

# COVID-19 (Novel Coronavirus) Food Access Elgin St. Thomas

## Emergency Food Access Programs in Elgin St. Thomas

June 3, 2020

Emergency food access programs currently active in Elgin St. Thomas:

| Program  | Description  |
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| <b>Inn and Out of the Cold</b>                                   | Open to Inn guests only. There is a new day time drop-in centre downtown (423 Talbot St.) open from 9:00-5:00PM. This is available for individuals who want to warm up and eat their food from Graces Café. On May 16 <sup>th</sup> and 30 <sup>th</sup> , Inn and out of the cold is extending opportunities to purchase a take-out dinner for our guests. If groups or agencies are interested in offering a meal on site, please message Inn and out of the cold on their Facebook site:<br><a href="https://www.facebook.com/Inn-Out-Of-The-Cold-StThomas-Elgin-160879467280853/">https://www.facebook.com/Inn-Out-Of-The-Cold-StThomas-Elgin-160879467280853/</a> |
| <b>Grace Café</b>  | Serving take out lunches Monday – Saturday, 8:00-12:00PM, frozen dinners are also available while supplies last. Clothes are available on an as needed basis.  |
| <b>Port Stanley and Area Community Cupboard</b>                  | Deliveries for food are available for individuals who do not have access to a car. Open on the third Tuesday and Thursday of each month from 3:00-6:00PM. Phone Numbers: 519-782-3122 After Hours: 519-476-4902  |
| <b>Caring Cupboard – Rodney</b>                                  | Open for operation on an as needed basis. They are answering the phone for requests for food. Volunteers are at a vulnerable age and do not want to increase their exposure to the public.<br>519-785-2026   |
| <b>East Elgin Community Assistance Program (Corner Cupboard)</b> | Open Tuesdays 9:00am – 12:00PM and 3:00-5:00PM. Operating as take out during this time.<br>519-773-5773  |
| <b>St. Thomas Elgin Food Bank (The Caring Cupboard)</b>          | 803 Talbot Street, St. Thomas<br>Food hamper is available for pick up on Monday 9:30-3:00PM, Tuesday 12pm to 3:30PM and Thursday 9:30AM – 3:00PM.<br>519-633-5308  |

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| <b>PSNE</b>   | Drop-in centre for public everyday from 10:00-6:00pm. This is prioritized for individuals who have not been to the St. Thomas Caring Cupboard.<br>519-631-1580   |
| <b>VON</b>  | They are still accepting applications for MOW; if you know of someone that would benefit from Meals on Wheels in Elgin St. Thomas, please direct them to this number 519-637-6408  |
| <b>Volunteer Grocery Pick-up</b>  | Volunteers will pick up groceries under \$100.00 in the St. Thomas area. Payments can be made by e-transfer. Please use this link to create your order. <a href="https://www.londonvtf.ca/st-thomas.html">https://www.londonvtf.ca/st-thomas.html</a>  |
| <b>West Elgin Church Phone System</b>   | Provides Pastoral and prayer services, food/supply delivery to those isolated or just a friendly check-in call. To register/request a friendly call or delivery service contact 519-914-4219. Call system prioritizes by local needs (Dutton Callers get Dutton volunteers)  |
| <b>West Elgin Daffodil Auxiliary Welfare</b>                                  | This program is led by volunteers, therefore the hours will vary. If you require a food hamper, please call 519-762-5757 and leave a message and one of our volunteers will contact you. For any other questions, please call Lynn MacCoon at 519-859-2534. Location: 185C Currie Rd Dutton.   |
| <b>Food Baskets available for school families</b>                             | EAT 2 LEARN is partnering with local food banks to deliver food to the homes of our school families during this very difficult time. If you are in need of food support you are invited to register for a food basket. E2L has also set up food distribution sites in Aylmer and Port Burwell. For more information please contact Charlotte McDonald <a href="mailto:eat2learn@gmail.com">eat2learn@gmail.com</a> (519) 207-1040. |
| <b>The Nameless</b>   | 558 Talbot Street, St. Thomas<br>Snacks available on Monday, Wednesday and Sunday from 6pm to 8:30PM.<br>226-503-3798  |
| <b>Grocery delivery and meal service in St. Thomas and Elgin, seniors 55+</b> | Please call 1-888-866-7527 Monday – Friday 8:30-4:30PM. Grocery deliver, prepped meals, transportation and other community supports for low-income and isolated seniors.   |

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## Grocery stores in St. Thomas that provide delivery and pick up services

Price for services will be categorized from least expensive (\$) to most expensive (\$\$\$\$)

All services that provide delivery have to option to deliver

| Program                                    | Description  |
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| <b>Briwood</b>                             | Free delivery with purchases over \$40.00. Please call 519-633-9691 to create your order. Payments are preferred through credit card, however please let them know if you will be paying with cash. Services are available Monday to Friday until 4PM and Saturday and Sunday until 3PM. Please see website for updates of services: <a href="http://briwoodfarmmarket.com/">http://briwoodfarmmarket.com/</a> \$                            |
| <b>Common Ground Farm</b>                  | Delivery or pick up options available. Please call 519-777-6383 for orders. Pick up is available on Fridays from 3-5PM. Delivery is available at a fee of \$5.00 on Friday and Saturday. Payment is available by credit card or e transfer to <a href="mailto:chris@commongroundfarm.ca">chris@commongroundfarm.ca</a> \$  |
| <b>Walmart</b>                             | Pick-up services available. Please go to the website to create your order and select "pick up" at check out. There will be 8 designated parking spots for individuals who have made a pickup order. Payment is only accepted by credit or debit. Please see additional details on the website <a href="https://www.walmart.ca/en/grocery/N-117">https://www.walmart.ca/en/grocery/N-117</a> For more questions, please call 519-637-1042. \$ |
| <b>Real Canadian Superstore St. Thomas</b> | Pick up options available. Must create a PC express account and payment is only accepted online via credit/debit. Pick up fee ranges from \$3.00-\$5.00. Please see website for details; <a href="https://www.realcanadiansuperstore.ca/pcexpress">https://www.realcanadiansuperstore.ca/pcexpress</a> \$  |
| <b>Metro</b>                               | Unavailable for pick up or delivery. Please visit website for any updates to their services <a href="https://www.metro.ca/en/online-grocery">https://www.metro.ca/en/online-grocery</a>  |
| <b>Food Basics</b>                         | Unavailable for pick up or delivery. Please visit website for any updates to their services, <a href="https://www.foodbasics.ca/index.en.html">https://www.foodbasics.ca/index.en.html</a>   |
| <b>Foodland St. Thomas</b>                 | Delivery option for a fee of \$8.00. No pickup options at this time. Please call to make an order from 10:00-5:00PM, 519-633-9370. \$\$  |

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| <b>Freshco</b>                  | Unavailable for pick up or delivery. Please see website for updates to their services,<br><a href="https://www.bing.com/search?q=freshco+st+thomas&amp;src=IE-SearchBox&amp;FORM=IESR4A">https://www.bing.com/search?q=freshco+st+thomas&amp;src=IE-SearchBox&amp;FORM=IESR4A</a>  |
| <b>Foodland West Lorne</b>      | Will deliver free of charge to areas in West Lorne and Rodney. Please call to create your order (519) 768-1750. Please see their Facebook for updates, <a href="https://www.facebook.com/westlornefoodland/">https://www.facebook.com/westlornefoodland/</a> \$  |
| <b>No Frills Aylmer</b>         | Pick up options available. Must create a PC express account and payment is only accepted online. Pick up fee ranges from \$3.00-\$5.00. Please see website for details,<br><a href="https://www.nofrills.ca/pcexpress">https://www.nofrills.ca/pcexpress</a> \$  |
| <b>Belmont Freshmart</b>        | Pick up options and delivery options available. Please call ahead to confirm services and to create orders (519) 644-0707. Please see Facebook for updates to services<br><a href="https://www.facebook.com/belmontfreshmart/">https://www.facebook.com/belmontfreshmart/</a> \$   |
| <b>Foodland Dutton</b>          | Delivery and pick up options available. Please call to create your order at (519) 762-2734. Delivery services are available Monday, Wednesday and Fridays at 3:00PM, \$2.50 for Dutton and \$7.50 for Wallacetown. Please call by 2:00PM to create your order. \$  |
| <b>Valu Mart Aylmer</b>         | Delivery options available at no cost on Monday, Tuesday and Thursdays from 8:00-3:00PM. Cash, Debit/Credit and Cheque for payment methods available. Please call 519-773-9219 to create your order. \$  |
| <b>Foodland Port Stanley</b>    | Delivery options available Monday, Wednesday, Friday and Saturday. Please call or email to create your order before 11:00AM at 519-782-3315 or <a href="mailto:fld6377portstanley@sobeys.com">fld6377portstanley@sobeys.com</a> . Credit card method for payment available. Delivery charge vary by location, Port Stanley \$7.00, Union/Shedden/Fingal \$10.00, St. Thomas \$15.00. Please visit their Facebook for updates to their services<br><a href="https://www.facebook.com/portstanleyfoodland">https://www.facebook.com/portstanleyfoodland</a> \$\$ |
| <b>Shedden Country Grocer</b>   | No pickup or delivery options at this time.  |
| <b>Mudford Family Food Town</b> | No pickup or delivery options at this time.  |



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| <b>Instacart</b> | Instacart is a grocery store delivery option available online. Payment method of Credit/Debit only available for this service. When you go to the website <a href="https://www.instacart.ca/">https://www.instacart.ca/</a> please put in your postal code to see if this option is available for you. Fees range depending on your location. You can put the option to “leave your groceries outside your door” so you do not have to have contact with the individual delivering the groceries. Please review the website for more details. \$\$\$ |
| <b>Other</b>     | Other services available: Skip the Dishes, GoodFood and Uber Eats: \$\$\$\$<br>Other details for food services in St. Thomas, please visit 211.ca  |

### Discontinued Due to COVID-19:

| Program   | Description  |
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| <b>Salvation Army</b>   | Was providing gift cards, now they are currently closed.   |
| <b>Talbot Teen Centre</b>   | Closed, was providing an after-school snack.   |
| <b>St. Thomas Seniors Dining Room</b>                                   | Closed, was providing low cost meals to seniors Monday – Friday 11:30 – 12:30PM.   |
| <b>Northside Neighborhood Hub</b>                                       | Not in service anymore.  |
| <b>Central Community Health Centre</b>                                  | Not providing any food d/t COVID-19 – was providing coffee and snacks in AM.   |
| <b>Good Food Box</b>  | Currently on hold until further notice   |
| <b>All churches in St. Thomas that previous provided meals are not.</b> | Most volunteers are >65 years of age and have other health related issues that put them at higher risk, therefore they decided not to provide meals at this time to protect their volunteers.<br><br><b>Churches include:</b> Trinity Anglican Church, Holy Angels, Knox Presbyterian Church, St. Johns Anglican Church, St Paul’s United Church (Aylmer). |
| <b>The Hub</b>  | West Elgin Community Health Centre – not in service at this time.  |
| <b>Destination Church</b>   | Discontinued due to COVID-19.  |