

COMMUNITY FOOD PROGRAMS

*** ❁ NORWEST CO-OP COMMUNITY FOOD CENTRE:** The NorWest Co-op Community Food Centre (CFC) is a welcoming space where people come together to share a good meal, join a cooking group, grow a garden, learn about healthy eating and get active on issues in the community.

<p>Take-Out Community Lunches: Drop-in to enjoy a free, nutritious lunch. Monday, Wednesday and Friday, 11:30 am – 1:30 pm</p>	<p>After School Smoothie Drop-In: Choose a variety of fruits and vegetables and blend them together to make a delicious smoothie using pedal power on a bike blender! Tuesdays from 3:30 – 4:30 pm *suspended due to covid*</p>	<p>Gilbert Park Kids in the Kitchen: Come learn how to cook. Mondays, 3:30 to 5:30 pm *suspended due to covid*</p>
<p>Living Well With Diabetes Cooking Group: Cooking class focusing on diabetic recipes. *suspended due to covid*</p>	<p>Men and Women in the Kitchen: Share healthy recipes, socialize and learn cooking skills with other senior men and women. *pandemic meals are being prepared for take-out*</p>	<p>Tuesday Morning Drop-In: Come for coffee, tea, bannock, music, talk services and more. Tuesdays, 9:00 am – 12:00 pm. *suspended due to covid*</p>

<p>103 - 61 Tyndall Avenue Winnipeg, MB 204-615-3117 Abby Legaspi - Community Action and Engagement Programmer: alegaspi@norwestcoop.ca</p>	<p>https://norwestcoop.ca/community-food-centre/ INSTAGRAM: @norwestcfc FACEBOOK: Norwest Co-op Community Food Centre TWITTER: @NorWestCFC</p>
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CHALMERS NEIGHBOURHOOD RENEWAL: Community based organization within the Chalmers Neighbourhood located in the Winnipeg community of Elmwood.

Better Access to Groceries (BAG) is a non-profit program providing the Chalmers neighbourhood and surrounding Elmwood community better access to fresh and low-cost fruits and vegetables, as well as promoting community engagement activities and healthy eating.

<p>Elmwood East Kildonan Active Living Centre 180 Poplar Avenue Winnipeg, Manitoba 204-669-0750 chalmersrenewal@mymts.net</p>	<p>http://chalmersrenewal.org INSTAGRAM: @chalmersrenewal FACEBOOK: Chalmers Neighbourhood Renewal TWITTER: @ChalmersRenewal</p>
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WEST BROADWAY COMMUNITY ORGANIZATION: A not-for-profit, charitable organization working to coordinate and support social and economic development efforts in Winnipeg's West Broadway.

The Good Food Club (GFC) Based in West Broadway. From field to table, Good Food Club members are engaged in their own food security. Through farm trips, members learn to grow food while helping a local farm supply GFC's Summertime Farmers' Market. At both the summer and winter markets, volunteer members help supply affordable vegetables, fruit, meat and cheese to their community.

104-222 Furby Street Winnipeg, Manitoba 204-774-7201 info@westbroadway.mb.ca	http://www.westbroadway.mb.ca/ FACEBOOK: West Broadway Community Organization TWITTER: @WBCommunityOrg
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* ❁ **SPENCE NEIGHBOURHOOD:** The Spence Neighbourhood Association works with the people of Spence to revitalize and renew their community in the areas of Holistic Housing, Community Connecting, Community Economic Development, Environment and Open Spaces, and Youth & Families.

Kitchen Circle: Once a month. Learn a healthy and affordable recipe, cook, and share food and conversation around a table together. Free. All ages. No experience necessary. Registration required.	Green Spaces are City of Winnipeg owned lots that the SNA maintains, develops and makes safe places to be. function as open green space in the community.	West End 24 Hour Safe Space for Youth (WE24) provides an overnight space for youth ages 13-26 to rest, relax, access food, resources, and basic needs, in a supportive, kind, and warm environment.	Youth Program: ages 12-18. Magnus Eliason Recreation Centre (MERC) 430 Langside St. Mon to Fri, 6:30pm-9pm. A meal, a safe ride home or bus ticket. Activities or outings every evening with the option of hanging out with staff, doing crafts, or using the gym. Free to registered youth.
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615 Ellice Avenue Winnipeg, MB 204-783-5000 liaison@spenceneighbourhood.org	https://www.spenceneighbourhood.org/ FACEBOOK: Spence Neighbourhood Association INSTAGRAM: @snacommunity TWITTER: @SNACommunity
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AGAPE TABLE: Agape Table is an independent, charitable, non-profit organization established and maintained to help feed our city's most vulnerable people.

Agape Table offers low cost ways to provide nutritional food to those who have difficulty making ends meet. We provide Emergency food services for breakfast, soup, coffee, tea and juice. We provide a safe, community environment for people to go. Agape Table provides a subsidised breakfast for \$1.00. Meals are prepared with fresh ingredients; all items are purchased and prepared in restaurant style.

364 Furby St Winnipeg, MB Main Phone 204-783-6369 Volunteer Phone 204-786-2370	https://www.agapetable.ca/ FACEBOOK: Agape Table INSTAGRAM: @agapetableinc TWITTER: @AgapeTable
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* ❁ **WOLSELEY FAMILY PLACE:** Wolseley Family Place is a voluntary drop-in program which relies on the participants for direction and guidance. The Centre is community-based within the active area of West Broadway, and has many partnerships within and outside of this community.

Healthy Together Kids learn basic skills in the kitchen, the food is always tasty, and participants often go home with recipes, ingredients, and prizes.	Nutrition: Healthy snacks every morning and afternoon for kids in the Playroom; Breakfast Club every Friday morning for parents; Winnipeg Harvest Food Bank	Breakfast Club: Breakfast starts at 10:30 a.m. every Friday morning and is available to parents on a first come, first served basis.
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Healthy Together happens twice per month, on Monday afternoons 1:30-3:00 pm.	pick-up for 20 families; Snacks for participants in many of our workshops	
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202- 222 Furby Street Winnipeg, Manitoba 204-560-3141 admin@wfpwpg.ca	https://wolseleyfamilyplace.com/ FACEBOOK: Wolseley Family Place
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✿ **FOOD MATTERS MANITOBA:** We cultivate leadership by working with community partners, public policy makers, and youth to develop strategies and take action towards a food secure Manitoba where everyone has everything they need to eat well, all the time.

Food Action Hub members participate in facilitated learning and engagement tools, access a library of relevant resources, find support for their learning needs, and connect and contribute to the collective wisdom.	With Everybody Eats , public and private sector leaders take collective action to address critical food security issues in Manitoba.	Beyond Our Plate is high school aged program engaging youth in critical thinking on food security issues and making change in their communities.
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422 Notre Dame Ave. Winnipeg, Manitoba 204-943-0822 info@foodmattersmanitoba.ca	https://foodmattersmanitoba.ca/ INSTAGRAM: @foodmattersmanitoba TWITTER: @FoodMatters FACEBOOK: Food Matters Manitoba
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☆ * ✿ **CENTRAL NEIGHBOURHOODS:** Central Neighbourhoods is a project for the coordination of neighbourhood revitalization activities in Central Park, Centennial and West Alexander. Central Neighbourhoods is hosted under the umbrella of Spence Neighbourhood Association Inc.

Winnipeg Central Global Market Central Neighbourhood works with Immigrant Integration Farming IIFCC on restarting the concept of a community market in Central Park, based on the experience of the Winnipeg Central Market for Global Families that took place in the Park in the early 2000s. Back then, thanks to the Market, the community showed the need and interest in rehabilitating the area, and it's to the efforts of this group and its enthusiasm that we owe the redevelopment of Central Park by the City of Winnipeg, as we see it now. Visit the Market on Saturdays, from 11 AM to 5 PM, along Knox United Church (400 Edmonton St.). Please note, the market is cancelled in case of rain or high winds.
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231 Isabel St. Winnipeg, MB Mareike Brunelli, Director of Central Neighbourhoods: 204-802-2063 Director@CNWPG.org	https://cnwpg.org/market/ INSTAGRAM: @centralneighbourhoods FACEBOOK: Central Neighbourhoods Winnipeg TWITTER: @cnwpg
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* ✿ **1 JUST CITY:** an organization that supports three drop-in community centres in Winnipeg's core neighbourhoods: West Broadway, the West End and Osborne Village. Our services include daily meals, art, senior's programs, haircuts, showers, laundry, toiletries, and clean undergarments. In the winter months we also run the pop up warming centre in Osborne Village: Just a Warm Sleep.

Oak Table feeds and offers health and wellness programs to about 120 people each day at Augustine
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☆ Faith Based * Accessible ✿ 2SLGBTQIA+ Friendly *These have been identified for each location/organization to the best of our knowledge. We will continue to update as new information is received*

United Church in Osborne Village. We provide skill development opportunities to help people find safe housing and employment. Oak Table works to build personal capacity so people can advocate for themselves and achieve stable, independent lives. We offer culturally sensitive supports for mental wellness and those suffering from addictions. Oak Table welcomes and nurtures partnerships with all groups interested in creating more safety, equity, compassion and kindness in our community. Runs Mondays to Thursdays, 12:30-2:30pm.

<u>Oak Table Inc.</u> 109 Pulford St. Winnipeg, MB 204-691-8787 executivedirector@oaktable.ca www.oaktable.ca	<u>West Broadway Community Ministry</u> 102-222 Furby St. Winnipeg, MB 204-774-2773 wbcm@mymts.net	<u>St. Matthews Maryland Community Ministry</u> 365 McGee St. Winnipeg, MB 204-995-2944 info@1justcity.ca	204-995-2944 www.1justcity.ca/ FACEBOOK: 1JustCity INSTAGRAM: @oaktableinc TWITTER: @1justcity
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☆ * ✿ **ST. THOMAS AND KREATIVE:** We are a friendly informal church where everyone is welcome. Our worship is based on biblical truth with a strong emphasis on the love we show both for each other and our community in service. All our services are followed by a time of fellowship with good things to eat and drink. If you come on the first Sunday of the month you will also get a tasty cooked lunch.

Take Out Meal Program: We are feeding over 30 families, with a total of 120 meals given out. We also hand out crafting activity bags for all who would like them. Every Wednesday.	Kreative Kitchens addresses and answers two major needs: The lack of safe work experience for youth, youth in care, and/or anyone from within the vulnerable sector; healthy food options.
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1567 William Ave, West Winnipeg, MB 204-775-1107 st.thomas1567@gmail.com	kidskreative2012@gmail.com http://www.stthomasweston.ca FACEBOOK: St. Thomas Anglican, Weston
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BROADWAY NEIGHBOURHOOD CENTRE: A non-profit organization committed to providing high-quality programs and services for the local West Broadway community.

Fuel4School: With the help of a staff, the youth participate in making their lunch for school the next day.	Kids Cooking Partnered with the Good Food Club and professional nutritionists - educates youth about the importance of nutrition facts, healthy eating, and the skill of preparing food for oneself.	The Good Food Club (in partnership with The West Broadway Community Organization) provides a way to give fresh and affordable produce for members of the community. Working directly with local distributors and farmers to bring healthy food to all Winnipeggers.	Winnipeg Harvest: Every second Tuesday The BNC is proud to be a part of a movement that provides free food boxes to various communities throughout Winnipeg.
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185 Young St Winnipeg MB 204-772-9253 infothebnc@gmail.com	https://www.thebnc.ca/ FACEBOOK: Broadway Neighbourhood Centre INSTAGRAM: @broadwayneighbourhoodcntr TWITTER: @the_BNC
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COMMUNITY GARDENS

<u>Sheba's Paradise</u> 483-485 Young St.	<u>Broadway Neighbourhood Centre/Good Food Garden</u> 185 Young Street	<u>Spirit Park</u> 200 Young Street	<u>The International Garden</u> 446 Langside St	<u>Hintsa House</u> 128 – 130 Langside St.
<u>Ashley Hudson Memorial Garden</u> 607-611 Langside St.	<u>Rock and Horse Park</u> 152 Langside Street	559 Langside St.	<u>Sunshine Gardens</u> 635-637 Maryland St.	<u>Green House</u> 689 Maryland St.
<u>Kids Garden</u> 659 Westminster Avenue	<u>The Kids Garden</u> 435-437 Furby	547 Furby St.	<u>Klinic Permaculture</u> 545 Broadway	<u>Orioles Community Garden</u> on the north-west corner of St. Matthews Avenue and Burnell Street.
<u>Winnipeg Central Mosque Community Garden</u> 715 Ellice Avenue	<u>Lipton Community Garden.</u> 878 Lipton Street	<u>Jacob Penner Park Community Garden</u> 794 Victor Street	448 McGee St.	<u>Assiniboine Park Herb Garden</u> Just north of the Park entrance at Shaftsbury Blvd.

FOOD BANKS

<p><u>Winnipeg Harvest Inc</u> 204-982-3663 1085 Winnipeg Ave Winnipeg, MB R3E 0S2 *Call to find all locations*</p>	<p>☆ * <u>Salvation Army</u> 204-949-2100 324 Logan Ave Winnipeg, MB R3A 0L5</p>	<p>☆ <u>Community of Hope</u> 204-663-4673 274 Talbot Ave Winnipeg, MB R2L 0P8</p>	<p>* * <u>Wolseley Family Place</u> 204-560-3141 202- 222 Furby St. Winnipeg, Manitoba R3C 2A7</p>	<p>☆ <u>Canadian Muslim Women's Institute</u> 204-943-8539 61 Juno St Winnipeg, MB R3A 1T1</p>
<p><u>Accueil Kateri Centre</u> 204-371-4984 132 Avenue Centrale Sainte-Anne, MB R5H 1C3</p>	<p><u>Manitoba Food Charter Inc</u> 204-943-0822 271 Portage Ave Winnipeg, MB R3B 2A8</p>	<p><u>Interlake Food Bank</u> 204-467-9118 293 Main St Stonewall, MB R0C 2Z0</p>	<p><u>Selkirk Food Bank</u> 204-482-9178 B-730 Sophia St Selkirk, MB R1A 2C7</p>	<p><u>Canadian Foodgrains Bank</u> Main Office 400-393 Portage Ave. Winnipeg, MB R3B 3H6</p>
<p><u>African Communities of Manitoba Inc.</u> 421 Kennedy St Ste 101 Winnipeg MB, R3B 2N2</p>	<p>☆ <u>St. Mary's Road United Church</u> (204) 257-0678 613 St Mary's Rd Winnipeg, MB R2M 3L8</p>	<p><u>Agape Table</u> (204) 783-6369 364 Furby St, Winnipeg, MB R3B 2V5</p>	<p><u>Food Matters Manitoba</u> (204) 943-0822 271 Portage Ave 3rd Floor, Winnipeg, MB R3B 2A8</p>	<p>☆ <u>Holy Cross Catholic Church</u> (204) 233-7367 252 Dubuc St, Winnipeg, MB R2H 1E3</p>
<p>☆ <u>Fort Richmond Baptist Church</u> (204) 275-7775 10 Radcliffe Rd, Winnipeg, MB R3T 3Y9</p>	<p>☆ <u>Gateway Church</u> (204) 989-6580 851 Panet Rd, Winnipeg, MB R2K 4C9</p>	<p>☆ <u>Springs Church</u> (204) 586-6213 648 Burrows Ave, Winnipeg, MB R2W 2A7</p>	<p>☆ <u>Kildonan Community Church</u> (204) 339-3502 2373 Main St, Winnipeg, MB R2V 4T6</p>	<p><u>Flora House</u> (204) 586-5494 739 Flora Ave, Winnipeg, MB R2W 2S8</p>
<p>☆ * <u>First Unitarian Universalist Church of Winnipeg</u> (204) 474-1261 603 Wellington Crescent, Winnipeg, MB R3M 0A7</p>	<p>☆ <u>Transcona Memorial United Church</u> (204) 222-1331 209 Yale Ave W, Winnipeg, MB R2C 1T9</p>	<p>☆ <u>Lighthouse Evangelistic Association Inc.</u> (204) 943-9669 669 Main St, Winnipeg, MB R3B 1E3</p>	<p><u>Anishinabe Fellowship</u> (204) 942-8682 287 Laura St, Winnipeg, MB R3A 1C4</p>	<p>☆ <u>Windsor Park United Church</u> (204) 256-8792 1062 Autumnwood Dr, Winnipeg, MB R2J 1C7</p>

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<u>Broadway Neighbourhood Centre</u> 185 Young Street Winnipeg, MB R3C1Y8			FOOD FOR YOUR PETS:	<u>The Winnipeg Humane Society</u> 204-982-2021 5 Kent Rd Winnipeg, MB R2L 1X3
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