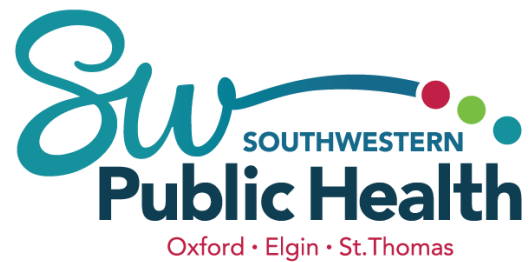


# Elgin St. Thomas Food Programs & Services Guide

Updated: April 2019



## The Elgin St. Thomas Food Programs and Services Guide

There are many food programs and services available in St. Thomas and Elgin County. This guide provides program information on low cost or free meals, emergency food services, cooking programs, nutrition services by Registered Dietitians, and much more.

The information in this guide is updated on a regular basis based on feedback from organizations. To ensure you have the most up-to-date copy, please access the most recent version on our website: <https://www.swpublichealth.ca/> and search “Food Programs and Services”. You can download the complete guide or parts of the guide as needed.

Southwestern Public Health would like to thank all of the organizations listed in this guide, both for their participation in this guide and their work in the community. The complete guide is updated regularly on an annual basis. For changes or updates to this guide, please contact us.







### Southwestern Public Health


Phone: 519-631-9900

Toll free phone: 1-800-922-0096

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## Garden Programs

<p><b>Elgin Gleaners</b>  <b>YWCA</b>          519-631-9800          Toll free: 1-800-461-0954          Email: <a href="mailto:elgingleaners@ywcaste.ca">elgingleaners@ywcaste.ca</a></p> <p>Website: <a href="http://ywcaste.ca/elgin-gleaners/">http://ywcaste.ca/elgin-gleaners/</a></p>		<p>Volunteers pick fruit from trees on properties of homeowners' who volunteer their fruit trees and the harvest is split 3 ways:          1/3 to the homeowners          1/3 is offered to the volunteers          1/3 is donated to community groups (community meal programs, school nutrition programs)</p> <p><b>Cost:</b> Free, call or email to learn more and to volunteer</p>
<p><b>Moore Food Garden</b>  <b>Destination Church</b>          668 Talbot St., St. Thomas          519-207-2676</p> <p><a href="http://www.destinationchurch.ca/">www.destinationchurch.ca/</a></p>		<p><b>Roots and Shoots (5-12 year olds):</b>          Learn the basics of gardening from planting to harvesting.</p> <p><b>Cost:</b> Free</p> <p><b>Weed and Waterers (all ages):</b>          Help maintain the care of the garden.</p> <p><b>Cost:</b> Free</p>
<p><b>St. Thomas Community Gardens</b>          First Avenue and Kains Street locations          St. Thomas, ON          Andrius Sestokas          226-503-6424  <a href="mailto:andrius.sestokas@gmail.com">andrius.sestokas@gmail.com</a></p>		<p><b>Personal plots:</b>          The fee (or subsidy) includes a personal plot with access to common tools. Gardeners work side-by-side in the community plots for a share of the harvest. Excess produce is donated to a variety of organizations offering free meals. New in 2018: Have “<b>waist-high</b>” plots for anyone requiring the need.</p> <p><b>Cost:</b> \$25 for the May - October growing season. Subsidies are available at both sites; please speak to the Site Coordinator</p>
<p><b>St. Thomas Public Library</b>          153 Curtis St., St. Thomas  <a href="mailto:jmitchell@stthomaslibrary.ca">jmitchell@stthomaslibrary.ca</a>          519-631-6050</p>		<p><b>Seed Lending Library</b>          The St. Thomas Seed Library has a collection of seeds that are available to St. Thomas Public Library members. Members can sign out seed packets on their Library card. They can then grow the plants in their own garden and at the end of the season let a few plants 'go to seed.' Seeds are collected and returned to the Library for the same amount of seed (or more) that was borrowed.</p> <p><b>Cost:</b> Free</p>

<p><b>West Elgin Community Health Centre</b>  153 Main St., West Lorne  519-768-1715 ext. 2224</p>		<p><b>Learning Garden:</b>  10 raised garden beds used to educate community members about square foot gardening and to promote healthy eating. Members must be committed to maintaining garden from planting season to harvest.</p> <p><b>Cost:</b> Free</p>
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