

# Free Info on Food

## **New!** Eat Well. Live Well. Canada's Food Guide

has information on healthy eating.



## **Making Your Own Baby Food**

teaches how to make your own affordable healthy baby food at home.



## **Everybody's Food Budget Book**

has ideas to stretch your food dollar to lower meal costs.



## **Budget-Wise Grocery Shopping**

Find tools, tips and apps to help you cut grocery costs.



## **Food Budget Kit**

is a tool to put ideas into practice for healthy, low cost meals. Order your free kit



To access these resources, please visit:

**[durham.ca/healthyeating](http://durham.ca/healthyeating)**

or call:

Durham Health Connection Line 905-668-2020 or 1-800-841-2729



HEALTH  
DEPARTMENT

## **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 food programs. Visit [www.informdurham.com](http://www.informdurham.com) to search for local community organizations and programs or call 905-434-4636.



# FOOD IN DURHAM



## **A list of places to find food in Durham Region**



HEALTH  
DEPARTMENT

**[durham.ca/health](http://durham.ca/health)**

If you require this information in an accessible format, contact 1-800-841-2729.



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**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

### 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: 705-426-1771

Nourish and Develop Foundation  
Call: 705-432-2444

### Bowmanville

Salvation Army  
Call: 905-623-2185

### 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. 221

Seventh Day Adventists Clothing and Food Bank  
Call: 905-433-8800

Simcoe Hall Settlement House  
Call: 905-728-7525

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

The Eating Well Ministries  
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



Disclaimer: Durham Region Health Department does not endorse individual food bank screening practices

## Feed the Need in Durham

To find other food banks in Durham Region, contact Feed the Need in Durham by calling 905-571-FTND (3863) or visiting [ftnd.ca](http://ftnd.ca).

## Food and Pregnancy

There are 9 drop-in sites for young pregnant women and new moms up to age 26 where nutritious food and helpful information is available.

Call: Pre and Post Natal Nutrition Program - Food `4` Thought  
1-877-447-5795 or visit [girlsinc-durham.org](http://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  
905-999-7612 or 289-675-5296 or visit [dcnp.ca](http://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. 225 Oshawa; ext 223 Whitby or visit [communitycaredurham.on.ca](http://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 [durham.ca/healthyating](http://durham.ca/healthyating)

## 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 [durhamfarmfresh.ca](http://durhamfarmfresh.ca)

