

FOOD SECURITY



What is food insecurity?

A person is food insecure when they lack regular access to enough safe and nutritious food for normal growth and development and an active and healthy life. This may be due to unavailability of food and/or lack of resources to obtain food. Food insecurity can be experienced at different levels of severity.

Who can you contact in the region if you are experiencing food insecurity?

Emergency Food Service (Food Bank)

Accueil Blanche Goulet de Gaspé inc.

184, rue de la Reine, Gaspé

Tel.: 418 368-4700

Email : abggaspe@cgocable.ca

Frozen Meals program for seniors aged 65 and over who live in Gaspé area, including St. Georges to Coin du Banc

Low cost meals.

CAB Le Hauban

189, rue Jacques-Cartier, unit 2, Gaspé

418-368-6634

Meals on Wheels

Low cost meals.

Delivery of warm and balanced meal for seniors 65 and over who are losing their autonomy. Available to individuals 64 and under who have a geriatric profile with temporary or permanent loss of autonomy. From l'Anse a Valteau to Coin du Banc.

CAB Le Hauban

189, rue Jacques- Cartier, unit 2, Gaspé

418-368-6634

Email: coordo@cabgaspe.com

THIS ISSUE

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FAMILIES IN CRISIS/ YOUTH IN DIFFICULTY

NEXT ISSUE

PRESCRIPTIONS FOR MINOR CONDITIONS: WHAT CAN YOUR PHARMACIST PRESCRIBE?

CANADA DENTAL BENEFIT

<https://www.cisss-gaspesie.gouv.qc.ca/soins-et-services/organismes-communautaires/securite-alimentaire/>
<https://cabgaspe.com/nos-champs-dactions-et-services/>
<https://www.fao.org/hunger/en/> <https://www.cisss-gaspesie.gouv.qc.ca/soins-et-services/enfants-adolescents-parents-et-familles/familles-en-crise-jeunes-en-difficulte/>
<https://www.cisss-gaspesie.gouv.qc.ca/soins-et-services/aire-ouverte/>

FAMILIES IN CRISIS/ YOUTH IN DIFFICULTY

Your family is going through a crisis and you are overwhelmed by events? Are you experiencing a family crisis with your children or teen? There are several resources available to help you.

At any time, contact Info Social at 811 to talk to a social worker.

Support line for parents called LigneParents is accessible to all parents who need support. It will connect you with a professional free of charge 1-800-361-5085.

Young people can also get help by calling Tel-jeunes at 1 800 263-2266 or Kids Help Phone at 1 800 668-6868

Youth aged 12 to 25 can received services from Aire Ouverte. Text or call 581-887-5725, email aireouvertecg.cisssgaspesie@ssss.gouv.qc.ca . Free and confidential service.



Activity Corner



**GIFTS
FOR
DAD**

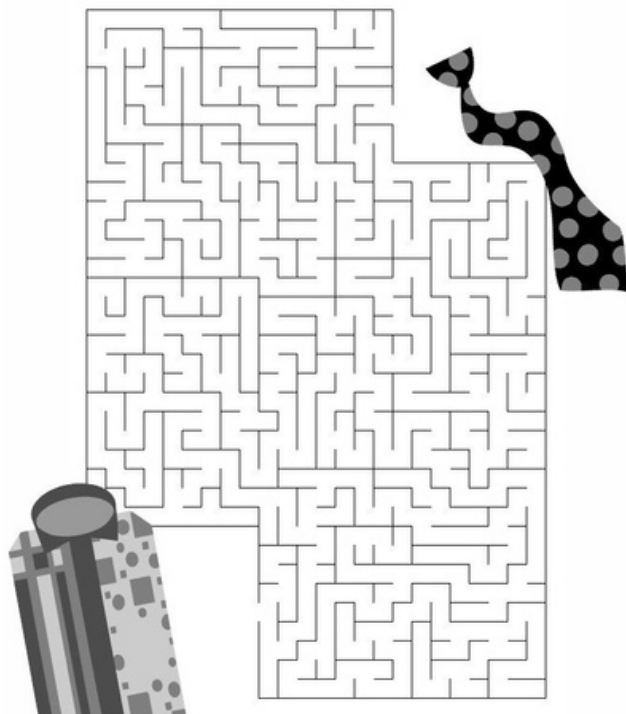
Aftershave
Beer
Belt
Book
Card
Chocolate
Compass
Cuff Links



Golf Balls
Grilling Tools
Hat
Keyring
Mouse Pad
Mug
Pen
Phone Case

Pocket Knife
Power Tools
Razor
Slippers
Socks
Tie
Wallet
Watch

HELP THE TIE FIND THE SHIRT.



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