

SPRYFIELD FOOD INVENTORY

MAY 2016

Where to GROW FOOD	
<p>John Umlah Community Garden St. Paul's Family Resource Institute 173 Old Sambro Rd, 902-479-1015 \$30 / year for private plot</p>	<p>Urban Farm Museum Society of Spryfield Corner of Rockingstone Rd & Ardwell Ave 902-477-6087</p> <p>Private plot fee \$15 / year + annual membership (seniors/student \$5, individual \$10, family \$15) + <i>Come Grow With Us – Family Guide to Growing Vegetables</i> Book \$10</p>
<p>YWCA Container Garden for Woman 358 Herring Cove Rd 902-423-6162 ext 4228 Free; call or attend Food First prog. to get involved</p>	

Where to enjoy FREE COMMUNITY MEALS	
<p>Monday Continental breakfast 9:30am -11am Salvation Army- Spryfield Family Resource Centre 328 Herring Cove Rd 902-477-5393</p> <p>Mobile Soup Kitchen 7pm (except the last Mon. of the month - also closed for all of January & July) Street Connection- Bread of Life Ministries McIntosh St & the 500 block of Herring Cove Rd robp@street.ns.ca 902-717-3387</p>	<p>Thursday Hot breakfast 8:30am - 9:30am Salvation Army- Spryfield Family Resource Centre 328 Herring Cove Rd 902-477-5393</p> <p>Mobile Soup Kitchen 7pm (except the last Thur. of the month - also closed for all of January & July) Street Connection- Bread of Life Ministries Greystone Drive robp@street.ns.ca 902-717-3387</p>
<p>Tuesday Continental breakfast 9:30am -11am Salvation Army- Spryfield Family Resource Centre 328 Herring Cove Rd 902-477-5393</p> <p>Soup's On program 11:30pm -1:00pm St. Paul's Family Resource Institute 173 Old Sambro Rd 902-479-1015</p>	<p>Friday Continental breakfast 9:30am -11am Salvation Army- Spryfield Family Resource Centre 328 Herring Cove Rd 902-477-5393</p> <p>Lunch 11:45am – 1:00pm (the 2nd & 4th Fri of each month) YWCA - Food First Program for Woman 358 Herring Cove Rd 902-423-6162 ext 4228</p>

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<p>Wednesday Spry Cafe 5:30pm (2nd Wednesday of the month) Chebucto Family Centre 3 Sylvia Ave 902-479-3031 ext 302, registration required</p>	<p>Saturday & Sunday No community meals offered</p>
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Where to find FOOD BANKS	
<p>St. Paul's Family Resource Institute 173 Old Sambro Rd. Call Mon/Tues, pick-up Wed 10am-12pm 902-477-5090 (Food bank line) 902-818-1847 (Emergency/ holiday hours calls) Coffee/tea and light snacks offered while you wait</p>	<p>Emmanuel Anglican Church 322 Herring Cove Rd. Call Wed, pick-up Thur 9:30am-10am 902-477-1954</p>
<p>Greystone Community Centre Association 2 Indigo Walk Call Mon, pick-up on Tues 7:30am-12pm 902-431-8087 (call Mon 9:30am-12pm) 902-420-6050 (Emergency after hours calls) Only serves tenants of the Greystone community</p>	<ul style="list-style-type: none"> • Individuals & families can access a single food bank once every 30 days • Christmas Holidays: Food banks close for the holidays, please register for a Holiday Hamper in advance. See Emergency phone numbers for food needs during this time.

Where to find NUTRITION & HEALTH INFORMATION	
<p>YWCA - Food First Program for Woman Friday 11:45am – 1:00pm (the 2nd & 4th Fri of each month) 358 Herring Cove Rd 902-423-6162 ext 4228</p> <p>Free healthy eating program for woman plus a delicious meal.</p>	<p>Sobey's Health and Wellness Counsellor Allison McIsaac, Registered Dietician 00321wnsc@sobeys.com 279 Herring Cove Rd</p> <p>Drop-in questions related to nutrition or call to setup a free nutrition consultation. Offers tours of the grocery store, nutrition classes and presentations.</p>

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<p>Chebucto Community Health Team Free Nutrition, Health & Wellness programs Chebucto Community Health Team 6 Dentith Rd</p> <p>For more info or to sign-up, 902-487-0690, cdha.nshealth.ca/community-health-teams</p>	
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Where to BUY FOOD	
<p>Mike's No Frill 16 Dentith Rd 902-477-7973 Mon - Sat 8am-10pm, Sunday 10am-8pm</p>	<p>Sobey's 279 Herring Cove Rd 902-477-2817 Open 24 hours</p>
<p>Urban Farm Museum Society of Spryfield Corner of Rockingstone Rd & Ardwell Ave 902-477-6087</p> <p>From mid-July to mid-September, farmers market stand selling fresh veggies.</p> <p>Tuesday 1 pm - 8 pm Wednesday 10 am - 4 pm Thursday 1 pm - 8 pm Friday 10 am - 4 pm Saturday 9am – Noon</p>	<p>Community Supported Agriculture (CSA) Box Pickup Thursday 4:20pm – 5:15pm YWCA - 358 Herring Cove Rd Veggie box \$16 (sm) - \$25 (lrg) / week For more info 902-423-6162 ext 4228 To order http://www.taprootfarms.ca/CSA</p> <p>This CSA box is a 38-week long paid subscription with a local farmer where you receive a weekly produce box delivered to your neighbourhood.</p>
<p>Spryfield & District Community Market 7:30am – 11:30am Spryfield Lions Rink, 111 Drysdale Rd Dates – every second <u>Sunday</u> starting May 15 <i>May 15, May 29, June 12, June 26, July 10, July 24, August 7, August 21, Sept 4, Sept 18, Oct 2, Oct. 16, Oct. 30, Nov 13, Nov 27, Dec 11</i></p> <p>902-719-8389, spryfieldmarket@gmail.com,</p> <p>Every second Sunday, the market offers a social and convenient place to buy produce and meats, locally baked goods and prepared foods, crafted items, and coffee.</p>	<p>The Mobile Market 1:35pm - 3:05pm Spryfield Lions Rink, 111 Drysdale Rd Dates – every second <u>Saturday</u> starting May 21 <i>May 21, June 4, June 18, July 2, July 16, July 30, Aug 13, Aug 27, Sept 10, Sept 24</i></p> <p>902-402-6498, JuliaM.Kemp@nshealth.ca</p> <p>Every second Saturday, a Halifax Transit bus will be transformed into a mobile produce market, selling fresh and affordable fruits and vegetables.</p>

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Please send updates & new additions to:

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