

Food Resources Guide of the Peter-McGill District: Discovering the food resources in my neighbourhood!



This Food Resources Guide is intended to help community workers and healthcare professionals working with clients living in Peter-McGill.

It is now easier for you to refer clients to the organizations of the district that will meet their needs!

To modify or update the information available in this Guide, contact:
s.lepage@dispensaire.ca

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The organizations that offer family services are labelled by the following logo



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Founded in 1879, the Montreal Diet Dispensary is Quebec's leader in social nutrition for pregnant women in difficulty. Each year, the Dispensary helps on average 1,500 of these women in the Greater Montreal to give birth to healthy babies and to foster optimal development of their children. Our innovative interventions in nutrition counselling, perinatal and social support, and community development help families feel empowered.

As part of the initiatives of the Families Downtown Network and the Peter-McGill Community Council



Thanks to the financial support of Avenir d'enfants



Innovation Youth

Offers a community area that favours the integration to academic, family and social life.

1410 Pierce St., H3H 2K2

(514) 843-3996

Contact: Jacynthe Vaillancourt

www.innovationjeunes.com



Food Services

- Community gardens
 - Capacity: 4 families
 - Fees and schedule decided by families
- Collective kitchens
 - Wednesday 9:30am-12:30pm, every 2 weeks
 - Closed in July
- Healthy eating workshops and culinary workshops
 - Reserved for students or groups at Innovation Youth
- Pickup point for Second Life

Population Served- Youth and families living or visiting the downtown area

Fees- Gardens- variable, Collective Kitchens- \$5 for a family size meal and desert (4 people), workshops- free

Centre Greene

Offers recreational, social and cultural services to the community.

1090 Greene Ave., H3Z 1Z9

(514) 931-6202

Contact: Beth Symansky

www.centregreene.org



Food Services

- Meals and Meals-on-Wheels offered to seniors
 - \$6 per meal (1 meal, 1 fruit, 1 desert)
 - Closed during summer, starts in September
 - Twice a week
- La Leche League Program
 - Contact: Melissa (514) 939-0698
 - Second Thursday of every month
- Cooking activities for kids from 8 to 12 years old (Kids' Kitchen)
 - Some fees apply
 - A trained chef teaches cooking techniques to children. Children also learn about food safety
- Three-course meal for seniors prepared by a trained chef every 2 Wednesdays from September to June. Fees: \$5.

Population Served- Open to everyone

Fees- Vary according to the activities

Opening hours- Vary according to the activities

Éco-quartier Peter-McGill

Offers a program of actions, initiatives as well as environmental empowerment and awareness.

1240 Saint-Mars St., H3H 2E5

(514) 933-1069

Contact: Dana Pfeuty

www.ecoquartierpetermcgill.org



Food Services

- Environmental awareness workshops including topics such as recycling, composting, urban agriculture, etc.
- Distribution of free recycling bags and collection of recyclable materials
- Community composting
- Versailles Community Garden
 - Capacity: 1 group receives support in the plantation and maintenance of the garden

Served Population- All residents of Peter-McGill

Fees- Vary according to the activities

- Community garden: \$10 for membership and \$5 annually for the keys
- Workshops are free

Opening Hours- Monday to Thursday from 10am to 6pm

Chez Doris

Offers a day shelter for women in difficult situations.

1430 Chomedey St., H3H 2A7

(514) 937-2341

Contact: Tina Pisuktie

www.chezdoris.ca

Food Services

- Daily breakfast from 8:30am to 10:30am and lunch from 12pm to 1pm
- From the 15th of every month, 5 emergency food baskets are distributed every day
- Collective kitchens every Tuesday
 - Capacity: 5 women prepare a meal or meal+ desert
 - Run by volunteers
 - Inuit Country Food kitchen every Friday
- Healthy eating workshops and culinary workshops in partnership with the Nutrition department of McGill University
 - Depends on the availability of an intern
- Pickup point Good Food Box

Served Population- Women in a difficult situation

Fees- Free

Opening Hours- Every day from 8:30 am to 3pm. From November 1st to March 31st, the center is open until 4pm.

Y des femmes de Montréal

Offers a better future for women and girls by reducing social exclusion and inequalities.

1355 René-Lévesque boul. W., H3G 1T3

(514) 866-9941

www.ydesfemmesmtl.org



Food Services

- Residences for women in a difficult situation
 - Admissibility and selection criteria
- Community gardens exclusive to residents
- Healthy eating workshops
 - Family activities + offered to residents
 - For the families, offered every 3-4 months
- Collective kitchens: A total of 6 during the year. Open to all women
- Food bank- exclusive to residents

Served Population- Open to girls and women of all ages

Fees- Free (except for the residences)

Opening Hours- Official office hours are from Monday to Friday from 9am to 5pm

Montreal Diet Dispensary

Offers nutritional and social support to pregnant women in need and helps them give birth to healthy babies.

2182 Lincoln Ave., H3H 1J3

(514) 937-5375

Info@dispensaire.ca



Contact: Tammy Tran

www.dispensaire.ca

Food Services

- Food-related workshops: culinary workshops, healthy eating workshops, workshops on children's nutrition, trips (ex: visits to public markets) and meals in group.
- Regular nutritional counseling during and after pregnancy with a program of nutritional supplements.

Population Served- Low income pregnant women

Fees- Free

Opening Hours- Monday to Friday from 9am to 5pm

Société de Saint-Vincent de Paul

Serves any person with a difficult financial situations regardless of their culture, language or religion.

1085 De la Cathédrale St., H3B 2V3

(514) 866-1661

Contact: Florent Wetu

www.ssvp-mtl.org



Food Services

- Emergency food assistance (food products or vouchers redeemable at local supermarkets). The type, frequency and duration of this help is determined according to each person's needs.
 - To obtain support, you have to call and leave a message. A volunteer will call back within 48 hours. An appointment will be scheduled and the procedure will be explained. Some documents are needed (proof of revenues).
 - Helps mostly retired people, students and people on welfare.
- Christmas baskets (7,000 baskets distributed by volunteers, 17,500 people benefit from the baskets every year)
 - Follow the same procedure to receive a basket

Served Population- Residents of Peter-McGill with a difficult financial situation

Fees- Free

Opening Hours- Monday to Friday from 9am to 4:30pm

CLSC Métro

CLSC Métro is part of the CIUSSS of the West-Central Montreal that aims to improve the health and well-being of the population within its territory.

1801 de Maisonneuve boul. W., H3H 1J9

(514) 934-0354

<https://www.cssdelamontagne.qc.ca/>



Food Services

- On-site nutritionist for people with diabetes, cardiovascular problems and other health problems who would like to adapt their diet to their health problem.
- *Le Centre d'éducation pour la santé* is available for anyone in need of support to eat healthy and to be active.
- Breastfeeding drop-in centre
- Healthy eating workshops for pregnant women and babies.
- Nutritional counselling for pregnant and breastfeeding women, for children and for babies.
- OLO program for pregnant women.

Served Population- Residents living in the CLSC territory

Fees- Free

Opening Hours- Monday to Friday from 8am to 8pm. During the weekend and holidays, please go to the CLSC Côte-des-Neiges (5700, de la Côte-des-Neiges, H3T 2A8)

Benedict Labre House

Offers a day shelter for homeless people.

308, Young St., H3C 2G2

(514) 937-5973

Contact: Karine Projean

www.benedictlabre.org

Food Services

- Complete meals from Monday to Thursday from 9:30am to 6pm
 - Monday: breakfast/ lunch
 - Tuesday/ Thursday: breakfast/ supper
 - Wednesday: breakfast/lunch/supper
 - Accepts all the requests, capacity around 100 people
- Community meals during the weekend (lunch only)
 - Capacity: 150 people
- Food bank
 - Registration by phone every Monday
 - Capacity: 10 baskets a week

Population served- People in need

Fees- Free

Opening Hours- Monday 8am-12:45pm, Tuesday to Thursday 8am-4:45pm, Saturday and Sunday 8am-1pm. Closed 1st day and 1st weekend of every month.

Salvation Army (Booth Centre)

Includes 3 programs: The Gouvernail (Welcomes men aged 18 years and over living in social, economic, or family distress), the Rivage (welcomes men aged 18 years and older with mental health problems, who are autonomous and whose physical condition does not require the intervention of a health professional) and the Ancrage (a residential therapy program for a period of six months, which aims at the recovery of men with addictions to alcohol and drugs.)

880 Guy St., H3J 1T4

(514) 932-2214

Contact: Carmen Blais

www.centreboothmtl.ca

Food Services

- Meals to residents: breakfast, lunch, supper.
- At the end of the therapy, residents attend culinary workshops to gain healthy food habits
- Capacity: 207 residents and admissibility criteria are: being autonomous, need of housing/ support, able to respect the code of conduct

Served Population- People in need

Fees- Depends on the individual's income

Opening Hours- Open 24h. For admissions, to be done before 11pm, preferably.

Open Door

Responds to the basic needs of clients, welcomes homeless people, builds up their self-worth, and facilitates their reintegration into society.

4006 Dorchester boul., H3Z 1G7

(514) 939-1970

Contact: David Chapman

www.opendoortoday.org

Food Services

- 2 full meals every day
 - Breakfast : self-serve from 7:30am to 11:30am
 - Lunch: 11:30am to 2pm
 - Capacity: 100-200 people
- Food baskets
 - 1 basket (worth of \$35) per week per person in exchange for 1 hour of volunteering work (help clean the area 2:30 pm-3:30pm)
 - Capacity: 5 baskets per day (1 per person)
- Christmas baskets
 - Around 40 baskets last year

Served Population- Open to everyone

Fees- Free

Opening Hours- Every day from 7:30am-3:30pm

Native Women's Shelter of Montreal

Offers shelter and support to Aboriginal, Inuit and Métis women and their children in difficult situations.

Confidential address. For any correspondence, use the following mailing coordinates: P.O. Box 183, Station A, Montreal, QC, H3C 2S1

(514) 933-4688

Contact: Marti Miller

www.nwsm.info



Food Services

- Community meals exclusive to residents
 - 3 meals and 2 snacks per day
 - 13 rooms and capacity of 16 people (including children)
- Community gardens for residents
- Healthy eating and culinary workshops
 - During the school year, once a week
 - For residents only

Served Population- Aboriginal, Inuit and Métis women

Fees- Free

Opening Hours- 24h

Native Friendship Centre of Montreal

Promotes, develops, and enhances the quality of life in the urban Aboriginal community of Montreal.

2001 St-Laurent boul., H2X 2T3

(514) 499-1854

Contact: Ashanti Rosado

www.nfcm.org



Food Services

- Kaie:ri Nikawera:ke Day Centre: Drop-in centre which aims to assist and improve the quality of life of homeless or at-risk Aboriginals
 - Breakfast and hot meals
 - 30-50 self-serve breakfasts per day
 - 50-70 meals per day
 - 100-120 food baskets distributed per month
 - Tuesday/ Wednesday: Full members only
 - Thursday/ Friday: Associate members
 - Monthly community meals on the last Wednesday of every month
- Ka'wáhse Street Patrol: Patrols throughout downtown to serve homeless and at-risk youth and adults
 - Distribution of meals- 2,000 meals per month

Served Population- Aboriginal population of Montreal

Fees- Meals and food baskets are free. Some fees apply to become a member.

Opening Hours-

Kaie:ri Nikawera:ke Day Centre → Monday/ Tuesday 9am-5pm, Wednesday 9am-8pm, Thursday 9am-5pm, Friday 9am-4pm.

Patrol → Monday/Tuesday/Thursday 10am-6pm; Wednesday 12pm-8pm; Friday 9am-4pm

Additional information

Full members: Any Native person over sixteen years of age who understands and agrees with the aims and objectives of the friendship centre may be eligible for full membership. Such persons shall be entitled to membership for 1 year on payment of a yearly fee, which is determined from time to time by the annual general assembly. Members have the right to attend meetings of the Centre, to vote in annual and general meetings, to hold office, and to participate in centre activities.

Associate members: Any person of any nationality over the age of 20 who understands and agrees with the aims and objectives of the NFCM may be eligible for associate membership. Such persons shall be entitled to membership for 1 year upon the payment of a yearly fee which is determined from time to time at the annual general assembly of the NFCM. Associate members have the right to attend the NFCM annual general assembly and other general meetings of the Centre as observers and to participate in the Centre activities.

The Yellow Door

Empowers young people to initiate and engage in community and creative projects that promote social inclusion, combat urban isolation across all generations, and spark positive societal change.

3625 Aylmer St., H2X 2C3

(514) 845-2600

Contact: admin@yellowdoor.org

<http://www.yellowdoor.org/>

Food Services

- Vegetarian meal every Friday of the school year from 12pm to 3pm.
- Food bank for students in need.

Served Population- The youth of Montreal

Fees- For a vegetarian meal: \$2.

Opening Hours- Monday to Friday from 9:30am to 5:30pm.

The Midnight Kitchen

Prepares and serves free / pay-what-you-can vegan meals and offers a summer food bank, solidarity servings, and container garden project.

3480 McTavish, either in room 302 (3rd floor) or B-30 (basement)

Contact: midnightkitchencollective@gmail.com

www.midnightkitchencollective.wordpress.com

Food Services

- Vegan, nut-free meals from Monday to Thursday of the school year at 12:30pm. Come before or after to help cook or clean.
- Summer food bank outside the 3480 McTavish location. You must sign up on the website or by e-mail (contact in May) and be given a time slot.
- Provides solidarity servings to political or community based events that meets the political mandate, request one on the website.
- Runs a garden on McGill campus throughout the summer; volunteers are encouraged to come enjoy Friday picnics and share our harvest.

Served Population- Open to everyone (no ID or proof of residence required for any services, including food bank). Step-free access to all of our servings, please contact us for other accessibility concerns and we will do our best to accommodate.

Fees- Free, though donations are welcome if people have the means.

People's Potato

Offers affordable meals.

1455 de Maisonneuve W. boul., H3G 1M8 (H-733)

(514) 848-2424 x 7590

Contact: peoplespotato@gmail.com

www.peoplespotato.com

Food Services

- Vegan meals from Monday to Friday from 12:30pm to 2pm
- Food bank during the school year
- Community garden located at the Loyola Campus of Concordia in NDG. Summer project of People's Potato run by volunteers from May to September. Partners sometimes with other organizations (ex.: Notre-Dame de Grâce Food Depot) to help them with matters related to food security

Population Served- Open to everyone

Fees- Pay-What-You-Can

Concordia University Student Parents Centre

Offers to student parents of the Concordia University an area to study, to increase their academic performance and to meet new people.

1410 Guy St. (Local 24), H3H 2L6

(514) 848-2424 x 2431

Contact: cusp@concordia.ca



Food Services:

- Nutritional counseling- During some semesters, nutritionists from Concordia Health Services are invited to give free workshops on healthy eating
- Referrals- If student parents need emergency assistance, they are referred to the Multifaith Chaplaincy who has food and grocery vouchers for them
- Monthly cookouts

Served Population- Student parents at Concordia University

Fees- Free

Opening Hours- Monday to Friday from 10am to 6pm