [www.Ontario.ca/EatRight](http://www.Ontario.ca/EatRight)  
Toll-free 1-877-510-5102

EatRight Ontario is a service for Ontarians, funded by the provincial government, through the Ministry of Health Promotion. This service allows Ontarians to ask nutrition-related questions and to get answers by phone or

**Program “How to” Kit.** This community resource is an essential how-to guide for individuals and groups who are considering starting a new meal or snack program. It is also a great resource for leaders of existing programs.

### **Canada Prenatal Nutrition Programs**

#### **Our Children, Our Future / Nos enfants, notre avenir**

Creating Healthy Babies / Maman et bébé en santé  
Valley East, Sudbury, Espanola, Sudbury East and satellite sites  
199 Travers Street  
Sudbury, ON P3C 3K2  
Phone: (705) 677-0440  
Fax: (705) 673-3354  
Email: [mail@ourchildren-ourfuture.net](mailto:mail@ourchildren-ourfuture.net)  
Website: [www.ourchildren-ourfuture.net](http://www.ourchildren-ourfuture.net) or  
[www.nosenfants-notreavenir.net](http://www.nosenfants-notreavenir.net)

Creating Healthy Babies/Maman et bébé en santé is a community-based nutrition and support program for expectant women, their partners and parents of infants up to the age of six months. It is delivered through Our Children, Our Future / Nos enfants, notre avenir in Sudbury, Valley East, Espanola, Sudbury East, and Rayside Balfour.

#### **N'Swakamok Native Friendship Centre**

110 Elm Street  
Sudbury, ON P3C 1T5  
Phone: (705) 674-2128  
Fax: (705) 671-3539

#### **Canadian Prenatal Nutrition Program (CPNP)**

Contact: Rose St-George, Coordinator, ext. 222  
Email: [rosella\\_t@yahoo.com](mailto:rosella_t@yahoo.com)

#### **Aboriginal Healthy Babies Healthy Children**

Contact: Ursula Abel, ext. 259  
Email: [healthybabies@on.aibn.com](mailto:healthybabies@on.aibn.com)

#### **Healing & Wellness Program**

Contact: Margaret Gordon, ext. 248 and Bridget Elliott, ext. 231  
Email: [ahwp@on.aibn.com](mailto:ahwp@on.aibn.com)  
Services: The objectives are to deliver community-based, culturally relevant programs for at risk aboriginal women to improve the health of both mothers and babies. Provides emergency food vouchers.

for equipment or staffing. Childhood/Enfance pays local grocery stores directly for nutritious food purchased by schools for their nutrition programs.

### **Children's Emergency Foundation**

2243 Queen Street, E., Second Floor  
Toronto, ON M4E 1G1

Contact: Jill McKinney, Executive Director  
Phone: 1-800-447-2458  
Fax: (416) 287-2372  
Email: info@thecef.org  
Website: www.thecef.org

The Children's Emergency Foundation (CEF) is a federally incorporated non-profit organization and a registered Canadian charity that raises and distributes funds to assist programs that help children in serious need across Canada and around the world.

### **The Human League Association**

471 Ontario Street  
Sudbury, ON P3E 4K4

Phone: (705) 670-8633  
Fax: (705) 670-8674  
Email: execdirector@bellnet.ca  
Contact: Paul F. Brokenshire, Executive Director or Andrea Bean,  
Nutrition Coordinator  
Website: www.humanleague.on.ca

The Human League Association exists to promote the health, safety, and welfare of youth by removing social and economic barriers faced by families. The Human League Association reaches out to the most vulnerable members of our society, guiding them towards happier, healthier, and more productive lives.

The Human League Association also administers the *Breakfast Club for Kids*, which provides over 3 000 nutritious meals and snacks daily to 19 schools in the Sudbury area, and operates the *Positive Leisure Activities for Youth* (P.L.A.Y.) program and *Kidsport Ontario, Sudbury Chapter*.

### **Sudbury & District Health Unit**

1300 Paris Street,  
Sudbury, ON P3E 3A3

Phone: (705) 522-9200, ext. 257

The Sudbury & District Health Unit offers workshops to assist communities with organizing and operating successful school meal and snack programs.

As a member of the Northern Healthy Eating Project, the Sudbury & District Health Unit was involved with the development of the *School Meal and Snack*

email from a Registered Dietitian (RD). Whether you have a nutrition-related question or are looking for a resource, EatRight Ontario is a trusted source for advice on healthy eating.

## **Community Development**

A healthy food system makes sure healthy food choices are accessible to everyone (Xuereb, 2005). This happens through support of community-based food initiatives such as community gardens, community kitchens, student nourishment programs, and Good Food Box programs.

### **Community Gardens**

A community garden is organized, planted, maintained and harvested by all interested members in a neighbourhood, school or workplace.

#### **The Foodshed Project**

c/o The Social Planning Council of Sudbury  
30 Ste. Anne Road, Unit 119  
Sudbury, ON P3C 5E1

Phone: (705) 675-3894  
Email: info@foodshedproject.ca

#### **Warren Community Garden**

Phone: (705) 967-2615  
Contact: Carmel Bole

#### **Walden Community Garden**

Phone: (705) 694-0165  
Contact: Allison Muckle

The Walden Community Garden consists of 12 10ft x 10ft plots at the Anderson Farm Museum in Lively. Gardeners must use organic growing methods, meaning that pesticides and chemical fertilizers cannot be used. Gardeners range in age from 2 to 72 and grow vegetables, fruit, and flowers of their choice on their plots. This community garden was reinstated in 2006 by the Walden Community Action Network. Gardeners must pay a \$25 rental fee per plot.

#### **Sudbury East Day Services Gardens**

36 Delamere Road, P.O. Box 256  
Alban, ON P0M 1A0

Hours: Tuesday to Friday: 9 a.m. to 3 p.m.  
Saturday, Sunday and Monday: Closed  
(Summer) Saturday: 10 a.m. to 3 p.m.

Phone: (705) 857-1037

Fax: (705) 857-1254  
Contact: Reggie or Jeremie  
Email: sudburyeast.day.services@cgsds.ca

Sudbury East Day Services garden is a satellite program of Sudbury Developmental Services. Participants in this program grow vegetables, which are available for purchase by the community.

### Plant A Row Grow A Row

www.growarow.org

As part of your garden this year, plant and grow an extra row of your favourite veggies and donate your harvest to your local food bank.

#### Sudbury Food Bank

Phone: (705) 671-9663  
Website: www.sudburyfoodbank.ca/Home.htm  
Email: sudburyfoodbank@vianet.ca

#### Sudbury Horticultural Society

Website: www.sudburyhorticulturalsociety.ca  
Email: lhugli@hotmail.com

### Community Kitchens

A community kitchen is a place where people meet to plan, purchase, and prepare meals to be shared amongst members of the group.

#### Centre de santé communautaire de Sudbury

19, chemin Road  
Sudbury, ON P3C 4Y9  
Phone: (705) 670-2274, poste 217  
Fax: (705) 670-2277  
Email: lorraine.leblanc@cscsudbury.on.ca  
Contact: Lorraine Leblanc, Promotion de la santé  
Services: Offre des services en français.

Cuisine communautaire de groupe - Les participants apprendront comment lire les étiquettes et à préparer une alimentation économique et saine, suivant les normes du *Guide alimentaire canadien*.

#### Salvation Army Community & Family Services

634 Notre Dame Avenue  
Sudbury, ON P3C 5L5  
Phone: (705) 566-8151  
(705) 566-8915  
Fax: (705) 566-5211

Email: sherry.beaudoin@bellnet.ca  
Contact: Sherry Beaudoin, Family Services Coordinator

### Community Food Advisor Program

Community Food Advisors (CFAs) are trained volunteers who share their knowledge about healthy eating through food demonstrations and other services to groups in the community. CFAs can provide information on *Eating Well with Canada's Food Guide*, shopping tips, and tasty and nutritious cooking.

To book a food demonstration, healthy eating display or other CFA service:

Phone: (705) 522-9200, ext. 257  
Email: cfa@sdhu.com  
Website: www.sdhu.com

For general information about the program:

Phone: (705) 522-9200, ext. 288  
Email: kingb@sdhu.com  
Contact: Bridget King, Public Health Nutritionist

### School Food and Nutrition Programs

#### Breakfast for Learning, Canadian Living Foundation

25 Sheppard Avenue West  
Suite 100

Toronto, ON M2N 6S7

Phone: (416) 218-3540 or 1-800-627-7922  
Fax: (416) 733-3453  
Email: info@breakfastforlearning.ca  
Website: www.breakfastforlearning.ca

The mission of Breakfast for Learning, Canadian Living Foundation is “to ensure that every child in Canada attends school well nourished and ready to learn.”

The foundation supports nutrition programs in three major areas, which include grant funding, nutrition education, and the Community Partners Program.

#### Childhood/Enfance

Phone: (705) 969-5136  
Contact: Clément Lafrenière, President  
Email: CBL@cyberbeach.net  
Contact: Bernard Raymond, Coordinator  
Phone: (705) 673-4266

Childhood/Enfance is a local, registered, non-profit organization that provides money for breakfast or snack programs in the schools. Money is not provided