

**FOOD SECURITY RESOURCES:** [Food Banks & pantries](#) [Community Restaurants](#) [Meals on Wheels](#) [School Food Programs](#) [Food Education](#) [Food Baskets and Purchasing Groups](#) [Gardening and Local Food Production](#) [Cooking Workshops](#)

## FOOD BANKS AND FOOD PANTRIES

### The Depot Community Food Centre

Distribution of emergency food baskets and free community meal.

**Eligibility for baskets:** Open to residents within service territory (by postal code : H4A - H4B - H4V - H4W - H4X - H3X - H3Z).

Call [514 483-4680](tel:5144834680) to book a time to register. Require proof of residence, photo ID for each member of the family.

**See Garden and Cooking sections** for details of other programs open to community members.

Tuesdays, 2:00pm – 7:00pm  
Fridays, 10am – 2pm  
[6450 av Somerled](#), Montréal, QC H4V 1S5

OFFICE HOURS at [6505 Somerled](#) H4V 1S7  
Monday-Friday 9am-4pm  
514-483-4680

<https://depotmtl.org/en/>

### Marché Bon Accueil-Welcome Hall Mission

Free grocery distribution-clients of Marché Bon Accueil browse for food donations and select items as per personal preference.

Christmas baskets and toy distribution

School Supplies

Income tax reports

**Eligibility:** Must create file before collecting food, need ID for all members of family, proof address, proof revenue/need (welfare documents or pay-stubs), banks statements dating back three months

Tuesday & Wednesday: 8:30 AM - 11:30 AM & 1-2:30 PM

Thursday: 1:00 PM-7:00 PM

Friday: 8:30 AM-11:30 AM

4755 D Acorn Street, Montréal, H4C 3L6

514-937-9317 Call for appointment

[https://welcomehallmission.com/services/grocery\\_store/](https://welcomehallmission.com/services/grocery_store/)

### St Monica's Parish - Food Pantry

Offers a variety of food to individuals in need living within parish boundaries (West to Walkley avenue, East to Beaconsfield Ave between St-Jacques and Côte-St-Luc Rd.).

Proof of revenue and residency as well as a Medicare Card (or proof of status) required.

Every third and fourth Tuesday of the month, 8:30AM - 11:30AM starting September 18

6405, rue de Terrebonne, Montréal, QC H4B 1A8

514-550-0125 [www.stmonica.ca](http://www.stmonica.ca)

Residents may only use the food pantry once per month.	
<b>Islamic Circle of North America (ICNA) Relief Canada</b>	
Food bank for individuals in need who meet the financial need criteria of the organization. Call for more information.	Food bank is open on Sundays from 10 AM to 1 PM. Individuals may use the food bank once per month. Call 514-482-7070 to create a file and to get an appointment. 5876 Upper Lachine Rd. Montréal, QC H4A 2B9 <a href="https://icnareliefcanada.ca/food-banks">https://icnareliefcanada.ca/food-banks</a>
<b>Muslim Community of Quebec (MCQ)</b>	
Distribute emergency food baskets. <b>Eligibility:</b> Proof of need, eg: welfare paper, RAMQ card, attached to a application form. This includes refugees, permanent residents without Canadian citizenship.	Weekly distribution after Friday prayers only (around 2 PM) Individuals may only receive a basket 4 times per year 7445 Avenue de Chester, Montréal, QC H4V 1M4 514-484-2967 <a href="http://www.muslimcommunityofquebec.com">www.muslimcommunityofquebec.com</a>
<b>Head and Hands</b>	
Food pantry. Distribute a small amount of food to get a client through about 1 or 2 days. Some extra items like diapers and UHT milk are available at times. <b>Eligibility:</b> Accessible to anyone 12 – 25 or families with dependants, can come maximum of twice per month. Don't require ID. Please call ahead of time to confirm availability of food.	Monday & Friday 10am – 5pm Tuesday to Thursday 10am – 9:30pm 3465 Benny, Montreal, QC H4B 2R9 514-481-0277 <a href="http://www.headandhands.ca">www.headandhands.ca</a>
<b>COMMUNITY RESTAURANTS</b>	
<b>Rivers' Edge Community Kitchen</b>	
Serve supper No reservations necessary Free	Mondays and Thursdays 5.00pm to 6.30pm 5567 chemin cote St-Antoine, Montréal, QC H4A 1R4 514-487-9696
<b>New Hope Seniors Citizens Centre</b>	

<p>Community lunches for \$6, including soup or salad, main course and desert.          Can also buy a frozen meal for \$4.50 to bring home.          Eligibility: Aged 55+, with sufficient mobility and independence to come on their own. (Frozen meals)          Can also come with a caretaker if they need extra support. Can become a member for a small fee if they want to participate in other activities, not required.</p>	<p>6225 Godfrey Ave Montréal, Québec 514 484-0425 ext 202          Monday, wednesday, Thursday at 12 PM.</p>
--	--

**N.D.G. Senior Citizens’ Council “The Boomer Café”**

<p>Drop-in café          Serves meals at lunchtime          Eligibility: Anyone ages 50 - 65</p>	<p>Mondays 11.00am - 3.00pm          88 Ballantyne Ave N, Montreal-Ouest, QC H4X 2B8          514-487-1311 <a href="http://www.ndgsc.ca">www.ndgsc.ca</a></p>
--	---

**N.D.G. Senior Citizens’ Council “Day Away Program”**

<p>A social and recreational program which offers frail older people a day of stimulating activities and companionship.          A meal is served at lunchtime.          Eligibility: 65+</p>	<p>Thursdays          10 – 2 pm</p>
---	---

**MultiCaf Community Cafeteria**

<p>Community Cafeteria: warm and balanced lunch for \$2.00 (\$1.00 for children). Free breakfast.          Food Bank: Residents of Côte-des-Neiges and Snowdon are allowed one food basket per month          Meals on Wheel: meals are delivered to eligible residents of Côte-des-Neiges \$2.50 per meal.</p>	<p>Community Cafeteria:          Monday to Thursday 9.30am - 10.30am (breakfast)          Monday to Friday 12 pm - 1:15pm (lunch)          Food Bank:          Tuesdays, Wednesdays and Thursdays from 9 a.m. to 10:30 a.m.          3591 Appleton Ave, Montreal, QC H3S 1L7          514-733-0554 <a href="http://www.multicaf.org">www.multicaf.org</a></p>
---	---

**MEALS ON WHEELS**

**New Hope Seniors Citizens Centre**

<p>Deliver 60 – 80 meals per day          Eligibility: Take referrals though CABM – Centre d’action bénévole de Montréal, CLSC and from individual family members</p>	<p>Delivery service Mondays, Tuesdays, Thursdays.          6225 Godfrey Ave Montréal, QC 514 484-0425 ext 202</p>
---	---

**Santropol Roulant**

<p>Deliver meals to various neighbourhoods, including NDG. Each meal costs \$5.50 <b>Eligibility:</b> Clients must be referred by a healthcare professional</p>	<p>Every day of the week except Thursdays and Sundays. 111 rue Roy Est, Montréal, QC 514-284-9335 <a href="http://www.santropolroulant.org">www.santropolroulant.org</a></p>
---	--

### Cummings Jewish Centre for Seniors Day Services

<p>Kosher Meals on Wheels Eligibility: contact intake Department at 514.342.1234</p>	<p>5700 Westbury Avenue, Montreal, QC, H3W 3E8 514-342-1234 <a href="http://www.cummingscentre.org">www.cummingscentre.org</a></p>
--	--

## SCHOOL FOOD PROGRAMS (FOOD SECURITY)

### Dietary Measures Comité Scolaire de Montréal

<p>Milk program, Snack program, Meal program. Eligibility: All students at participating schools receive the milk and snack program for free.</p>	<p>Contact the Commission Scolaire de Montréal to find out which schools in NDG are eligible for these dietary measures program. 3737 Sherbrooke Est, Montreal, QC, HX 3B3 514 596 1192 ext 6375 <a href="http://www.csdm.qc.ca">www.csdm.qc.ca</a></p>
---	---

### English Montreal School Board

<p>Milk offered for free to all students, 3 times per week at Willingdon and 5 days a week at St.Monica. Contact EMSB directly for more information.</p>	<p>Schools served: École St. Monica, 6440 Terrebonne Street École Willingdon, 5870 Terrebonne Avenue 6000 Fielding avenue, Montréal, QC, H3X 1T4 514-483-7200 <a href="http://www.emsb.qc.ca">www.emsb.qc.ca</a></p>
--	--

## FOOD EDUCATION

### Boîte à Lunch After-school Cooking and Nutrition Workshops

<p>Edible education programs include after-school cooking and nutrition workshops for children and teens, educational and interactive activities offered in school classrooms, summer camps, and community centres, and a series of parent-child nutrition workshops. We work to enable youth to build healthy relationships to food, and to reinforce the food security of their families.</p>	<p>Monday through Fridays at various locations throughout NDG  The Depot Community Food Centre 514 483-4680 ext. 218  <a href="http://www.boitealunchndg.org">www.boitealunchndg.org</a></p>
---	--

### CSSS Cavendish, Nutrition Education and Counseling

<p>Personal counseling session with nutritionist for those (children, pregnant women, adults, homebound people) with health problems related to nutrition and eating habits or who want to get advice about healthy eating.</p> <p>Conferences on nutrition to community groups.  <b>Eligibility:</b> Anyone can call to make an appointment with a referral from a doctor</p>	<p>By appointment only-call 514-484-7878</p>
--	--

## FOOD BASKET DELIVERY AND PURCHASING GROUPS

### Coop La Maison Verte

<p>Community-Supported Agriculture: season-long, weekly or bi-weekly delivery of organic produce to consumer-partners of Coop La Maison Verte</p>	<p><a href="http://cooplamaisonverte.com/our-partners">http://cooplamaisonverte.com/our-partners</a>          Coop La maison verte, 5785 rue Sherbrooke O.          514-489-8000</p>
---	--

## SEASONAL PUBLIC MARKETS

### The Depot Good Food Markets

<p>In summer - <b>Good Food Markets</b> offer fresh, affordable, and healthy fare in an outdoor market-style environment in NDG  <a href="http://www.depotndg.org/en/market">http://www.depotndg.org/en/market</a></p>	<p><b>Good Food Markets 2018</b> June - end of September</p> <p>Wednesdays 3:30 - 6:30pm Centre Walkley <a href="#">6550 ch Côte St- Luc</a>          Thursday 3.30pm - 6.30pm Parc George St Pierre beside <a href="#">5660 Upper Lachine</a> St-Raymond Centre          Fridays 11am-2pm Parc Herbert-Outerbridge Benny just above Sherbrooke</p>
--	---

### Coop La Maison Verte

<p>For several years the Co-op has been working to develop relationships with local farmers and to support agricultural development in our community. Three of them will be putting their food kiosks in front of the Co-op this summer to provide a local market in our neighbourhood. We're hoping this will create some momentum for our farmers and foster the community spirit we often miss.  <a href="http://cooplamaisonverte.com/outdoor-markets">http://cooplamaisonverte.com/outdoor-markets</a></p>	<p>Jardins d'En Haut: Wednesdays 16h-19h          Ferme de l'île: Thursdays 15h-19h          Ferme Terra Mille Folia: Saturdays 10h-13h</p> <p>All markets are at Coop la Maison Verte, 5785 Rue Sherbrooke West</p>
---	--

### City Farm School

Farmers' Market selling food grown at Concordia University's Loyola Campus in NDG	Tuesdays from 4 to 6 PM in the Loyola Quad from June to October <a href="https://www.facebook.com/CityFarmSchool/">https://www.facebook.com/CityFarmSchool/</a>
---	--

## URBAN AGRICULTURE

### The Depot Community Food Centre-Collective Gardens

<p>Membership in a collective garden Members receive training in growing organic vegetables and fruits Eligibility: Membership open to anyone. 514-483-4680 <a href="http://depotndg.org/en/collective-gardening">http://depotndg.org/en/collective-gardening</a></p>	<p>6 Garden Locations: Phoenix garden – Unitarian Church, 5035 boulevard de Maisonneuve Ouest Cantaloup garden – Hampton YMCA, 4335 Avenue de Hampton Racines de Paix garden – École Les enfants du monde, 5350 Avenue Rosedale St Thomas garden – Église St. Thomas, 6897 Somerled Parc N'Lot garden – Royal West Academy, 48 Ch. Ainslie Westhaven garden - Corner of West Broadway and Harley</p>
---	--

### Community Gardens CDN/NDG

<p>Residents can apply for their own garden plot as part of a community garden. Please note that there is a long waiting list but there are other options for gardening while waiting, such as Collective Gardens - see above.</p>	<p><b>Gardens CDN</b> - For gardens in CDN please contact SOCENV at 514 738-7848, <a href="mailto:info@socenv.ca">info@socenv.ca</a></p> <p><b>Jardin Châteaufort:</b> avenues Van Horne et Darlington <b>Jardin de la Savane:</b> rue du Parc de la Savane et avenue Mountain Sights</p> <p><b>Gardens NDG</b> - For NDG gardens please contact the Community Garden Coordinator at The Depot Community Food Centre at 514 483-4680 ext 223, <a href="mailto:rebeka@depotndg.org">rebeka@depotndg.org</a></p> <p><b>Jardin Notre-Dame-de-Grâce:</b> chemin de la Côte-Saint-Luc et avenue Rosedale <b>Jardin Rencontres:</b> avenue Notre-Dame-de-Grâce et rue Botrel <b>Jardin Saint-Raymond:</b> chemin Upper Lachine et avenue Oxford</p>
--	---

### Transition NDG-Incredible Edibles

<p>Incredible Edibles is a social movement that began in Todmorden, England in 2008 and has since spread the world over. Its proponents reclaim empty public spaces in towns and city neighbourhoods where they grow Food to Share.</p>	<p>Various planters across NDG with vegetables and herbs <a href="https://transitionndg.wordpress.com/incredible-edibles/">https://transitionndg.wordpress.com/incredible-edibles/</a></p>
---	--

## COOKING WORKSHOPS

## The Depot Community Food Centre

Free Cooking and Nutrition workshops open to all.

Registration required: [cuisine@depotndg.org](mailto:cuisine@depotndg.org) or 514-483-4680 ext 210

Collective Creations: Wednesdays 10:30-1:30pm

The Depot - 6450 av. Somerled

Cultural Cooking workshops: Saturdays in February, April, and November

Various locations in NDG

Picnics: Summer evenings

Parks and gardens in NDG

## Head and Hands, Jeunesse 2000 (J2K) Cooking Workshops

Cooking workshops with a variety of different styles of meals

Offered Tuesday evenings as part of Jeunesse 2000 (J2K) program, 3PM - 8PM

**Eligibility:** Ages 12 – 17 can drop in at any time.

3770 boulevard Décarie, Montreal, QC H4A 3J7

514-481-0277

<http://headandhands.ca/programs-services/j2k/>

## YMCA NDG Teen Zone cooking workshops

Cooking classes offered once/week  
Ages 12 – 17.

Monday 5:00-7:00 PM, in the TeenZone

[4335 Hampton Avenue, Montreal, H4A 2L3](#) 514 486-3273 ext.

3118 [www.ymcaquebec.org](http://www.ymcaquebec.org)

\*These resource pages are not legal opinions or legal advice. The content of this website is for your general information and use only. It is subject to change without notice.\*

## FREQUENTLY ASKED QUESTIONS

### How can I participate in food security initiatives?

#### **a- You can donate food and funds to food banks and pantries:**

There are simple ways to participate in the flow of food to charitable agencies. As well as contributing non-perishables and personal hygiene items to food banks, surplus perishable foods can also be donated to agencies. For more information on donating food and funds contact your local food bank such as [The Depot Community Food Centre](#)

#### **b- You can volunteer for food security initiatives:**

Emergency food services often rely on volunteers for the day to day running of food banks. You can volunteer as a driver, a cook or during client intake. For more information contact your local food bank such as [The Depot Community Food Centre](#)

#### **c- You can get involved in local social activism:**

Activism is quite simple - taking action to effect social change. Local organizations such as [Transition NDG](#) seek to build community resilience in the face of such challenges as food insecurity. By getting involved you can play a part in increasing local self-reliance through citizen-led education about important issues.

## USEFUL LINKS

[Canada's Action Plan for Food Security](#) is Canada's response to the World Food Summit (WFS) commitment made by the international community to reduce by half the number of undernourished people no later than the year 2015.

[Le Directeur de la Santé Publique](#) has for mission to improve the health and well-being of the region.

[Food Secure Canada](#) is a pan-Canadian alliance of organizations and individuals working together to advance food security and food sovereignty through three inter-locking goals: zero hunger, healthy and safe food, and sustainable food systems.

[The Ministry of Agriculture, Fisheries and Food \(MAPAQ\)](#) influence and support the growth of Quebec bio-food industry in a sustainable development perspective.

[Équiterre's](#) mission is to contribute to the construction of a citizens' movement by advocating individual and collective choices that are both ecologically and socially fair. Through four programs - ecological agriculture, fair trade, ecological transport, and energy efficiency - the organization has developed projects which allow citizens and consumers to make concrete gestures that will have a positive effect on the environment and on society.