

Need Help Filling Your Belly or Cupboards? Yarmouth Food Supports

Use this guide to:

- › Get groceries
- › Find meals
- › Find help getting around Yarmouth

To use the QR codes in this pamphlet, scan the QR code on your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears).



I need groceries



1. AOK (Acts of Kindness) Food Pantries

- Free community pantries throughout the community provide food and other basic items
- The pantries are bright orange and easy to see.
- For pantry locations, visit this link or scan the QR code:
 - › <https://imaok.ca/aok-food-pantries/>

Scan here



2. Beacon United Church community garden

- Plant your own 4 x 8-foot garden bed for free (donations accepted).
- Other gardeners can often share gardening skills.
- **Do not** pick what you did not plant.
 - › Phone: 902-742-4320





3. Flashfood – Grocery deals

- Use this app to find deals (up to 50% off) on groceries that are getting close to their best-by date.
 - › <https://apps.apple.com/ca/app/flashfood-grocery-deals/id1187314160>
 - › https://play.google.com/store/apps/details?id=com.flashfoodapp.android&hl=en_US&gl=US&pli=1

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4. FoodHero – Save on Groceries

- Use this app to find food that is getting close to its expiry date, imperfect produce, and extra items that need to be sold.
 - › <https://apps.apple.com/ca/app/foodhero-save-on-groceries/id1438530120>
 - › <https://play.google.com/store/apps/details?id=com.foodhero.app>

Scan here



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5. NSCC students

- Must have a valid student ID card
- Visit Student Services for food bank dry goods.
- Find snacks or a bagged lunch from the Food Locker on your way to class.
- Talk with your student advisor about dietary concerns.



6. Parents' Place Family Resource Centre

- Open to everyone, not just parents
- Support for infant feeding
- For families with children under age 18, groceries for 6 meals can be supplied once a month.
- Kids in the Kitchen Program: Kids aged 3 and older can learn cooking skills and kitchen safety while making snacks and meals to take home.
- Trading post (weekdays, 10 a.m. to 2 p.m.): Get free dishes (like pots, pans, plates), household items and clothes
- Slow cooker meals: Meet once a week for this 5-week program and take home 10 meals a week.
- How to eat healthy on a budget (self-care group)
 - › Phone: 902-749-1718



7. South Pantry

- Wednesdays, 1 to 3 p.m.
- Free coffee and light refreshments
- 1 bag of non-perishable food and household items each week
- 20 Forbes Street



8. Tri-County Women's Centre Food Pantry

- Monday to Thursday, 9 a.m. to 4 p.m.
- Dry goods available, take what you need (paper bags available)
- Ask for family planning (birth control) and period products (pads, tampons).
- Free water, tea, and coffee while you visit, ask the receptionist
 - › Phone: 902-742-0085



9. Tri-County Women's Centre South End Community Garden

- Plant a free veggie plot.
- Accessible (raised) garden beds are available.
- 6 Trinity Place
 - › Phone: 902-742-0085



10. Yarmouth Food Bank

- Tuesdays, 12:30 to 3:30 p.m. (closed on holidays)
- Hours vary in July and August, check the sign on the door
- Must have ID with birthdate and address
- Get non-perishable foods once a month
- 2 Herbert Street
 - › Phone: 902-742-0918



I need a meal



1. AOK – Acts of Kindness NS

- Free hot meals and cold plates
- Saturdays, 3 to 4:30 p.m.
- YACRO Hub - 11 Queen Street
- If you need delivery:
 - › Email: aoksociety@gmail.com
 - › Message on Facebook



2. Meals on Wheels – Yarmouth Regional Hospital

- Must live in the Town of Yarmouth
- \$3.75 per meal
- Available at noon, Monday to Friday
- Home delivery
- Call Yarmouth Regional Hospital.



3. Nova Scotia School Healthy Eating Program

- All schools offer free breakfast foods and snacks to all students.
- There is a “pay-what-you-can” lunch program for elementary, middle, and junior/senior high schools.
- For more information about the lunch program, visit:
 - › www.nslunch.ca

Scan here



4. SHYFT Youth Services

- Open to youth aged 16 to 24
- Youth can take home free weekly groceries (1 bag of frozen goods and 1 bag of pantry items).
- Drop in for up to 2 free meals a day, open every day
- Learn how to cook (optional)
- 6 Trinity Place
 - › Phone: 902-881-3111



5. Temple Baptist Church

- Wednesdays at 10 a.m., pick up free baked goods
- Thursdays at 11 a.m. and noon (September to June), free, hot community meal, call for details
- 7 Bond Street
 - › Phone: 902-742-1867



6. Souls Harbour Rescue Mission – Yarmouth Wesleyan Church

- Free hot meal from noon until 2 p.m., Monday to Friday
- 70 Haley Road, Yarmouth



7. VON Tri-County Frozen Meals on Wheels

- For seniors and/or people with disabilities in the Tri-County area (Shelburne, Digby, and Yarmouth)
- \$6 a meal (paid by credit card or invoice), at least 5 meals for each order
- Meals can be picked up or delivered for free
- Meals can easily be reheated in microwave or oven
 - › Phone: 902-746-3627



8. Yarmouth Knights of Columbus

- Free community lunch (soup and sandwiches)
- Tuesdays, 10 a.m. to noon (September to June)
- 10 Collins Street



I need help with buying food



1. Beacon United Church

- Emergency help for food, up to 2 times a year
- Food vouchers for a local grocery store
- Call for an appointment:
 - › Phone: 902-742-4320



2. Holy Trinity Church

- Call for gift cards for local grocery stores.
- Other supports for transportation, phone, medication, and household goods are available.
 - › Phone: 902-742-2145



3. Salvation Army

- We can support you with food, medications, and fuel.
- \$50 to \$125 food vouchers for Freshmart® grocery stores every 3 months (January to October), \$100 a year for medications, \$100 a year for eye care (eye exams and/or glasses) and emergency dental care
- Get a Christmas hamper (gift cards for food and toys) in December by applying any time in the month of November.
- Money for fuel to attend medical appointments
- To get help from the Salvation Army, please call on Tuesdays:
 - › Phone: 902-742-2519



4. Special Diet Allowance – Employment Support and Income Assistance (ESIA)

- Talk with your community services (ESIA) case worker.
- If you get funding from ESIA and you have special eating guidelines because of a medical condition, a dietitian can fill out a form to help you get more funding:
 - › Call Yarmouth Regional Hospital and ask to talk with a dietitian.
- Home heating funding by application, January to May



5. Tabitha Centre – St. Ambrose Co-Cathedral

- Support for food, medications, and transportation costs for medical appointments
- \$50 voucher for a local grocery store every 4 months
- 65 Green Street
- To find out what you qualify for, call the Centre:
 - › Phone: 902-742-8960



6. Yarmouth Wesleyan Church

- Sobeyes gift cards for people in need
- You do not need to be a church member.
- 70 Haley Road
- To find out what you qualify for, call:
 - › Phone: 902-742-7323



I need help with getting around



1. Senior Safety Program

- Free for seniors who live in Yarmouth County
- Help finding support to get food
 - › Phone: 902-881-4099 (Municipalities of Yarmouth and Argyle)
 - › Phone: 902-742-4862 (Town of Yarmouth)



2. Town of Yarmouth Transit

- Free bus service for all
- Monday to Friday, 7 a.m. to 7 p.m.
- Saturday, 8 a.m. to 6 p.m.
- For the route and schedule, scan the QR code below or visit:
 - › www.townofyarmouth.ca/transit-route-and-schedule.html

Scan here



To learn about other programs and services in your community:

211® Nova Scotia

- › Phone: 211
- › Phone (toll-free): 1-855-466-4994
- › Text: 211 Monday to Friday, 9 a.m. to 4 p.m.
- › Email: help@ns.211.ca
- › <http://ns.211.ca>

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

*Prepared by: Nutrition and Food Services
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