

Need Help Filling Your Belly or Cupboards? West Hants Food Supports

Use this guide to help you:

- › Get groceries
- › Find meals
- › Find help getting around West Hants

To use the QR codes in this pamphlet, scan each 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. Hantsport and Area Community Food Bank Society

- Open 2nd Wednesday of each month, 9 a.m. to noon
- Call to order by noon on the Monday before the food bank is open.
 - › Phone: 902-352-3002
- 10 Foundry Road, Hantsport
 - › Email: foodbanksociety@gmail.com
 - › www.facebook.com/Hantsportfoodbank/



2. Matthew 25 Windsor and District Food Bank

- Tuesdays and Thursdays, 8 a.m. to 4 p.m.
- Call to order from noon to 3 p.m.
 - › Phone: 902-798-2230
- 90 Sanford Drive, Windsor
 - › www.facebook.com/groups/342432317469





3. Square Roots Windsor

- Get 10 pounds of fresh fruit and vegetables for free, or pay \$7.50 or \$10, if you are able. Pick up once a month.
- Call to order Monday to Friday, 9 a.m. to 1 p.m.
 - › Phone: 902-798-2667
- Windsor United Church, 613 King Street, Windsor
 - › Email: squarerootswindsor@yahoo.com



4. Flashfood – Grocery deals

- Use this app to find deals (up to 50% off) on groceries that are getting close to their best-by date (Real Atlantic Superstore™, NoFrills®, Ren’s Pets).
 - › <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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5. 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>

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6. NSCC students

- You 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.



I need a meal



1. The POSSE Project (Peer Outreach Support Services and Education)

- Drop in for a hot meal, coffee, help connecting with community services, and other supports.
- Monday and Friday, 9 a.m. to 4 p.m.
- Tuesday to Thursday, 11 a.m. to 4 p.m.
- 10 King Street, Windsor
 - › Phone: 902-799-0752
 - › www.posseproject.ca



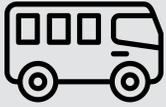
2. Harvest House Community Outreach of Windsor

- Hot meals available for take-out Mondays and Tuesdays, 9:30 a.m. to 2:30 p.m.
- Café Night on Fridays, 7 to 9 p.m.
- Please call ahead for a hot meal.
- 211 King Street, Windsor
 - › Phone: 902-790-4560
 - › Email: dbeldridge@live.com



3. Nova Scotia School Lunch Program

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



I need help with getting around



1. West Hants Dial-a-Ride

- Transportation for West Hants residents to:
 - › Medical appointments
 - › Personal errands
 - › Business, social, recreational, and educational activities
- There is a cost.
- Monday to Friday, 9 a.m. to 4:30 p.m.
- Call to book 24 hours in advance:
 - › Phone: 902-792-1800
 - › Email: westhantsdialaride@gmail.com

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.

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