

# Food Security Network of Newfoundland and Labrador

## 2010 Food Security Initiative Inventory

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## Bell Island

### Food Banks/Hamper Programs

Organization	Contact	Location	Hours	Comments
Bell Island Caring & Sharing Food Bank	<b>Name:</b> Carol Brown <b>Phone:</b> (709)488-2656 call to make an appointment	<b>Mailing Address:</b> Box 899 Bell Island, NL A0A 4H0 <b>Civic Address:</b> In the Boys & Girls Club	Mon. & Fri. 2-4pm	Food hampers

### Markets & Retailers (Local, Organic, Ethical Food)

Organization	Contact	Location	Hours	Comments
Bell Island Co-op Bakery	<b>Phone:</b> (709)488-2250	<b>Address:</b> PO Box 969 Bell Island, NL A0A 4H0	Tues.-Sat. 7:30am-5pm	Local berries, Atlantic Canada suppliers

## Branch

### Community Kitchen Programs

Organization	Contact	Location	Hours	Comments
Branch Singing Kitchen	<b>Contact:</b> Lorna English <b>Phone:</b> (709)338-2204 <b>Email:</b> lornaenglish@nf.sympatico.ca			

## Burin

### Community Gardens/Gardening Campaigns

Organization	Contact	Location	Hours	Comments
Burin Peninsula Environmental Reform Committee	<b>Phone:</b> (709)891-2230 <b>Email:</b> info@greenburin.ca <b>Website:</b> www.greenburin.ca/communitygarden	<b>Address:</b> 9 Union Rd. PO Box 48 Burin, NL A0E 1E0		Garden in Burin, plans for a network of gardens in the region, youth gardening opportunities

## Codroy Valley

### Markets & Retailers (Local, Organic, Ethical Food)

Organization	Contact	Location	Hours	Comments
Codroy Valley Farmer's Market	<b>Contact:</b> Tim MacNeil, Farmer <b>Phone:</b> (709)955-2078	TBA	TBA	Not active every year. Call for more information.

## Conception Bay South

### Food Banks/Hamper Programs

Organization	Contact	Location	Hours	Comments
CBS Paradise Community Food Bank	<b>Phone:</b> (709)834-2800	<b>Address:</b> 2638 Topsail Rd, Unit 2 CBS, NL A1W 4A7	Mon. -Fri. 9am-2pm	Food hampers

### Markets & Retailers (Local, Organic, Ethical Food)

Organization	Contact	Location	Hours	Comments
CBS Farmer's Market	<b>Contact:</b> Karen Spencer <b>E-mail:</b> kspencer@cbsparks.nf.net <b>Phone:</b> (709)834-6558 <b>Website:</b> www.conceptionbaysouth.ca	Conception Bay South, Location TBA	TBA	Farmer's market, local fresh produce & artisans, demonstrations and workshops

## Corner Brook Region

### Food Banks/Hamper Programs

Organization	Contact	Location	Hours	Comments
Holy Redeemer Food Bank Outlet	<b>Contact:</b> Joy Connors, Ruth Brewer <b>E-mail:</b> foodbanknetwork@nf.aibn.com <b>Phone:</b> (709)634-2655	<b>Address:</b> 469 Curling St. Corner Brook, NL A2H 3K8		Emergency food
Salvation Army Food Bank Outlet	<b>Contact:</b> Joy Connors, Ruth Brewer <b>E-mail:</b> foodbanknetwork@nf.aibn.com <b>Phone:</b> (709)634-2655	<b>Address:</b> 6 Herald Ave. Corner Brook, NL A2H 4B4		Emergency food, soup kitchen on Tuesdays

## Community Gardens/Gardening Campaigns

Organization	Contact	Location	Hours	Comments
Western Environment Centre (WEC)	<b>Contact:</b> Carolyn Wheeler <b>Phone:</b> (709)660-0078 <b>Email:</b> cwheeler.wec@gmail.com <b>Website:</b> www.wecnl.ca	<b>Mailing Address:</b> The Western Environment Centre, Inc., 86 West St. Suite 5, Corner Brook, NL, A2H 2Z3		Community Garden in Corner Brook
Western Health	<b>Contact:</b> Stephanie Buckle <b>E-mail:</b> stephaniebuckle@westernhealth.nl.ca <b>Phone:</b> (709)637-5000 x5257 <b>Website:</b> www.westernhealth.nl.ca	<b>Address:</b> PO Box 2005 Corner Brook, NL A2H 6C7		Community gardens, community kitchens, cooking/nutrition skills building, nutritious food basket program
Community Mental Health Initiative & Dunfield Park Community Centre	<b>Contact:</b> Jade Mahoney <b>E-mail:</b> mhpcordinator@gmail.com <b>Phone:</b> (709)634-4126 <b>Website:</b> www.envision.ca/web/cmhi	<b>Mailing Address:</b> PO Box 2006, Corner Brook, NL A2H 6J8 <b>Civic Address:</b> 9 Pine Pl. Corner Brook, NL		Community garden

## Community Kitchen Programs

Organization	Contact	Location	Hours	Comments
Western Health	<b>Contact:</b> Stephanie Buckle <b>E-mail:</b> stephaniebuckle@westernhealth.nl.ca <b>Phone:</b> (709)637-5000 x5257 <b>Website:</b> www.westernhealth.nl.ca	<b>Mailing Address:</b> PO Box 2005 Corner Brook, NL A2H 6C7		Community gardens, community kitchens, cooking/nutrition skills building, nutritious food basket program

<p><b>CHEFS (Cooking Healthy Economical Food to Share)-Community Mental Health Initiative</b></p>	<p><b>Contact:</b> Jade Mahoney <b>Phone:</b> (709)634-4126 <b>E-mail:</b> mhpcoordinator@gmail.com <b>Website:</b> www.envision.ca/web/cmhi</p>	<p><b>Mailing Address:</b> PO Box 2006, Corner Brook, NL A2H 6J8</p>		<p>6 week program, skill building, healthy eating on a budget, food preparation</p>
<p><b>Corner Brook Women's Centre</b></p>	<p><b>Contact:</b> Paula Sheppard Thibeau <b>Phone:</b> (709)639-8522 <b>E-mail:</b> info@cbwomenscentre.com <b>Website:</b> www.cbwomenscentre.com</p>	<p><b>Mailing Address:</b> PO Box 373 Corner Brook, NL A2H 6E3 <b>Civic Address:</b> 2 Carmen Ave.</p>		<p>Monthly soup luncheon, cooking &amp; confidence series, meals at events, shared kitchens in residences</p>

### Food/ Cooking/ Health Skills Building

Organization	Contact	Location	Hours	Comments
<p><b>Western Health</b></p>	<p><b>Contact:</b> Stephanie Buckle <b>Phone:</b> (709)637-5000 x5257 <b>E-mail:</b> stephaniebuckle@westernhealth.nl.ca <b>Website:</b> www.westernhealth.nl.ca</p>	<p><b>Mailing Address:</b> PO Box 2005 Corner Brook, NL A2H 6C7</p>		<p>Community gardens, community kitchens, cooking/nutrition skills building, nutritious food basket program</p>

## Early Years/Pre-Natal Care/Parent Support Programs

Organization	Contact	Location	Hours	Comments
Corner Brook Family Outreach Resource Centre	<b>Contact:</b> Bonnie Randell <b>Phone:</b> (709)634-2316 <b>E-mail:</b> forc@nf.sympatico.ca	<b>Mailing Address:</b> PO Box 712, Corner Brook, NL A2H 6G7  <b>Civic Address:</b> 355 O'Connell Dr.		Healthy Baby Club, food supplements, cooking workshops with pregnant moms, Level Best Program, community kitchens, pre-natal/infant/children's programming and services, Family Childcare Agency, possible community garden, grocery tours, nutrition counselling, budget eating workshops, children's healthy snacks,

## Local Farms

Organization	Contact	Location	Hours	Comments
Full Tilt Newfoundland Ent. Ltd.	<b>Contact:</b> Colette Urban <b>Phone:</b> (709)688-2228 <b>E-mail:</b> curban@fulltiltnewfoundland.com <b>Website:</b> www.fulltiltnewfoundland.com	<b>Mailing Address:</b> PO Box 4308, 2B North Shore Hwy, Corner Brook, NL A2H 6B9  (Located in Mclvers)		Farm tours, farm produce sales, growing workshops, Creative Centre, art/media exhibition, Meadows Point guest house

## Markets & Retailers (Local, Organic, Ethical Food)

Organization	Contact	Location	Hours	Comments
Farmer's Market- Western Environment Centre	<b>Contact:</b> Simon Jansen <b>Phone:</b> (709) 634-9470 <b>E-mail:</b> simon@pureadventures.ca <b>E-mail:</b> info@wecnl.ca <b>Website:</b> www.wecnl.ca	<b>Mailing Address:</b> The Western Environment Centre, Inc., 86 West St. Suite 5, Corner Brook, NL, A2H 2Z3	June 6th, and every Saturday from July 11 – October 31	The Western Environment Center (WEC) is a charitable non-profit non-governmental environmental education organization.

## Eastport

### Local Farms

Organization	Contact	Location	Hours	Comments
Eastport Organics	<b>Contact:</b> Jason Bull <b>Phone:</b> (709) 677-2142† <b>Email:</b> eastportorganic@gmail.com	<b>Mailing Address:</b> PO Box 133 Eastport, NL A0G 1Z0		A family run organic farm, using only the best organic inputs from the surrounding area. Our season runs from June to Nov., with local crafts and agricultural product available.

## Fogo Island

### Community Gardens/ Gardening Campaigns

Organization	Contact	Location	Hours	Comments
Boons Community Gardens	<b>Contact:</b> Hayward Budden, Co-Coordinator <b>Phone:</b> (709) 627-3473 or (709) 770-8266 <b>Email:</b> turkey_pop@hotmail.com	<b>Mailing Address:</b> P.O. Box 21, Seldom, NL, A0G 3Z0  <b>Civic Address:</b> 48 Nick Rd., Seldom, NL		Community Garden.

### Markets & Retailers (Local, Organic, Ethical Food)

Organization	Contact	Location	Hours	Comments
Fogo Farmers' Market	<b>Contact:</b> Winston Osmond <b>Phone:</b> (709) 658-3418 <b>Email:</b> osmond.winston@gmail.com	Fogo Central, next to the Credit Union.	Saturdays, 10am - 2pm, July - November	Winston is Shorefast's agriculturalist. His job with Shorefast is to revive old farming ways and to experiment and educate in new methods, crops and agricultural ideas. His farm in Shoal Bay is alive with produce and livestock. Winston is happy to give advice and welcomes your inquiries.

### Local Farms

Organization	Contact	Location	Hours	Comments
Fogo Farmers' Farms	<b>Contact:</b> Winston Osmond <b>Phone:</b> (709) 658-3418 <b>Website:</b> <a href="http://www.fogoislandfarms.com">http://www.fogoislandfarms.com</a>			Winston is Shorefast's agriculturalist. His job with Shorefast is to revive old farming ways and to experiment and educate in new methods, crops and agricultural ideas. His farm in Shoal Bay is alive with produce and livestock. Winston is happy to give advice and welcomes your inquiries.

## Glenburnie – Bonne Bay Region

### Markets & Retailers (Local, Organic, Ethical Food)

Organization	Contact	Location	Hours	Comments
Glenburnie-Birchy Head-Shoal Brook Farmers' Market	<b>Contact:</b> Susan Galloway <b>E-mail:</b> susan.galloway@gmail.com <b>Phone:</b> (709)453-2063	Birchy Head Recreation Centre	August - September: Saturdays 9:30 - 1pm	

### Community Gardens/ Gardening Campaigns

Organization	Contact	Location	Hours	Comments
Norris Point Community Gardens	<b>Contact:</b> Camellia Ibrahim, Coordinator <b>Phone:</b> (709) 458-2120 <b>Email:</b> camelliaklara@yahoo.com	<b>Mailing Address:</b> P.O. Box 236, Norris Point, NL, A0K 3V0		

## Goulds

### Food Banks/Hamper Programs

Organization	Contact	Location	Hours	Comments
St. Kevin's Parish Family Aid Food Bank	<b>Phone:</b> (709)754-2460 (fax # too) <b>E-mail:</b> stkevins@nf.aibn.com	Basement of Parish Hall	Mon.- Fri. by appointment	Food hampers

## Markets & Retailers (Local, Organic, Ethical Food)

Organization	Contact	Location	Hours	Comments
Bidgood's	Bidgood's Fresh Food Market <b>Phone:</b> (709)368-3125 <b>Fax:</b> (709)368-7278 <b>Website:</b> <a href="http://www.bidgoods.ca">http://www.bidgoods.ca</a>	355 Main Road in the Goulds (a 15 minute drive from downtown St. John's exit on the Doyles Road Ext. on the Robert Howlett Memorial Drive (Goulds By Pass)	Mon., Tues. & Sat. 9-7pm Wed. & Fri. 9-9pm Sunday 10-5pm	Homestyle bread, local seafoods, jams, crafts, homemade pickles and condiments, bath products also including gluten free products, hot homestyle meals and a selection of grocery foods

## Grand Falls Windsor

### Community Gardens/Gardening Campaigns

Organization	Contact	Location	Hours	Comments
Exploits Valley Community Coalition	<b>Contact:</b> Karen Beresford <b>Phone:</b> (709)489-8940 <b>E-mail:</b> <a href="mailto:evcc@familyresourcecentres.ca">evcc@familyresourcecentres.ca</a>	<b>Mailing Address:</b> PO Box 310 Grand Falls Windsor, NL A2A 2J7		Community garden, families plant/tend/harvest, shared celebration supper

### Early Years/Pre-Natal Care/Parent Support Programs

Organization	Contact	Location	Hours	Comments
Exploits Valley Community Coalition	<b>Contact:</b> Karen Beresford <b>Phone:</b> (709)489-8940 <b>E-mail:</b> <a href="mailto:evcc@familyresourcecentres.ca">evcc@familyresourcecentres.ca</a>	<b>Mailing Address:</b> PO Box 310 Grand Falls Windsor, NL A2A 2J7		Mothers and fathers cook in bulk and freeze food

## Other Food Security Initiatives

Organization	Contact	Location	Hours	Comments
Exploits Valley Community Coalition	<b>Contact:</b> Karen Beresford <b>Phone:</b> (709)489-8940 <b>E-mail:</b> evcc@familyresourcecentres.ca	<b>Mailing Address:</b> PO Box 310 Grand Falls Windsor, NL A2A 2J7		Level Best Buying Club- parents organize bulk purchasing

## Happy Valley – Goose Bay

### Food Banks/Hamper Programs

Organization	Contact	Location	Hours	Comments
Labrador Friendship Centre- Happy Valley- Goose Bay	<b>Contact:</b> Stan Oliver, Executive Director <b>Phone:</b> (709)896-8302, (709)896-8341, (709)896-3796, (709)896-8014 <b>E-mail:</b> soliver@lfchvgb.ca <b>Website:</b> www.lfchvgb.ca	<b>Mailing Address:</b> PO Box 767 Station B, Happy Valley- Goose Bay, NL A0P 1E0  <b>Civic Address:</b> 49 Grenfell St.		Food bank, affordable meals, United Cultures Youth Centre, cultural programs, hostel, Aboriginal Family Centre, Drumdancer Arts & Crafts Shop, correctional programs, seniors transportation and programs, children's programs

### Local Farms

Organization	Contact	Location	Hours	Comments
Grand River Farm, Lake Melville	<b>Contact:</b> Frank Pye <b>E-mail:</b> grandriver@explornet.com			

### Early Years/ Pre-Natal Care/ Parent Support Programs

Organization	Contact	Location	Hours	Comments
Aboriginal Family Centre Healthy Baby Club	<b>Contact:</b> Judy Voisey <b>Phone:</b> (709) 896-4398, 896-4399 <b>Email:</b> hbc-mom@nf.aibn.com	<b>Mailing Address:</b> 38 Grenfell Street, Happy Valley-Goose Bay, NL, A0P 1E0		Prenatal classes, cooking sessions and nutrition tips, hospital tours, home visits, breastfeeding support, free food supplements, free transportation to and from sessions.

### Health and Nutrition Organization/Government/Documents

Organization	Contact	Location	Hours	Comments
Health Promotion and Education Coordinator - Labrador-Grenfell Health	<b>Contact:</b> Kelly Janes <b>Phone:</b> (709) 897-8110 <b>E-mail:</b> kelly.janes@lghealth.ca	<b>Mailing Address:</b> PO Box 7000, Stn C Goose Bay, NL A0P 1C0		

## Harbour Grace

### Community Gardens/Gardening Campaigns

Organization	Contact	Location	Hours	Comments
St. Francis School Greenhouse	<b>Contact:</b> Francis & Mildred Glynn <b>Phone:</b> (709) 596-3452 <b>Fax:</b> (709) 596-2154	<b>Mailing Address:</b> St. Francis School P.O.Box 460 Harbour Grace, NL A0A 2M0		Greenhouse is a joint effort between Lower Trinity South Regional Development Association and St. Francis School

## Heart's Content

### Local Farms

Organization	Contact	Location	Hours	Comments
GROWDAT FARMS	<b>Contact:</b> Terry Dobbie <b>Phone:</b> (709) 588- 2671 <b>E-mail:</b> terry@growdatfarms.com <b>Website:</b> <a href="http://growdatfarms.com">http://growdatfarms.com</a>	<b>Mailing Address:</b> GROWDAT Farms Incorporated c/o: Terry Dobbie General Delivery Cavendish, Newfoundland Canada A0B 1J0 <b>Civic Address:</b> GROWDAT Farms Incorporated Route 80, Heart's Content, Trinity Bay, NFLD, Canada A0B 1Z0	Wed. & Thurs. 1-5pm Fri. 1-7pm Sat. & Sun. 10- 5pm	GROWDAT farm grows and sells fresh, organically grown products from berries and vegetables, to flowers, herbs, and hay.

## Labrador City

### Food Banks/Hamper Programs

Organization	Contact	Location	Hours	Comments
Labrador West Ministerial Food Bank- Labrador West Ministerial Association (serves Wabush also)	<b>Contact:</b> Wanda Paddock, Director <b>Phone:</b> (709)944-6444	<b>Mailing Address:</b> PO Box 256 Labrador City, NL A2V 2K6  <b>Civic Address:</b> 1 Sutton Way, Labrador City	Mon.-Fri. 1:30-3:30pm	Food bank

### Community Gardens/ Gardening Campaigns

Organization	Contact	Location	Hours	Comments
Labrador West Community Gardens	<b>Contact:</b> Nelson Clark, Coordinator <b>Phone:</b> (709) 944-3204	<b>Mailing Address:</b> 762 Tamarack Drive, Labrador City, NL A2V 2V3		

## Health and Nutrition Organization/Government/Documents

Organization	Contact	Location	Hours	Comments
Regional Nutritionist- Labrador Grenfell Health	<p><b>Contact:</b> Sarah Frank  <b>E-mail:</b> sarah.frank@lghealth.ca  <b>Phone:</b> (709)955-9361  <b>Fax:</b> (709)944-9224</p> <p><b>Contact:</b> Carla Reid  <b>E-mail:</b> carla.reid@lghealth.ca  <b>Phone:</b> (709)944-9270  <b>Website:</b> www.lghealth.ca</p>	<p><b>Mailing Address:</b>            Captain William Jackman Memorial Hospital 410 Booth Ave. Labrador City, NL A2V 2K1</p>	<p>Mon.-Fri.            1:30-3:30pm</p>	<p>Provide nutrition expertise, nutritional assessment, therapeutic intervention, health promotion, nutrition education, disease prevention education, consultation and support for community groups/organizations that are planning/implementing nutrition or food security initiatives, community kitchen start-up information, conducts NL Nutritious Food Basket Survey in the Northern Peninsula region and shares results</p>

## Mount Pearl

### Food Banks/Hamper Programs

Organization	Contact	Location	Hours	Comments
Mary Queen of the World- St. Vincent de Paul Society	<b>Phone:</b> (709)364-7140, leave a message to receive an appointment	<b>Civic Address:</b> 775 Topsail Rd.	Tuesday & Friday	Food hampers
St. Peters Parish Pantry- St. Vincent de Paul Society	<b>Phone:</b> FB (709) 747-3320 <b>Phone:</b> Parish (709)364-8606 <b>Fax:</b> (709)364-8608 <b>E-mail:</b> stpetersparish@nfld.net <b>Website:</b> www.nfld.net/stpetersparish	<b>Mailing Address:</b> 110 Ashford Dr. Mount Pearl, NL A1N 3L6	Mon. - Thur. 7-7:30pm	Food hampers
Salvation Army Mount Pearl Food Bank	<b>Contact:</b> Linda Vincent <b>Phone:</b> (709)364-6465	<b>Mailing Address:</b> 106 Ashford Dr. Mount Pearl, NL, A1N 3L6	Mon. 12-2pm, Tues. & Fri. 10:30-2:30pm	Food hampers

### Local Farms

Organization	Contact	Location	Hours	Comments
Lester's Farm & Farm Market	<b>Phone:</b> (709)747-FARM(3276) <b>E-mail:</b> lestersfarmmarket@hotmail.com <b>Website:</b> www.lestersfarmmarket.com	<b>Mailing Address:</b> 173 Brookfield Rd., Box 392, Mount Pearl, NL		U-pick strawberry farm, petting barn, seasonal pumpkins/ Annual Pumpkin Fest and corn maze, hay rides, 65 varieties of fruit and vegetables, nursery, on site farm market

### Health & Nutrition Organization/Government/Documents

Organization	Contact	Location	Hours	Comments
Mount Pearl Sports Alliance	<b>Contact:</b> Lorne LeDrew <b>Phone:</b> 748-6484 <b>Contact:</b> Admin Office <b>Phone:</b> (709) 748-6489 <b>Fax:</b> (709) 748-6499 <b>E-mail:</b> lorneledrew@nf.aibn.com <b>E-mail:</b> volcentre@nfld.net	<b>Mailing Address:</b> Mount Pearl Sport Alliance P.O. Box 989, Mount Pearl NF, A1N 3G9		Nutrition/healthy eating promotion, active lifestyle programs & events, resources on food/health/nutrition/active living, support for healthy event planning

## Northern Labrador

### Community Gardens/ Gardening Campaigns

Organization	Contact	Location	Hours	Comments
Makkovik Inuit Community Garden	<b>Contact:</b> Terry Rice, Town Manager <b>Phone:</b> (709) 923-2299 <b>Email:</b> townmanager@makkovik.ca <b>Website:</b> Makkovik Inuit Community Government: <a href="http://www.makkovik.ca">http://www.makkovik.ca</a>	<b>Mailing Address:</b> Makkovik Inuit Community Government, P.O. Box 132, Makkovik, NL, A0P 1J0		

## Northern Peninsula / St. Anthony

### Food Banks/Hamper Programs

Organization	Contact	Location	Hours	Comments
St. Anthony Food Sharing Association	<b>Contact:</b> Bern Bromley <b>Phone:</b> (709)454-4099			

### Health and Nutrition Organization/Government/Documents

Organization	Contact	Location	Hours	Comments
Regional Health Educator - Northern Regional Wellness Coalition	<b>Contact:</b> Karla Loder <b>Phone:</b> (709)454-3333 ext. 346 <b>E-mail:</b> karla.loder@lghealth.ca	<b>Mailing Address:</b> Northern Regional Wellness Coalition Co - Chair 178-200 West Street, St. Anthony, NL A0K 4S0		

### Community Gardens/Gardening Campaigns

Organization	Contact	Location	Hours	Comments
Northern Peninsula Family Resource Centre	<b>Contact:</b> Jamie Warren, Garden Coordinator <b>Phone:</b> (709)454-3122 <b>E-mail:</b> jamiewarren@nf.aibn.com <b>Website:</b> www.norpenfrc.ca	<b>Mailing Address:</b> PO Box 774, St Anthony, NL <b>Civic Address:</b> Dorm Building Grenfell Properties		Community garden / Greenhouse

## Paradise

### Local Farms

Organization	Contact	Location	Hours	Comments
Paradise Farms Inc.- Bee Natural	Phone: (709)782-1435 Toll-Free: 1-888-782-1435 E-mail: info@beenatural.ca Website:www.beenatural.ca	Mailing Address: 97 St. Thomas Line, Paradise, NL A1L 2P9		Organic bee products, fruit, vegetables, herbs

## Placentia

### Food Banks/Hamper Programs

Organization	Contact	Location	Hours	Comments
Placentia & Area Community Food Bank	Contact: Tanya Williams		Mon. – Fri. 12-4pm	

## Community Gardens/ Gardening Campaigns

Organization	Contact	Location	Hours	Comments
Placentia and Area Community Gardens	<b>Contact:</b> Elaine Murray, Garden Coordinator <b>Phone:</b> 709.227.3001 <b>Email:</b> Elaine.murray@bellaliant.net	<b>Mailing Address:</b> P.O. Box 121, Placentia, NL, A0B 2Y0		

## Early Years/Pre-Natal Care/Parent Support Programs

Organization	Contact	Location	Hours	Comments
Stepping Stones- Placentia and Outreach Area Family Resource Centre	<b>Contact:</b> Serena Pomeroy <b>Phone:</b> (709)227-1010 <b>E-mail:</b> serenapomeroy@nf.aibn.com	<b>Mailing Address:</b> PO Box 156 Placentia, NL A0B 2Y0 <b>Civic Address:</b> Prince William Dr.		Healthy snack provided daily, Baby Club Program, pregnancy support, prenatal education, healthy eating promotion, group support, healthy lifestyle choices promotion, cooking and nutrition sessions, home visits, weekly food supplements

## Portugal Cove / St. Phillips

### Local Farms

Organization	Contact	Location	Hours	Comments
The Organic Farm	<b>Contact:</b> Melba Rabinowitz, Oz Rabinowitz <b>Phone:</b> (709)895-2884 <b>E-mail:</b> organicfarm@nl.rogers.com <b>Website:</b> www.theorganicfarm.net	<b>Mailing Address:</b> 42 Churchill Rd. Portugal Cove, NL A1M 2P6		Vegetables, herbs, flowers, CSA program, on-site store, serve St. John's Farmers Market, children's programs, children's garden, tours, cooking classes, garden/farm consultation, online resources (recipes, The Anonymous Gourmet, links)

Seed to Spoon - Lien Farm	<b>Website:</b> <a href="http://seedtospoon.blogspot.com/">http://seedtospoon.blogspot.com/</a> <a href="http://polygonnetwork.org/lienfamilyfarm/">http://polygonnetwork.org/lienfamilyfarm/</a>			<p>We believe in healthy food &amp; healthy environments. We believe in traditional methods to food production that benefit the health of our customers, community, and environment. It is for this reason that all of our veggies are grown naturally, in rich sustainable soil, and sold locally through a CSA.</p>
Rocks to Riches	<b>Contact:</b> Don Bragg <b>Phone:</b> (709) 368-5595			

## Sheshatshiu

### Health & Nutrition Organization/Government/Documents

Organization	Contact	Location	Hours	Comments
Innu Integrated Diabetes Initiative (IIDI)	<b>Contact:</b> Annette Stapenhorst <b>Phone:</b> (709)497-8113 <b>E-mail:</b> <a href="mailto:astapenhorst@sifn.ca">astapenhorst@sifn.ca</a>	<b>Mailing Address:</b> Mani Ashini Health Centre PO Box 160 Sheshatshiu, NL		<p>Health promotion, diabetes and chronic disease prevention by protecting, promoting and rejuvenating Innu food use and food culture practices in Natuashish and Sheshatshiu</p>

## Springdale

### Community Gardens/Gardening Campaigns

Organization	Contact	Location	Hours	Comments
Multigenerational Community Garden- Valley Vista Seniors Complex, Training Wheels Family Resource Centre	<p><b>Contact:</b> Healthy Baby Club <b>Phone:</b> (709)673-3981</p> <p><b>Contact:</b> Valley Vista <b>Phone:</b> (709)673-8113</p>			

## St. John's

### Food Banks/Hamper Programs

Organization	Contact	Location	Hours	Comments
Bridges to Hope Inc.	<p><b>Contact:</b> Derek Winsor <b>Phone:</b> (709)726-9247 <b>E-mail:</b> programdirector@bridgestohope.ca <b>Website:</b> www.bridgestohope.ca</p>	<b>Mailing Address:</b> 39 Cookstown Road, St. John's, NL A1C 4G7	Tues. 11:00-1:00; Wed., Thurs. & Fri. 10:00-1:00pm	Food bank, toy lending library, Home Smart program,  Starting in September: community kitchen
St. Teresa's Parish Food Bank, St. Vincent de Paul	<p><b>Contact:</b> Mary Keough <b>Phone:</b> (709)579-5467 <b>Website:</b> www.stteresa.ca</p>	<b>Mailing Address:</b> St. Teresa's Parish, 120 Mundy Pond Rd. St. John's, NL A1E 1V1	Mon.-Fri. (call before 1 and they will deliver between 5 and 7pm)	Need to call to request food

<b>Emmaus House Food Bank</b>	<b>Phone:</b> (709)753-6380	<b>Mailing Address:</b> 200 Military Rd, St. John's, NL A1C 2E8, <b>Civic Address:</b> behind the school, enter on Bonaventure	Mon. – Fri. 1-3pm	Food bank, Christmas food hampers
<b>MUN Food Bank</b>	<b>Contact:</b> Noel Veitch <b>Phone:</b> (709)737-3467 <b>E-mail:</b> foodbank@mun.ca <b>Website:</b> <a href="http://munsu.ca/section/107">http://munsu.ca/section/107</a>	<b>Civic Address:</b> MUN campus- Box 2 Corte Real Bldg. (basement)	Mon. & Thur. 3:30-5:30, 7- 8pm, Sun 4-5pm	Food bank, bring MCP
<b>Salvation Army</b>	Salvation Army Office <b>Phone:</b> (709)579-2022 <b>Phone:</b> (709)726-0393 <b>Website:</b> <a href="http://www.salvationarmy.ca/ned/">www.salvationarmy.ca/ned/</a>	<b>Mailing Address:</b> 21 Adams Ave. St. John's, NL A1C 4Z1	Wed. 9:30- 3pm, closed 12-1pm for lunch	Food bank
<b>Mary Queen of Peace Food Bank</b>	<b>Phone:</b> (709)726-9924 <b>Phone:</b> (709)685-6400	<b>Parish Mailing Address:</b> 135 Torbay Rd. St. John's, NL A1A 2G9	Wed. 9:30- 12:30pm only	Food bank
<b>Single Parents Food Bank</b>	<b>Contact:</b> Debbie Dominy (709)739-0709	<b>Mailing Address:</b> PO Box 21421 St. John's, NL A1A 5G6, Virginia Park Plaza	Wed. & Fri. 10am-1pm, 1:30-2:45pm	For single parents with children in their custody- food hamper program, clothing, toys, furniture
<b>St. Paul's Parish Family Aid Food Bank</b>	<b>Phone:</b> (709)754-1980	<b>Mailing Address:</b> 340A Newfoundland Dr. St. John's. NL A1A 3R9	Call for yearly schedule  9-1pm	Food hampers, every two weeks

<p><b>MacMorran Community Centre- St. Pius X Parish Outreach House</b></p>	<p><b>Phone:</b> (709)722-1168 <b>Phone:</b> (709)754-0170 <b>E-mail:</b> stpiusx@nl.rogers.com</p> <p>answering machine to request a hamper <b>Phone:</b> (709)739-1329</p> <p><b>Website:</b> www.spx.ca <b>Website:</b> http://www.macmorran.ca/site/</p>	<p><b>Mailing Address:</b> 16 Smithville Crescent, St. John's, NL A1B 2V2 <b>Civic Address:</b> MacMorran Community Centre- 10 Brother McSheffrey Lane</p>	<p>Mon. -Fri. 9-5pm</p>	<p>Food hampers, clothing; children food summer camp, after school/snack program</p>
<p><b>Corpus Christi- St. Vincent de Paul Society Food Bank</b></p>	<p><b>Phone:</b> (709)364-4116</p>	<p><b>Mailing Address:</b> Society of St. Vincent de Paul Corpus Christi Conference c/o 260 Waterford Bridge Rd. St. John's, NL A1E 1E2, <b>Civic Address:</b> behind the Church</p>	<p>Mon., Wed. &amp; Fri 10am-12pm,  First and third Saturday 10am-12pm, except July &amp; august</p>	<p>Food hampers</p>

### Shelters – for Women and Children

Organization	Contact	Location	Hours	Comments
<p><b>Carew Lodge- Stella Burry</b></p>	<p><b>Contact:</b> John <b>Phone:</b> (709)738-5055 <b>Phone:</b> (709)728-3944 <b>E-mail:</b> g.lush@stellaburry.ca <b>Website:</b> www.stellaburry.ca</p>	<p><b>Mailing Address:</b> 11 Carew St. St. John's, NL A1C 3N5</p>		<p>12 bedroom residence, resource centre, shared kitchen facilities and common areas, garden</p>

<b>Iris Kirby House</b>	<b>Contact:</b> Sheila Ryan (Executive Director), <b>Contact:</b> Gail Tobin (Program Coordinator) <b>Phone:</b> (709)722-8272 <b>Phone:</b> Abuse Support Line 1-877-753-1492 <b>E-mail:</b> sheilaryan@iriskirbyhouse.nf.net <b>E-mail:</b> gailtobin@iriskirbyhouse.nf.net <b>Website:</b> www.iriskirbyhouse.nf.net	<b>Mailing Address:</b> 196 Waterford Bridge Road St. John's A1E 1E2		22 bed shelter for abused women & their children, 8 second stage housing units around St. John's & Mount Pearl
<b>Naomi Centre- Stella Burry</b>	<b>Phone:</b> (709)579-8432 <b>Phone:</b> (709)579-8641 <b>E-mail:</b> v.molloy@stellaburry.ca <b>Website:</b> www.stellaburry.ca	<b>Mailing Address:</b> 4 Patrick St. St. John's, NL A1E 2S6	24 Hours	Emergency shelter and short-term residence for women aged 16-30, advocacy, counselling, housing support,

### Shelters – for Men

Organization	Contact	Location	Hours	Comments
<b>Howard House- John Howard Society of Newfoundland</b>	<b>Contact:</b> Ron Harris <b>Phone:</b> Howard House (709)722-1848 <b>Phone:</b> Head Office for NL (709)726-5500 <b>E-mail:</b> howardhouse@firstcity.net, <b>E-mail:</b> jhsnl@nf.aibn.com <b>Website:</b> www.johnhowardnl.ca	<b>Mailing Address:</b> 7 Garrison Hill St. John's, NL A1C 3Y7		16 person residence, residents prepare meals, rehabilitation of offenders into society, counselling, addictions group, seminars, life skills training, literacy training, YMCA membership,
<b>Wiseman Centre- The Salvation Army</b>	<b>Phone:</b> (709)739-8355 <b>E-mail:</b> wc.worker@gmail.com <b>Website:</b> www.wisemancentre.com	<b>Mailing Address:</b> 714 Water Street, St. John's, NL A1E 1C1		20 person shelter, supportive housing units with communal meals, shared kitchen, meals provided, males 30-64 years

## Shelters – for Individuals & Families

Organization	Contact	Location	Hours	Comments
Access House	<b>Contact:</b> Ellen Gillis <b>Phone:</b> (709)752-4146	<b>Mailing Address:</b> 133 Empire Ave. St. John's, NL A1C 3G1		Residence
Emmanuel House – Stella Burry	<b>Phone:</b> (709)754-2072 <b>E-mail:</b> j.roche@stellaburry.ca www.stellaburry.ca	<b>Mailing Address:</b> 83 Cochrane St. St. John's, NL A1C 3L7		14 person transitional residence, life skills training, counselling & support, 16 years and older
Shanawdithit Shelter- St. John's Native Friendship Centre	<b>Contact:</b> Eileen Joe <b>Phone:</b> (709)726-5970 <b>E-mail:</b> ejoe@friendshipcentre.nf.net <b>Website:</b> www.friendshipcentre.nf.net	<b>Mailing Address:</b> 716 Water St. St. John's, NL A1E 1C1	24 Hours	23 person residence, healthy meals, access to kitchen, youth centre, artists profiles, programs and services for aboriginal people.
Tommy Sexton Centre- AIDS Committee of Newfoundland and Labrador	<b>Contact:</b> Mona Hawko <b>Phone:</b> (709)579-8656 <b>Toll-Free:</b> 1-800-563-1575 <b>E-mail:</b> mona@acnl.net <b>Website:</b> www.acnl.net	<b>Mailing Address:</b> 47 Janeway Place St. John's, NL A1A 1R7 (Pleasantville)	Mon. – Fri. 8:30-4:30pm	6 Independent Living Units for individuals living with HIV/AIDS. Providing support, advocacy, links to other services and resources, Wheelchair accessible.

## Shelters – Youth

Organization	Contact	Location	Hours	Comments
Choices for Youth Inc.	<b>Contacts:</b> Genie, Sheldon Pollett <b>Phone:</b> (709)754-3047 <b>E-mail:</b> sheldon@choicesforyouth.ca <b>Website:</b> www.choicesforyouth.ca	<b>Mailing Address:</b> 12-16 Carter's Hill Pl P.O. Box 26067 St. John's, NL A1C 5T9	Mon. – Fri. 8:30 – 5pm,  Young Men Shelter, 24 hours	Youth housing options, personal development & life skills programs, youth service centre

## Meal Programs – Soup Kitchens

Organization	Contact	Location	Hours	Comments
Jimmy Pratt Memorial Soup Kitchen- George St. United Church	Phone: (709)726-8775 E-mail: office@georgestunitedchurch.com Website: www.georgestunitedchurch.com	<b>Mailing Address:</b> PO Box 698 St. John's, NL A1C 5L4 <b>Civic Address:</b> 130 George St. W, St. John's, NL	Fri. 10 - 12:30pm	Friday lunch, Friendship Corner with TV, movies, internet access
New Hope Community Centre- The Salvation Army	Phone: (709) 739-0290	<b>Civic Address:</b> 18 Springdale Street	Tue. & Thurs. 11:45 - 1:15pm Wed. 10 - 11am	Adults; foods and drinks
The Gathering Place	<b>Contact:</b> Sister Sharon Basha Phone: (709)753-3234 E-mail: gatheringplace@nf.aibn.com	<b>Mailing Address:</b> PO Box 1761, St. John's, NL, A1C 5P5 <b>Civic Address:</b> Basilica Grounds 172 Military Rd.	(Lunch) Mon.- Fri. 11am- 1:15pm  (Breakfast) Mon. 8:30- 9:30am	Meals, clothing, haircuts, skill building, general assistance
St. John's Status of Women Council & Women's Centre	<b>Contact:</b> Charmaine Davidge Phone: (709)753-0220 E-mail: sjswc@nl.rogers.com Website: www.sjswc.ca	<b>Mailing Address:</b> 150 Lemarchant Rd. St. John's, NL A1C2H2		For women dealing with complex issues- meals/tea/coffee, emergency food program, crisis support, and safe housing.
Street Reach Outreach Meal-Community Youth Network	<b>Contact:</b> Kerri Mahoney, Angela Decker Phone: (709)754-0841 E-mail: kerri@cyn-stjohns.nf.ca E-mail: angela@cyn-stjohns.nf.ca Website: www.cyn-stjohns.nf.ca	<b>Mailing Address:</b> 4 Goodview St. St. John's, NL A1C 4G3	Wed. 12- 1:30pm	Healthy meals, outreach, supplies- clothing/blankets, telephone access, harm reduction services

<p><b>For the Love of Learning Inc.</b></p>	<p><b>Phone:</b> (709)722-8848 (office) <b>Phone:</b> (709)738-7911 (centre) <b>E-mail:</b> info@fortheloveoflearning.org <b>Website:</b> www.fortheloveoflearning.org</p>	<p><b>Mailing Address:</b> PO Box 7231 Station C St. John's, NL A1E 3Y4</p> <p>Meals/Events Location: Gower St. United Church (Gower St. entrance, ring buzzer) 99 Queen's Rd. St. John's, NL A1C 6M6</p>	<p>Mon. -Fri. 12-6pm</p>	<p>Daily food served-nutritious, delicious &amp; cheap, workshops- some food related</p>
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### Community Gardens/Gardening Campaigns

Organization	Contact	Location	Hours	Comments
<p><b>Community Garden Alliance</b></p>	<p><b>Contacts:</b> Angela Loucks-Atkinson, Kristie Jameson <b>E-mail:</b> cga.stjohns@gmail.com <b>Website:</b> www.feastnl.ca</p>			<p>Umbrella organization for community gardening projects, coordination of the Rabbittown Community Garden, gardening/local food resource</p>
<p><b>Rabbittown Community Garden</b></p>	<p><b>Contact:</b> Angela Loucks-Atkinson, <b>E-mail:</b> cga.stjohns@gmail.com <b>Website:</b> www.feastnl.ca, www.rabbittown.ca</p>	<p><b>Mailing Address:</b> Rabbittown Community Centre 26 Graves St. St. John's, NL A1B 3C5</p>		<p>Community garden, coordinated by the Community Garden Alliance, vegetable/herb garden, workshops, children's activities, harvest gatherings</p>
<p><b>Independent Living Resource Centre- Debbie Prim Memorial Garden</b></p>	<p><b>Phone:</b> (709)722-4031 <b>E-mail:</b> info@ilrc.nf.ca <b>Website:</b> www.ilrc.nf.ca</p>	<p><b>Mailing Address:</b> 4 Escasoni Pl. St. John's, NL A1A 3R6</p>		<p>Community garden, programs for people with disabilities designed by people with disabilities</p>

<p><b>St. John's Safer Soil- CLEANfLd</b></p>	<p><b>Contact:</b> Lori Heath <b>Phone:</b> (709)738-7542 <b>E-mail:</b> safersoil@gmail.com <b>Website:</b> www.safersoil.ning.com</p>	<p><b>Mailing Address:</b> c/o 14 Colonial St. St. John's, NL A1C 3M8</p> <p>Demonstration Garden at the Gathering Place.</p>		<p>Promoting safe gardening and recreation in areas with elevated soil lead levels, demonstration garden, information sessions, workshops</p>
<p><b>Mercy Centre for Ecology &amp; Justice- Sisters of Mercy of Newfoundland</b></p>	<p><b>Contacts:</b> Sister Mary Tee, Sister Marcella Grant <b>Phone:</b> (709)722-0082 <b>E-mail:</b> teersm@hotmail.com <b>E-mail:</b> marcellagrants@hotmail.com <b>Website:</b> www.sistersofmercynf.org</p>	<p><b>Mailing Address:</b> PO Box 1757 St. John's, NL A1C 5P5 <b>Civic Address:</b> 220 Waterford Bridge Road St John's</p>		<p>Gardens, workshops, seed saving, connection to land, summer camp, community projects, curriculum connections</p>
<p><b>St. Bonaventure's College</b></p>	<p><b>Phone:</b> (709)726-0024 <b>E-mail:</b> info@stbonaventurescollege.ca <b>Website:</b> www.stbonaventurescollege.ca</p>			<p>Composting program to supply the Safer Soil Demonstration Garden at The Gathering Place</p>
<p><b>Brother Jim McSheffrey Community Garden- MacMorran Community Centre</b></p>	<p><b>Contact:</b> Mary Lee, Coordinator <b>Phone:</b> (709)722-1168 <b>E-mail:</b> sonya@macmorran.ca <b>Website:</b> www.macmorran.ca</p>	<p><b>Mailing Address:</b> PO Box 21046 St. John's NL A1A 5B2 <b>Civic Address:</b> on Mt. Scio Rd.</p>		<p>40 plot community garden, Brighter Futures program, programs for all ages</p>
<p><b>MUN Botanical Garden</b></p>	<p><b>Phone:</b> (709)737-8590 <b>Website:</b> www.mun.ca/botgarden</p>	<p><b>Mailing Address:</b> Memorial University of Newfoundland St. John's, NL A1C 5S7 <b>Civic Address:</b> 306 Mt. Scio Rd. St. John's</p>		<p>Gardening workshops, garden programs for all ages</p>

<p><b>Brighter Futures Community Garden on Mt. Scio Rd.</b></p>	<p><b>Contact:</b> Deborah Capps <b>Phone:</b> (709)739-8096 <b>E-mail:</b> dcapps@brighter-futures.net <b>Website:</b> www.brighter-futures.net</p>	<p><b>Mailing Address:</b> 44 Torbay Rd. Suite 200 Nuport Bdg. St. John's, NL A1A 2G4</p>		<p>A community garden for Brighter Futures families. This project is part of the Wellness Project that Brighter Futures was funded for through the Provincial Wellness Coalition. Families from 13 Brighter Futures sites prepare, plant, care for and harvest a plot over the spring and summer</p>
<p><b>Oxen Pond Community Garden</b></p>	<p><b>Contact:</b> Emily Doyle, Coordinator <b>Phone:</b> (709) 722-6604 <b>Email:</b> GrowingInPippyPark@gmail.com <b>Website:</b> Food Education Action St. John's (FEASt): <a href="http://www.feastnl.ca/">http://www.feastnl.ca/</a></p>	<p><b>Mailing Address:</b> FEAST c/o Food Security Network, 44 Torbay Rd., Suite 110, St. John's, A1A 2G4</p>		<p>Community Garden with 36 12'x8' plots. There is also a Family Garden that will be running a series of parent and child gardening workshops throughout the summer.</p>

### Community Kitchen Programs

Organization	Contact	Location	Hours	Comments
<p><b>West Heights Tenants Association</b></p>	<p><b>Contact:</b> Lisa Stoyles <b>Phone:</b> (709)738-4487 <b>Phone:</b> (709)754-5119</p>			<p>Community kitchen, low cost meals, cooking skills, healthy eating</p>
<p><b>Salvation Army</b></p>	<p><b>Contact:</b> Wanda Burt <b>Phone:</b> (709)739-0291</p>			<p>Community kitchen program planned for Fall and Winter; bi-weekly</p>

### Food Rescue/ Recuperation/ Gleaning

Organization	Contact	Location	Hours	Comments
FRUIT (Food Rescue Unit In Town)	FEASt (Food Education Action St. John's) E-mail: local.feast@gmail.com Website: www.feastnl.ca			Rescue good food that might be otherwise thrown out from places such as hotels, cafeterias, restaurants and bring it to places (destinations) that would gladly receive these food items to supplement their existing programs, such as soup kitchens and emergency food services.

### Food/ Cooking/ Health Skills Building

Organization	Contact	Location	Hours	Comments
For the Love of Learning Inc.	Phone: (709)722-8848 (office) Phone: (709)738-7911 (centre) E-mail: info@forthe loveoflearning.org Website: www.forthe loveoflearning.org	<b>Mailing Address:</b> PO Box 7231 Station C St. John's, NL A1E 3Y4  <b>Meals/Events Location:</b> Gower St. United Church (Gower St. entrance, ring buzzer) 99 Queen's Rd. St. John's, NL A1C 6M6	Mon. -Fri. 12-6pm	"You First! Healthy Youth, Healthy Communities" workshop series, daily affordable meals

<p><b>Buckmaster's Circle Community Center</b></p>	<p><b>Phone:</b> (709)579-0718 <b>Fax:</b> (709)737-0342</p>	<p><b>Mailing Address:</b> P.O.Box 26028, St. John's, NL A1C 5T9</p>	<p>The Buckmasters Circle Community Centre shall encourage and promote the leadership, well being and cooperation of all citizens of the Buckmasters Community and surrounding area to develop respect, knowledge, and skills through community participation, advocacy, outreach, partnerships, program development and community services</p>
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### Early Years/Pre-Natal Care/Parent Support Programs

Organization	Contact	Location	Hours	Comments
<p><b>Daybreak Parent Child Centre</b></p>	<p><b>Contact:</b> Paul Rodgers / Maureen Bethel <b>Phone:</b> (709)726-8373 <b>E-mail:</b> prodgers@daybreakcentre.com <b>E-mail:</b> mbethel@daybreakcentre.com</p>	<p><b>Mailing Address:</b> 74 The Boulevard St. John's, NL A1A 1K2</p>		<p>Provides family, parent and child programming including pre-natal program Health Baby Club with food supplements and cooking workshops for youth 21 and under. In addition to cooking group and healthy living group for parents &amp; caregivers, offers "emergency food cupboard" for Daybreak families in need</p>

## Seniors Programs

Organization	Contact	Location	Hours	Comments
Seniors Resource Centre NL	<b>Contact:</b> Kelly Heisz <b>Phone:</b> (709)737-2333 <b>Phone:</b> 1-800-563-5599 <b>E-mail:</b> info@seniorsresource.ca <b>Website:</b> www.seniorsresource.ca	<b>Mailing Address:</b> 280 Torbay Rd. Suite W 100, St. John's, NL A1A 3W8		Grocery store transportation program, grocery delivery, various other programs/resources
Gower St. United Church	<b>Contact:</b> Rev. Dr. Kate Crawford <b>Phone:</b> (709)753-7286 <b>E-mail:</b> gsuc@nl.rogers.com <b>E-mail:</b> katecrawf@hotmail.com <b>Website:</b> www.gowerunited.ca	<b>Mailing Address:</b> 99 Queen's Rd. St. John's, NL A1C 6M6		Seniors' Club- once-a-month social gathering, full-course meal at a reasonable cost, entertainment, transportation support from Men's Club

## Community Social Enterprises

Organization	Contact	Location	Hours	Comments
Hungry Heart Cafe- Stella Burry	<b>Contact:</b> Kathy Jaeger <b>Phone:</b> (709)738-8953 Kathy <b>Phone:</b> (709)738-6164 <b>E-mail:</b> kjaeger@hungryheartcafe.ca <b>Website:</b> www.hungryheartcafe.ca	<b>Mailing Address:</b> 142 Military Rd. St. John's, NL A1C 2E6	Tues. – Fri. 9-2pm Sat. 8am- 3pm	Hospitality skills training, employment programs, collaboration with Stella Burry projects, low cost meal program
The Pantry of Shamrock Farm Cafe- Autism Society of Newfoundland & Labrador	<b>Phone:</b> (709)722-2803 <b>E-mail:</b> info@autism.nf.net <b>Website:</b> www.autism.nf.net	<b>Mailing Address:</b> PO Box 14078 St. John's, NL A1B 4G8 <b>Civic Address:</b> 70 Clinch Cres. St. John's		The Pantry of Shamrock Farm Cafe- proceeds to the Society, farming & landscaping training, Wee Pac plant kits fund raiser

### Restaurants & Catering (Local, Organic, Ethical Food)

Organization	Contact	Location	Hours	Comments
<b>The Sprout</b>	<b>Phone:</b> (709)579-5485 <b>E-mail:</b> thesprout@riseup.net	<b>Mailing Address:</b> 364 Duckworth St. St. John's, NL A1C 1H5	Hours are Seasonal. Open year round.	Vegetarian restaurant, fair trade coffee/tea, organic/locally sourced food where possible
<b>Bacalao</b>	<b>Phone:</b> (709)579-6565 <b>E-mail:</b> info@bacalaocuisine.ca	<b>Mailing Address:</b> 65 Lemarchant Rd. St. John's, NL A1C 2G9		Newfoundland cuisine, locally sourced food where possible
<b>Lester's Farm</b>	<b>Phone:</b> (709) 368-2458	92 Pearltown Road, St. John's	<b>Brunch:</b> Saturdays and Sundays 9am - 2pm	All locally produced food. Call for reservations of more than 6 people. Lester's Farm also provides catering services and takes reservations for functions.

### Markets & Retailers (Local, Organic, Ethical Food)

Organization	Contact	Location	Hours	Comments
<b>St. John's Farmer's Market</b>	<b>Contact:</b> Lori Greene <b>Phone:</b> (709)579-0890 <b>E-mail:</b> admin@stjohnsfarmersmarket.org <b>Website:</b> www.stjohnsfarmersmarket.com	Lion's Club on Bonaventure Avenue/Mayor Ave	Sat. 9am-2pm June-Nov.	Produce, prepared food, art, crafts
<b>Food For Thought</b>	<b>Phone:</b> (709)738-3544 <b>E-mail:</b> foodforthought@groupmail.ca	<b>Mailing Address:</b> 382 Duckworth St. St. John's, NL A1C 1H8		Fair trade, organic, health food, locally sourced food where possible

<b>Churchill Square Farmer's Market</b>		<b>Mailing Address:</b> 173 Elizabeth Ave. St. John's, NL A1B 1S8	Year round, but more vendors/variety and availability in the summer/fall	Open air sales from various farms, local produce, meat, eggs, fish, etc.
<b>Belbin's Grocery</b>	<b>Phone:</b> (709)576-7640 <b>E-mail:</b> belbins@nfld.net <b>Website:</b> www.belbins.com	<b>Mailing Address:</b> PO Box 23202 St. John's, NL A1B 4J9 <b>Civic Address:</b> 85 Quidi Vidi Rd. St. John's, NL		Some local food (meat, fish, eggs, produce, honey, dairy, specialty items, desserts, preserves, etc.), grocery delivery, seniors discounts
<b>Auntie Crae's</b>	<b>Phone:</b> (709)754-0661 <b>E-mail:</b> janetkelly@auntiecraes.com <b>Website:</b> www.auntiecraes.com	<b>Mailing Address:</b> 272 Water St. St. John's, NL A1C 1B7		Some local food, heritage foods

## Local Farms

Organization	Contact	Location	Hours	Comments
<b>Mt. Scio Farm</b>	<b>Contact:</b> Jeremy <b>Phone:</b> 709-728-6630 <b>E-mail:</b> twinklescarter@hotmail.com	<b>Mailing Address:</b> 100 Mt. Scio Rd. St. John's, NL	Retail on farm, Mon. – Fri. 10-5pm  Also available, Sat. 9-2pm  Open July – Oct.	Variety of produce including 'greens' spinach, basil, tomatoes, garlic, shallots,

## Local Food/Agriculture Initiatives

Organization	Contact	Location	Hours	Comments
Food Education Action St. John's (FEAST)	<b>Contact:</b> Emily Doyle <b>Phone:</b> (709)765-6593 <b>E-mail:</b> local.feast@gmail.com <b>Website:</b> www.feastnl.ca	<b>Mailing Address:</b> 44 Torbay Rd. Suite 110, St. John's, NL, A1A 2G4		Our mission is to cultivate community and harvest health and joy by getting to the root of food systems! We work on linking different food-related projects going on in the region, educating the public, and advocating / acting on issues as needed, especially where there are gaps that need to be filled.

### Other Food Security Initiatives

Organization	Contact	Location	Hours	Comments
St. John's Non Profit Housing Division	<b>Contact:</b> Helen Handrigan <b>Phone:</b> (709)576-8196 <b>E-mail:</b> housing@stjohns.ca <b>E-mail:</b> hhandrigan@stjohns.ca <b>Website:</b> www.stjohns.ca	<b>Mailing Address:</b> PO Box 908, St. John's NL A1C 5M2		Non-profit housing
Brighter Futures Coalition of St. John's and District	<b>Contact:</b> Deborah Capps <b>Phone:</b> (709)739-8096 <b>E-mail:</b> dcapps@brighter-futures.net <b>Website:</b> www.brighter-futures.net	<b>Mailing Address:</b> 44 Torbay Rd. Suite 200 Nuport Bldg. St. John's, NL A1A 2G4 Sites in St. John's, Mt. Pearl, Torbay, Paradise, Bell Island, and Shea Heights		Network of family resource and community centre programs partnered with towns across the province for the The Wellness Initiative/Project: the five parts of the Wellness Project focussed on, Community Gardens, Level Best Bulk Food Buying Club, Food Security, Nutrition Tools for Pregnant Mothers, and Nutrition Tools for Parents with children from birth to age 6.

## Stephenville Area

### Shelters – for Individuals & Families

Organization	Contact	Location	Hours	Comments
West-Bridge House- John Howard Society of NFLD	<b>Contact:</b> Audrey Gracie <b>Phone:</b> (709)643-2903 <b>E-mail:</b> audrey.gracie@nf.aibn.com <b>Website:</b> www.johnhowardnl.ca	<b>Mailing Address:</b> 92 West St. Stephenville, NL A2N 1E4		13 person residence, residents cook meals, life skills training, counselling, rehabilitation of offenders into society

### Community Kitchen Programs

Organization	Contact	Location	Hours	Comments
Community Education Network	<b>Contact:</b> Sharon Park <b>Phone:</b> (709)643-4891 <b>E-mail:</b> tcen@nf.aibn.com	<b>Mailing Address:</b> 31 Gallant St. Stephenville, NL A2N 3P5		Youth program- community kitchens, cooking skills building, life skills training, wellness forums, employment preparation
Bay St. George Women's Centre/ Community Action Committee for Southwestern NL	<b>Contact:</b> Bernice Hancock <b>Phone:</b> (709)643-4444	<b>Mailing Address:</b> 54 St. Clare Ave. Stephenville, NL A2N 3B4		Basic Shelf program, community shared kitchen

### Food/ Cooking/ Health Skills Building

Organization	Contact	Location	Hours	Comments
Community Education Network	<b>Contact:</b> Sharon Park <b>Phone:</b> (709)643-4891 <b>E-mail:</b> tcen@nf.aibn.com	<b>Mailing Address:</b> 31 Gallant St. Stephenville, NL A2N 3P5		Youth program- community kitchens, cooking skills building, life skills training, wellness forums, employment preparation

### Community Gardens/Gardening Campaigns

Organization	Contact	Location	Hours	Comments
Bay St. George Women's Centre/ Community Action Committee for Southwestern NL	<b>Contact:</b> Bernice Hancock <b>Phone:</b> (709)643-4444	<b>Mailing Address:</b> 54 St. Clare Ave. Stephenville, NL A2N 3B4		Community garden- collaborate with different community programs, greenhouse off-site
Kippens & Stephenville Community Gardens	<b>Contact:</b> Tera McDonald, Coordinator <b>Phone:</b> 709.646.5703 <b>Email:</b> Tera.McDonald@cna.nl.ca	<b>Mailing Address:</b> 11 Fir Ave., Kippens, NL, A2N 0A6		

## Markets & Retailers (Local, Organic, Ethical)

Organization	Contact	Location	Hours	Comments
Stephenville Community Market	<p><b>Contact:</b> Derrick McKay, Stephenville Lions Club  <b>Phone:</b> 709.643.5020</p> <p><b>Contact:</b> Aiden Mahoney, Bay St. George Sustainability Network  <b>Phone:</b> 709.643.5971</p>	<p><b>Address:</b> Lions Building, Woodland Avenue, Stephenville</p>	Saturdays, 10am - 2pm	The Community Market will have a farmers' and gardeners component when produce is available and an arts and crafts section. Preference for tables, booths etc will be given to goods, grown, made or otherwise produced in the province. Sales of recycled, garage sale type items will also be welcome. Canteen service and some space available for raffles, draws and other charitable fund raising activities.

## Torbay

### Food Banks/Hamper Programs

Organization	Contact	Location	Hours	Comments
North East Avalon Food Bank	<p><b>Contact:</b> Leo Galway  <b>Phone:</b> (709)437-6628</p>	<p><b>Mailing Address:</b> c/o Holy Trinity Parish Hall, PO Box 1070, Torbay, NL, A1K 1K7</p>	Every 2nd Thur. 6:30-7:30pm	Food hampers

## Multi-Site/Provincial

### Early Years/Pre-Natal Care/Parent Support Programs

Organization	Contact	Location	Hours	Comments
<b>Brighter Futures Coalition of St. John's and District</b>	<b>Contact:</b> Deborah Capps <b>Phone:</b> (709)739-8096 <b>E-mail:</b> dcapps@brighter-futures.net <b>Website:</b> www.brighter-futures.net	<b>Mailing Address:</b> 44 Torbay Rd. Suite 200 Nuport Bdg. St. John's, NL A1A 2G4  Sites in St. John's, Mt. Pearl, Torbay, Paradise, Bell Island, and Shea Heights		Network of family resource and community centre programs, partnered with towns across the province for the Wellness Initiative, community gardens, community kitchens, Level Best Buying Club, Healthy Baby Club, Cooking with Kids, food security workshops, healthy food box programs, Basic Shelf-cooking/nutrition skills development, parent support programs, children's education/recreation programs
<b>Burin Peninsula Brighter Futures Inc.</b>	<b>Contacts:</b> Lorena Lundrigan, Doreen Murphy <b>Phone:</b> (709)279-2922 <b>E-mail:</b> lorenalundrigan@bpbrighterfutures.ca <b>E-mail:</b> doreenmurphy@bpbrighterfutures.ca <b>Website:</b> www.bpbrighterfutures.ca	<b>Mailing Address:</b> P.O. Box 659, #129 Smallwood Crescent, Marystown, NL A0E 2M0		Network of family resource centres with food related programs, community garden (Lamaline site) Crafty Cooking - Children's Cooking program, Little Chefs - Children's Cooking program, Basic Shelf - Adult Cooking program, Level Best Cooking Club - Adult Cooking Program for participants of the Level Best Buying Club (Lamaline site), Healthy Start for Life - Adult information program re. healthy eating for preschoolers, What's for Supper - Adult Cooking program, Resource Lending Library which offers a variety of adult/children's resource books, video's, DVD's, etc.

<p><b>Dover &amp; Area Community Family Coalition</b></p>	<p><b>Contacts:</b> Nicole Parsons, Robin Collins <b>Phone:</b> (709)537-2990 <b>Phone:</b> (709)537-3080 <b>E-mail:</b> doverfrc@yahoo.ca</p>	<p><b>Mailing Address:</b> P.O. Box 250 Dover, NL A0G 1X0 (Locations in Gambo, Centreville, Glovertown)</p>		<p>Level Best Bulk Food Buying Club, Monthly Cooking Sessions, Healthy Baby Clubs, Parent Resource Library, nutrition sessions, Little Chefs, weekly nutritional supplements given to members of the Healthy Baby Club, programs for children</p>
<p><b>Community Action Committee for Southwestern NL</b></p>	<p><b>Contact:</b> Bernice Hancock <b>Phone:</b> (709)643-5399 <b>E-mail:</b> bsgcacnf@nfld.net</p>	<p><b>Mailing Address:</b> P.O. Box 421, Stephenville, NL A2N 2Z5 <b>Civic Address:</b> 3137 Gallant St., Stephenville</p>	<p>Mon. -Fri. 8:30-4:30pm</p>	<p>Sponsors the Community Action Program for Children (CAPC) and the Canada Prenatal Nutrition Program (CPNP) for Southwestern NL, community coalition committed to establishing community-based Family Resource Centres and Healthy Baby Clubs, partner with the Bay St. George Women's Centre to do community kitchens and community gardens</p>
<p><b>Trinity Conception Family Resource Centre (Bay Roberts &amp; Carbonear)</b></p>	<p><b>Contacts:</b> Lisa Osmond, Nicole Hoben (Resource Mother) <b>Phone:</b> (709)596-0712 <b>Phone:</b> (709)596-7112 <b>E-mail:</b> tcfrc@nf.aibn.com</p>	<p><b>Mailing Address:</b> 9 Newfoundland Drive, Carbonear, NL A1Y 1A4</p>	<p>Mon. -Fri. 9am-5pm, office hours</p>	<p>Healthy Baby Clubs, nutrition workshops, cooking</p>
<p><b>North Shore Early Childhood Association</b></p>	<p><b>Contact:</b> Valerie Penney <b>Phone:</b> (709)783-2996 <b>E-mail:</b> nseca@nf.aibn.com</p>	<p><b>Mailing Address:</b> P.O. Box 3764, R.R. #2, Corner Brook, NL A2H 6B9  Healthy Baby Clubs and Family Resource Centres in Irishtown, Summerside, Meadows, McIvers, Cox's Cove</p>		<p>Healthy Baby Club, infant/child programming and education, parenting and skills workshops, health &amp; safety seminars, drop-in play, resource library, Little Chef Program, cooking sessions</p>

<p><b>Kilbride to Ferryland Family Resource Coalition</b></p>	<p><b>Contact:</b> Rhonda Thomas <b>Phone:</b> (709) 747-8532 <b>E-mail:</b> kffrc@nfld.com</p>	<p><b>Mailing Address:</b> P.O. Box 1039, Goulds, NL A1S 1H2 <b>Site locations:</b> Kilbride, Goulds, Bay Bulls and Ferryland</p>	<p>Healthy Baby Clubs (a prenatal support program offering food supplements, nutritional information and support) Workshops for parents/caregivers. Other programs: Healthy Families, Cooking With Kids and healthy children's snacks.</p>
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### School Food Programs

Organization	Contact	Location	Hours	Comments
<p><b>Kids Eat Smart Foundation of Newfoundland and Labrador</b></p>	<p><b>Contact:</b> Daphne LeDrew <b>Phone:</b> (709)722-1996 <b>E-mail:</b> meals@kidseatsmart.ca <b>E-mail:</b> dledrew@kidseatsmart.ca <b>Website:</b> www.kidseatsmart.ca</p>	<p><b>Mailing Address:</b> 95 Bonaventure Place, P.O. Box 26009 St. John's, NL A1E 0A5</p>		<p>Kids Eat Smart Clubs- school and community centre meal programs across NL, nutrition education, food skills</p>
<p><b>School Milk Foundation of Newfoundland and Labrador</b></p>	<p><b>Phone:</b> (709)364-2776 <b>Fax:</b> (709)364-8364 <b>E-mail:</b> info@schoolmilkfdn.nf.net <b>Website:</b> www.schoolmilk.nl.ca</p>	<p><b>Mailing Address:</b> 27 Sagona Avenue, Mount Pearl, NL A1N 4P8</p>	<p>Office Hours: Monday to Friday 8-4pm</p>	<p>Non-profit organization that operates a subsidized School Milk Program for students in over 250 schools in Newfoundland and Labrador. Provides educational and promotional resources concerning the importance of consuming milk and other dairy products and eating well. Has produced an in-depth, educational 'Healthy Eating Active Living (HEAL) Toolkit' which is available for teachers and health educators to borrow free of charge.</p>

<p><b>School Lunch Association</b></p>	<p><b>Phone:</b> (709)754-5323  <b>Fax:</b> (709)754-4520  <b>E-mail:</b> sla@schoollunch.ca  <b>Website:</b> www.schoollunch.ca</p>	<p><b>Mailing Address:</b> 40          Newtown Road          (Macpherson School)          St. John's, NL A1C 4E1</p>	<p>The School Lunch Association mission is to operate a non-stigmatizing program that provides hot, nutritious lunches to primary and elementary school children, regardless of their families ability to pay. The School Lunch Association has been helping hungry children since 1989 and is the largest school lunch program in Atlantic Canada.</p>
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## Health & Nutrition Organization/Government/Documents

Organization	Contact	Location	Hours	Comments
Health Canada	<b>Contact:</b> James McGrath <b>Phone:</b> (902)426-2599 <b>E-mail:</b> james_mcgrath@hc-sc.gc.ca	<b>Mailing Address:</b> 1505 Barrington St. Suite 1506 15th Floor, Halifax, NS, B3J 3Y6		Health Canada, First Nations and Inuit Health, Regional Nutritionist, Prevention & Promotion Programs & Nursing Leadership, Public Consultations & Regions Branch
Regional Nutritionist- Western Health	<b>Contact:</b> Lesley French <b>Phone:</b> (709)632-2920 <b>E-mail:</b> lesleyfrench@westernhealth.nl.ca <b>Website:</b> www.westernhealth.nl.ca	<b>Mailing Address:</b> 347 O'Connell Dr. PO Box 156 Corner Brook, NL A2H 6C7		Provide nutrition expertise, nutritional assessment, therapeutic intervention, health promotion, nutrition education, disease prevention education
Regional Nutritionist- Western Health	<b>Contact:</b> Stephanie Buckle <b>Phone:</b> (709)637-5000 x5257 <b>E-mail:</b> stephaniebuckle@westernhealth.nl.ca <b>Website:</b> www.westernhealth.nl.ca	<b>Mailing Address:</b> PO Box 156 Corner Brook, NL A2H 6C7		Provide nutrition expertise, nutritional assessment, therapeutic intervention, health promotion, nutrition education, disease prevention education
Regional Nutritionist- Labrador Grenfell Health	<b>Contact:</b> Sarah Frank <b>E-mail:</b> sarah.frank@lghealth.ca <b>Phone:</b> (709)955-9361 <b>Fax:</b> (709)944-9224  <b>Contact:</b> Carla Reid <b>E-mail:</b> carla.reid@lghealth.ca <b>Phone:</b> (709)944-9270 <b>Website:</b> www.lghealth.ca	<b>Mailing Address:</b> Captain William Jackman Memorial Hospital 410 Booth Ave. Labrador City, NL A2V 2K1		Provide nutrition expertise, nutritional assessment, therapeutic intervention, health promotion, nutrition education, disease prevention education, consultation and support for community groups/organizations that are planning/implementing nutrition or food security initiatives, community kitchen start-up information, conducts NL Nutritious Food Basket Survey in the Northern Peninsula region and shares results

<p><b>Community Dietician- Labrador Grenfell Health</b></p>	<p><b>Contact:</b> Linda Hillier <b>E-mail:</b> linda.hillier@lghealth.ca <b>Phone:</b> (709)454-0320 <b>Website:</b> www.lghealth.ca</p>	<p><b>Mailing Address:</b> 178-200 West Street, Mission Store St. Anthony, NL A0K 4S0</p>	<p>Provide nutrition expertise, nutritional assessment, therapeutic intervention, health promotion, nutrition education, disease prevention education, consultation and support for community groups/organizations that are planning/implementing nutrition or food security initiatives, community kitchen start-up information, conducts NL Nutritious Food Basket Survey in the Northern Peninsula region and shares results</p>
<p><b>Regional Nutritionist- St. John's Region (Rural)- Health Promotion Division- Eastern Health</b></p>	<p><b>Contact:</b> Donna Nolan <b>Phone:</b> (709)229-1575 <b>Phone:</b> (709)229-1551 <b>E-mail:</b> donna.nolan@easternhealth.ca <b>Website:</b> www.easternhealth.ca</p>	<p><b>Mailing Address:</b> PO Box 70 Holyrood, NL A0A 2R0</p>	<p>Consultation and support for community groups and organizations that are planning/implementing nutrition programs/initiatives for pregnant women, infants or preschool children, helps groups identify appropriate resources on nutrition and food security; community kitchen start-up information; conducts the Newfoundland Nutritious Food Basket Survey in Eastern Region- rural and shares results</p>
<p><b>Regional Nutritionist- Eastern Region (Rural) - Health Promotion Division</b></p>	<p><b>Contact:</b> Melissa Caravan <b>Phone:</b> (709)229-1605 <b>Phone:</b> (709)229-1551 <b>E-mail:</b> melissa.caravan@easternhealth.ca <b>Website:</b> www.easternhealth.ca</p>	<p><b>Mailing Address:</b> PO Box 70 Holyrood, NL A0A 2R0</p>	<p>Consultation and support for community groups and organizations that are planning/implementing nutrition programs/initiatives for school-age children, adults and seniors, helps groups identify appropriate resources on nutrition and body image; conducts the Newfoundland Nutritious Food Basket Survey in Eastern Region-rural and shares results.</p>

<p><b>Regional Nutritionist- St. John's Region (Urban)- Health Promotion Division- Eastern Health</b></p>	<p><b>Contact:</b> Margie Coombes <b>Phone:</b> (709)752-4911 <b>E-mail:</b> margaret.coombes@easternhealth.ca <b>Website:</b> www.easternhealth.ca</p>	<p><b>Mailing Address:</b> Viking Building, 3rd Floor, PO Box 13122 St. John's, NL A1B 4A4</p>	<p>Consultation and support for community groups and organizations that are planning/implementing nutrition programs/initiatives for pregnant women, infants or preschool children, helps groups identify appropriate resources on nutrition and food security; community kitchen start-up information; conducts the Newfoundland Nutritious Food Basket Survey in the St. John's Region and shares results</p>
<p><b>Regional Nutritionist- St. John's Region (Urban)- Health Promotion Division- Eastern Health</b></p>	<p><b>Contact:</b> Lesley Burgess <b>Phone:</b> (709)752-4422 <b>E-mail:</b> lesley.burgess@easternhealth.ca <b>Website:</b> www.easternhealth.ca</p>	<p><b>Mailing Address:</b> Viking Building, 3rd Floor, PO Box 13122 St. John's, NL A1B 4A4</p>	<p>Consultation and support for community groups and organizations that are planning/implementing nutrition programs/initiatives for school-age children, adults and seniors, helps groups identify appropriate resources on nutrition and body image; conducts the Newfoundland Nutritious Food Basket Survey in the St. John's Region and shares results</p>
<p><b>Regional Nutritionist- Central Health, Community Health Services</b></p>	<p><b>Contact:</b> Isabelle Hall <b>Phone:</b> (709)651-6222 <b>E-mail:</b> isabelle.hall@centralhealth.ca <b>Website:</b> www.centralhealth.nl.ca</p>	<p><b>Mailing Address:</b> 3 Bell Place, Level 1, Gander, NL A1V 2T4</p>	<p>Consultation and support for community groups and organizations that are planning/implementing nutrition programs/initiatives for pregnant women, infants or preschool children; consultation and continuing education for child care providers; education for parents in promoting healthy eating in young children; conducts the Newfoundland Nutritious Food Basket Survey in the Central Region and shares results</p>

<p><b>Regional Nutritionist- Central Health, Community Health Services</b></p>	<p><b>Contact:</b> Jill Wheaton <b>Phone:</b> (709)651-6335 <b>E-mail:</b> jill.wheaton@centralhealth.nl.ca <b>Website:</b> www.centralhealth.nl.ca</p>	<p><b>Mailing Address:</b> 3 Bell Place, Level 1, Gander, NL A1V 2T4</p>		<p>Consultation and support for community groups and organizations that are planning/implementing nutrition programs/initiatives for school-age children, adults and seniors; helps groups identify appropriate resources on nutrition and body image, and on nutrition and food security; community kitchen start-up information</p>
<p><b>Community Nutritionist- First Nations and Inuit Health Branch, Labrador Health Secretariat</b></p>	<p><b>Contact:</b> Lynn Gear <b>Phone:</b> (709)896-6225 <b>E-mail:</b> lynn_gear@hc-sc.gc.ca</p>	<p><b>Mailing Address:</b> 6 Burnwood Dr. PO Box 1103, Station C, Happy Valley-Goose Bay, NL, A0P 1C0</p>		
<p><b>Clinical Dietician- Labrador- Grenfell Regional Health Authority</b></p>	<p><b>Contact:</b> Marlyce Lunnen <b>Phone:</b> (709)897-2183 <b>E-mail:</b> marlyce.lunnen@lghealth.ca <b>Website:</b> www.lghealth.ca</p>	<p><b>Mailing Address:</b> Labrador Health Centre PO Box 7000, Station C Happy Valley- Goose Bay, NL A0P 1C0</p>		<p>Provide nutrition expertise, nutritional assessment, therapeutic intervention, health promotion, nutrition education, disease prevention education</p>
<p><b>Provincial Nutrition Consultant- Health Promotion &amp; Wellness Division, Department of Health and Community Services</b></p>	<p><b>Contact:</b> Glendora Boland <b>Phone:</b> (709)729-6013 <b>E-mail:</b> glendoramboland@gov.nl.ca <b>Website:</b> www.gov.nf.ca/health/</p>	<p><b>Mailing Address:</b> PO Box 8700 Confederation Bldg. West Block St. John's, NL A1B 4J6</p>		

<p>Healthy Promotion Consultant on Obesity- Health Promotion &amp; Wellness Division, Department of Health and Community Services</p>	<p><b>Contact:</b> Janine Woodrow <b>Phone:</b> (709)729-2101 <b>E-mail:</b> janinewoodrow@gov.nl.ca <b>Website:</b> www.gov.nf.ca/health/</p>	<p><b>Mailing Address:</b> PO Box 8700 Confederation Bldg. West Block St. John's, NL A1B 4J6</p>		
<p>Director of Health Promotion &amp; Wellness, Department of Health and Community Services</p>	<p><b>Contact:</b> Eleanor Swanson <b>Phone:</b> (709)729-3940 <b>E-mail:</b> eswanson@gov.nl.ca <b>Website:</b> www.gov.nf.ca/health/</p>	<p><b>Mailing Address:</b> PO Box 8700 Confederation Bldg. West Block St. John's, NL A1B 4J6</p>		
<p>Go Healthy NL</p>	<p><b>Phone:</b> (709)729-4984 <b>E-mail:</b> gohealthy@gov.nl.ca <b>Website:</b> www.gohealthy.ca</p>			<p>Website is about healthy living in NL</p>
<p>Dietitians of Newfoundland &amp; Labrador</p>	<p><b>Contact:</b> Lesley Burgess, Chair <b>Phone:</b> (709)752-4422 <b>E-mail:</b> lesley.burgess@easternhealth.ca</p>	<p><b>Mailing Address:</b> PO Box 23226, Churchill Sq. St. John's, NL A1B 4J9</p>		<p>Discussion paper- Cost of Eating in NL (2003) www.nlasw.ca/news.htm</p>
<p>Newfoundland &amp; Labrador College of Dietitians (NLCD)</p>	<p><b>Phone:</b> (709)753-4040 <b>Website:</b> www.nlcd.ca</p>	<p><b>Mailing Address:</b> PO Box 1756 Postal Station C St. John's, NL A1C 5P5</p>		<p>Directory of provincial dietitians, professional licensing organization</p>

<p><b>Wellness Coalition- Avalon East</b></p>	<p><b>Contact:</b> Margie Coombes <b>Phone:</b> (709)752-4911 <b>E-mail:</b> margaret.coombes@easternhealth.ca <b>Website:</b> www.wellnesscoalition-avaloneast.ca</p>	<p><b>Mailing Address:</b> PO Box 13122 St. John's, NL A1B 4A4</p>		<p>Choosing Healthy Food &amp; Beverages: A Guide for Community Groups &amp; Events, developed brochure to help community groups plan for healthy choices at programs, meetings, events</p>
<p><b>Eastern School District Nutrition Policy</b></p>	<p><b>Website:</b> <a href="http://www.esdnl.ca/about/policies/esd/regulations/E_EF_EF%20-%20R.pdf">http://www.esdnl.ca/about/policies/esd/regulations/E_EF_EF%20-%20R.pdf</a></p>			<p>Food policy that governs the school board food services</p>
<p><b>Nunatsiavut Department of Health &amp; Social Development</b></p>	<p><b>Phone:</b> (709)922-2942 <b>E-mail:</b> nainreception@nunatsiavut.com <b>Website:</b> www.nunatsiavut.com</p>	<p><b>Mailing Address:</b> Nunatsiavut Government 12 Sandbanks Road P.O. Box 70 Nain, NL A0P 1L0</p>		<p>Holistic health care approach supporting Labrador Inuit people</p>
<p><b>Diabetes Prevention Program- Federation of Newfoundland Indians</b></p>	<p><b>Contact:</b> Barbara Lannon, FNI Diabetes Coordinator <b>Phone:</b> (709)489-8420 <b>E-mail:</b> barbara@fni.nf.ca <b>Website:</b> www.fni.nf.ca</p>	<p><b>Mailing Address:</b> Federation of Newfoundland Indians, 5 Church Road, Suite 1, Grand Falls-Windsor, NL A2A 1Y9</p>		<p>Aboriginal community focused diabetes prevention program, "Pathway to a Healthier Lifestyle" offers information about Type 2 diabetes and its prevention through publications, public education, and consultation. Health tips, recipes on website.</p>
<p><b>Public Health Agency of Canada- Atlantic Region</b></p>	<p><b>E-mail:</b> pphatlantic-spspatlantique@phac-aspc.gc.ca <b>Website:</b> www.phac-aspc.gc.ca</p>	<p><b>Mailing Address:</b> Suite 1525, 15th Floor, Maritime Centre , 1505 Barrington Street, Halifax, NS B3J 3Y6</p>		<p>Education and services regarding food safety, travel health, healthy pregnancy, diseases, immunization &amp; vaccines, emergency preparedness, injury prevention, etc.</p>

<p><b>Learning for Life Preventing Diabetes Project- Labrador Metis Nation</b></p>	<p><b>Phone:</b> (709)896-0592 <b>Toll-Free:</b> 1-877-896-0592 <b>E-mail:</b> admin@labradormetis.ca <b>Website:</b> www.labradormetis.ca</p>	<p><b>Mailing Address:</b> P.O. Box 460, Stn. C, Happy Valley- Goose Bay, NL A0P1C0 <b>Civic Address:</b> 370 Hamilton River Road, Happy Valley- Goose Bay</p>		<p>Culturally appropriate education, programs, and services to promote healthy lifestyle and prevent diabetes and create awareness of the severity of diabetes. Promotion of traditional foods.</p>
<p><b>Labrador Regional Wellness Coalition</b></p>	<p><b>Contact:</b> Annette Parsons (Labrador West) <b>Phone:</b> (709)944-9319 <b>Contact:</b> Joy Byrde (Churchill Falls) <b>Phone:</b> (709)925-3377 <b>Contact:</b> Diane Oliver-Scales (Happy Valley- Goose Bay) <b>Phone:</b> (709)896-2329 Other Areas contact Annette or Joy or Darlene Wall <b>Phone:</b> (709)896-0592 <b>Website:</b> www.labradorwellnesscoalition.com</p>			<p>Community based health promotion, community grants, events</p>

## Food Bank Networks

Organization	Contact	Location	Hours	Comments
<p><b>The Food Bank Network of the Bay of Islands Ministerial Association, Inc.</b></p>	<p><b>Contact:</b> Joy Connors <b>Phone:</b> (709)634-2655 <b>Contact:</b> Ruth Brewer <b>Phone:</b> (709)634-7130 <b>E-mail:</b> foodbanknetwork@nf.aibn.com</p>	<p><b>Mailing Address:</b> P.O. Box 171 Corner Brook, NL A2H 6C7 <b>Office Address:</b> 469 Curling St. Corner Brook, NL A2H 3K8</p>		<p>2 area food banks and a community kitchen</p>
<p><b>Community Food Sharing Association</b></p>	<p><b>Phone:</b> (709)722-0130 <b>E-mail:</b> cfsa@nl.rogers.com <b>Website:</b> www.cfsa.nf.net</p>	<p><b>Mailing Address:</b> 21 Mews Pl. PO Box 6291 St. John's, NL A1C 6J9</p>		<p>Collection &amp; distribution of food to over 56 food security agencies across the province</p>

### Agriculture Networks/Support Programs

Organization	Contact	Location	Hours	Comments
A.C.O.R.N. - NL (Atlantic Canadian Organic Regional Network)	<b>Contact:</b> Beth McMahon <b>Phone:</b> (506)536-2867 <b>E-mail:</b> admin@acornorganic.org <b>Website:</b> www.acornorganic.org	<b>Mailing Address:</b> PO Box 6343 Sackville, NB E4L 1G6 <b>Civic Address:</b> 43 Main St. Sackville, NB		Regional network connecting the Atlantic Canadian organic community
Newfoundland & Labrador Federation of Agriculture	<b>Phone:</b> (709)747-4874 <b>E-mail:</b> info@nlfa.ca <b>Website:</b> www.nlfa.ca	<b>Mailing Address:</b> PO Box 1045, 308 Brookfield Rd. Building 4, Mount Pearl, NL A1N 3C9		Farmer representation organization

### Food Security Policy/Networking

Organization	Contact	Location	Hours	Comments
Food Security Network of Newfoundland and Labrador	<b>Phone:</b> (709)754-4122 <b>E-mail:</b> info@foodsecuritynews.com <b>Website:</b> www.foodsecuritynews.com	<b>Mailing Address:</b> 204 Water St. 2nd Floor St. John's, NL A1C 1A9		Networking of NL food security initiatives, Root Cellars Rock campaign, Food Security Resource Inventory, Put Food First, policy support

## Other Food Security Related Initiatives

Organization	Contact	Location	Hours	Comments
Poverty Reduction Strategy-Human Resources, Labour, and Employment, Government of Newfoundland and Labrador	<b>Contact:</b> Aisling Gogan <b>E-mail:</b> povertyreduction@gov.nl.ca <b>E-mail:</b> aislinggogan@gov.nl.ca <b>Website:</b> www.gov.nl.ca	<b>Mailing Address:</b> Poverty Reduction Strategy, Department of Human Resources, Labour and Employment, PO Box 8700, St. John's, NL A1B 4J6		Government-wide initiative to prevent, reduce and alleviate poverty in NL
Bits and Bytes Online Food Security Resource Library	<b>Contact:</b> Abra Brynne <b>Phone:</b> (250)354-5342 (Pacific time zone) <b>E-mail:</b> info@bitsandbytes.ca <b>Website:</b> www.bitsandbytes.ca			Online library of resources relating to food security in Canada and internationally
Newfoundland & Labrador Environment Network	<b>Contact:</b> Krista Koch <b>Phone:</b> (709)726-2764 <b>E-mail:</b> nlen.ed@gmail.com <b>Website:</b> www.nlen.ca	<b>Mailing Address:</b> Environmental Gathering Place, 172 Military Rd. St. John's, NL A1C 5V5		Sponsor of the Local Food Tour, networking organization for environmental initiatives in NL, workshops and events including some related to food issues

## Shelters – for Women and Children

Organization	Contact	Location	Hours	Comments
Transition House Association NL	<b>Phone:</b> (709)729-6759 <b>E-mail:</b> thanl@nf.aibn.com <b>Website:</b> www.thanl.org	<b>Mailing Address:</b> P.O. Box 221, Station C, St. John's, NL A1C 5J2		Umbrella organization for shelters and safe houses for women and children in crisis across the province
Bay St. George Women's Centre	<b>Phone:</b> (709)643-4444			