



Eat**Right** Ontario

Food Choices

When Money is Tight

PLACES TO GO WHEN YOU DO NOT HAVE ENOUGH MONEY FOR FOOD

There may be times when you do not have enough money to buy food for you and your family.

Most communities have services to help people get food. Call 211, or go to www.211ontario.ca, to help find services in your area. Here is a list of programs that may be available in your community:

Food Banks and Food Cupboards

Food banks and food cupboards provide basic food items to help when you do not have enough money for food. They try to offer healthy foods, but the types and amounts of food you will get depends on what is available.

When you find a location, be sure to ask about the hours of operation and what information you should bring with you when you go.

Meal Programs

Sometimes you need a place to get a meal when money is tight. Nutritious meals that are free or at a very low cost may be available where you live. Ask about meal programs at local places of worship, community centres and other non-profit organizations in your community.

Student Nutrition Programs

Many schools offer breakfast, lunch and/or snack programs for their students. Ask the principal at your child's school if they offer a nutrition program.





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Community Kitchens

Community kitchens are small groups of people who prepare low-cost meals together to divide among their families. Ask your local community centre or public health department to connect you with a group.

Food Buying Clubs (e.g. The Good Food Box)

The Good Food Box is a non-profit food buying club that makes fresh vegetables and fruit available at an affordable price. Community organizations and volunteers help pack and distribute the boxes. Go to www.foodshare.net to find a Good Food Box program near you.

Community Gardens

Community gardens offer people the opportunity to grow their own vegetables and fruit. A group of people come together to grow food, maintain the garden and share the harvest. Ask your local community centre or public health department if there is a community garden that you could join.



Visit foodnetontario.ca for information about food programs in your community.

Questions to ask your community service provider OR contact EatRight Ontario

- Where can I find a food bank close to me?

To find answers to your healthy eating questions or get more **Food Choices When Money is Tight** factsheets speak to a Registered Dietitian at EatRight Ontario at **1-877-510-510-2** (in Ontario) or visit www.eatrightontario.ca/en/budget

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