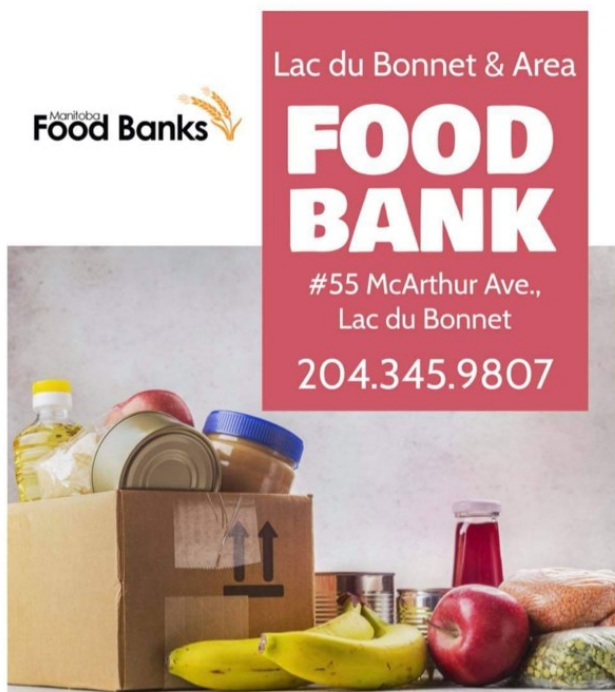


# Food & Meals

## Community Food Resources



**Mondays & Thursdays 10am - 12pm**

(provide your 6 digit medical number, number of adults and children in household)

Emergency Contact for Food Bank  
204 345 9145

### Have you seen the gardens behind the Food Bank?

If you would like to hear more about the available vegetables grown there OR would like to help out—

**CONTACT:**

**Jim** (garden building): 204-213-2365;  
OR

**Heather** (planting, weeding, harvesting):  
204-345-3777



## Lac du Bonnet and Area Good Food. For All.



### NEED FOOD DELIVERY?

Two Rivers Support Services can arrange delivery of Food Bank Hampers (24 hrs notice/prearrangements preferred)

Contact: Pat in Lac du Bonnet 204 345-1227

Kara in Pinawa 204 753-2962



Wings of Power can arrange delivery of Food Bank Hampers in Powerview/Pine Falls Area:

Contact: 204 367-9641

**Mrs Lucci's Family Resource Center** in Lac du Bonnet can provide help if you are not able to buy the food that you need.

Contact Torrie at 204 345-9901

### KIDS IN SCHOOL?

#### Centennial School

Did you forget to bring a snack or lunch? Could you use a bit more food in your lunch? Let your classroom teacher know and we can help!

Parents, Centennial School can provide a snack and/or lunch free of charge on days your child needs those.

Contact Dave Ogren at [204-345-2462](tel:204-345-2462) for information on the lunch program.

#### Lac du Bonnet Senior School

Skipped breakfast? No problem!

We have a free snack program available to all students to pre-order healthy snacks, delivered during the morning break.

All grade 7/8's are given the order form at the beginning of the week.

If you are in high school and want to access snacks, speak to Ms. Gow.

Forgot a lunch? Let Ms. Viznaugh or Ms. Gow know and we will help you out.



## Lunch Is On Us



If you're a fan of homemade soup, if you get hungry at lunch time or if you just want to feel a sense of community then **Lunch Is On Us!**

**Everyone is welcome!**

**LAC DU BONNET ARENA**

**Tuesdays & Thursdays**

**11:30am – 1pm**

**NO COST**

**Take out only**

For details, contact Tracy at 204-345-9649



## Looking For A Hot Meal Program?

Congregate Meal Programs

For Seniors and Persons With Disability

NOTE: Take Out Only at this time

\$8.00 per meal

Lac du Bonnet: **Let's Do Lunch** at Park Manor

Wednesdays and Fridays

Contact: Dianne at 204 345 2228 for details

Pinawa: **Shirley's Kitchen** at Vanier Center

Mondays and Wednesdays

Contact Shirley at: 204 753 2087 for details

## STUCK ON MEAL IDEAS?

**Meal /Ingredient Bags** can help — Most or all of the ingredients for nutritious recipes are pre-portioned and provided—different ones all the time!

- Call Kristen Ticknor, Dietitian - 204 345-1230
- LDB and Area Food Bank has these available several times a year—ask for details!

**NO COST**



**INTERESTED IN GARDENING BUT DON'T HAVE THE SPACE?  
WANT TO MEET FELLOW GARDENERS?  
For beginners and experienced!**

**LDB Community Garden:** - contact Kelley: 204-770-9492 or  
Riva: 204-340-3660  
[ldbcommunitygarden@gmail.com](mailto:ldbcommunitygarden@gmail.com)



For FRESH VEGETABLES all summer, **check out the local Farmers Market in Lac du Bonnet**  
Saturdays , starting when COVID-19 restrictions allow  
LDB Community Centre parking lot

**The Lac du Bonnet Food Security Network discusses common issues and works together for solutions for Food Insecurity in our community.** Network Info call 204-345-1230

Something missing?? If you have a community program you would like to share, call Kristen at 204 345-1230