



The Canada Food Guide recommends that we eat 5 - 10 servings of fruit and/or vegetables every day.

For more information, contact the Thunder Bay Food Action Network at 625-5956 or visit: www.tbdhu.com



Healthy Eating & Food Security

The key to healthy living is in a healthy well balanced diet. There are several ways we can make sure we have enough healthy food to eat. We can eat more fruits and vegetables by growing our own or by taking part in the Gleaning and Good Food Box programs. We can cook together in community kitchens.

Things You Can Do

Save Money On Food:

- **Community Gardens** - Grow your own vegetables in gardens around the city. It's a great way to get together with your neighbours and save money on food.
- **Community Kitchens** - Cook several healthy low-cost meals for your family once or twice a month. Community kitchens are a fun way to cook and share food costs.
- **Gleaning** - Catch a bus to a farm to pick fresh fruits and vegetables yourself- for free!
- **The Good Food Box** - Fruits and vegetables are purchased in bulk at reduced cost and brought to where people live and work. Place your order at the beginning of the month and your food will be delivered to host sites on the last Thursday of the month.

Food Programs:

- **Emergency Food Programs** - There are several emergency food programs in Thunder Bay that serve food to those in need.
- **Moms and Babies Meals and Programs** - These pre/postnatal programs supply healthy community foods at community kitchens while providing food supplements, food packages, milk coupons, and educational teachings about parenting.
- **Stores that Deliver** - If you are disabled, ill and unable to do your own shopping there are people that will do it for you and then deliver your groceries to your home.
- **Food For Seniors** - There are programs available specifically for seniors 60 plus. The programs are located at seniors centers and delivery services are also available to those with disabilities.



Healthy Eating & Food Security



Where to Find Help

Emergency Food Banks

Thunder Bay Food Bank <i>129 Miles St. E.</i>	626-9231
Thunder Bay Christian Community Centre <i>132 Dease St.</i>	623-8184
"People That Love" Crisis Centre <i>920 Sprague St. at Free Methodist Church</i> <i>Open: Wednesday and Friday 9:00am to 11:00am</i>	623-3828
St. Vincent De Paul Society - South Ward <i>1019 Brown St. at St. Agnes Church</i>	577-3464

Daily Meals

Dew Drop Inn <i>292 Red River Rd.</i> <i>Donation drop-off any day between 10:00am to 4:00pm</i>	345-0481
Shelter House <i>420 George St.</i> <i>Open: Hot Lunch 2:00pm to 3:00pm, Hot Meal 7:00pm to 8:00pm, and 24 hour sandwiches available</i>	623-8182
The Salvation Army Soup Van <i>Call for information on times and locations</i>	345-7319 or 344-7300

Food For Seniors

Seniors Lunch A Month <i>NorWest Community Health Centres</i> <i>525 Simpson St.</i>	622-8235
Thunder Bay 55+ Centre <i>700 River St.</i>	684-3066
Herb Carroll 55+ Centre <i>1100 Lincoln St.</i>	625-2316
Meals on Wheels <i>South Ward</i> <i>North Ward</i>	625-3667 684-2862