

## Brome-Missisquoi – Food Bank

Food banks are there to help you

If this is the first time you need to go to a food bank, don't be embarrassed. You are not alone; many people will need to go to a food bank. This is perfectly normal in the current situation.

There is no shame in it!

The staff and volunteers of these organizations are there to help you. Don't hesitate to contact them (see list below for food banks available near you).

| TOWNS   | ORGANIZATION                               | CONTACT INFORMATION   | METHODS AND CONDITIONS   |
|---|--|---|--|
| Bedford,<br>Canton Bedford,<br>St-Ignace-de-Stanbridge,<br>St-Armand,<br>Stanbridge East<br>Stanbridge Station,<br>Notre-Dame-de-Stanbridge<br>Pike River | <b>CAB Bedford</b>                         | <ul style="list-style-type: none"> <li>• 450-248-2473</li> </ul>  | <ul style="list-style-type: none"> <li>• Leave a message on Rose's voicemail</li> <li>• Someone will call you back to take the necessary information</li> <li>• The food assistance will be planned by the team and you will be informed of the day and time at which your food basket will be delivered to you</li> </ul> |
|   | <b>Maison de la famille des Frontières</b> | <ul style="list-style-type: none"> <li>• 450-524-0595</li> </ul>  | <ul style="list-style-type: none"> <li>• Contact Marilyne Bernatchez, outreach worker</li> <li>• Type of assistance: Infant formula, diapers, baby food (cereals, mash)</li> </ul>   |
| Bromont   | <b>Centre Marguerite-Dubois</b>            | <ul style="list-style-type: none"> <li>• 450-534-2825</li> </ul>  | <ul style="list-style-type: none"> <li>• Food assistance on Mondays and Thursdays</li> <li>• Possibility of emergency assistance for infected people, in quarantine or over 70 years of age</li> <li>• Delivery possible</li> </ul>  |
| Cowansville<br>Brigham<br>East-Farnham<br>Dunham<br>Frelighsburg  | <b>CAB Cowansville</b>                     | <ul style="list-style-type: none"> <li>• 450-263-3758.</li> </ul> | <ul style="list-style-type: none"> <li>• Call to make an appointment</li> <li>• No delivery for the moment (under evaluation)</li> <li>• Safe procedure put in place to avoid contagion</li> </ul>   |
|   | <b>Cellule Jeunes et Familles</b>          | <ul style="list-style-type: none"> <li>• 450-260-1823</li> </ul>  | <ul style="list-style-type: none"> <li>• On-site assistance, no appointment necessary</li> <li>• Monday from 10 am to 12 pm</li> <li>• Wednesday 10 am to 12 and 1 pm to 3 pm, Friday 10 am to 12 pm</li> <li>• Possibility of delivery if there is a real need</li> </ul>   |

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| TERRITORIES  | ORGANIZATION | CONTACT INFORMATION  | METHODS AND CONDITIONS   |
|--|--------------|--|--|
| Farnham<br>Ste-Brigide<br>Ange Gardien<br>Ste-Sabine | CAB Farnham  | <ul style="list-style-type: none"> <li>• 450-293-3265</li> </ul>   | <ul style="list-style-type: none"> <li>• Call to make an appointment</li> <li>• Continuous food assistance on site with an appointment</li> <li>• Delivery to people :               <ul style="list-style-type: none"> <li>o 70 years old and over</li> <li>o Infected</li> <li>o Certain illnesses or restricted mobility</li> </ul> </li> </ul> |
| Lac-Brome<br>Brome<br>Bolton-Ouest                   | Food Bank    | <ul style="list-style-type: none"> <li>• 450-242-2020 ext. 319</li> </ul>  | <ul style="list-style-type: none"> <li>• Call to make an appointment</li> <li>• Food assistance 1 x per month</li> <li>• Currently, the Food Bank does not donate food, but gives vouchers for the Brome Lake IGA</li> <li>• Firefighters and first responders will deliver for seniors and in confinement</li> </ul>                              |
| Sutton<br>Abercorn                                   | CAB Sutton   | <ul style="list-style-type: none"> <li>• 450-538-1919 (leave a message)</li> <li>• <a href="mailto:benevole.sutton@gmail.com">benevole.sutton@gmail.com</a></li> </ul> | <ul style="list-style-type: none"> <li>• Call or email to make an appointment</li> <li>• Delivery available for people over 70 years old or in confinement</li> </ul>  |

## Brome-Missisquoi Meals on Wheels

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|                                    | CONTACT INFORMATION  | SCHEDULE  | AREA  | ELIGIBLE INDIVIDUALS  | PRICE, METHODS AND CONDITIONS   |
|------------------------------------|--|---|---|---|---|
| <b>Centre Marguerite-Dubois</b>    | 450-534-2825   | Monday and Thursday<br>(possibility of emergency service on other days) | Bromont   | <ul style="list-style-type: none"> <li>• 65+ years old</li> <li>• Families affected by serious illness (cancer, etc.)</li> </ul>  | <ul style="list-style-type: none"> <li>• Free</li> </ul>  |
| <b>Bedford Meals on Wheels</b>     | 450-248-7053<br><a href="mailto:popote_de_bedford@hotmail.com">popote de bedford@hotmail.com</a>                       | Tuesday   | Bedford, Canton Bedford, Stanbridge Station, St-Ignace-de Stanbridge, Notre -Dame-de-Stanbridge, Stanbridge East Pike-River, Saint-Armand | <ul style="list-style-type: none"> <li>• 50 years and over</li> </ul>   | <ul style="list-style-type: none"> <li>• \$5.50 per meal</li> <li>• Delivery of a hot meal on Tuesdays only</li> <li>• Upon delivery, it is possible to receive the desired number of frozen meals for the week.</li> <li>• You have to order before Monday morning 8 am to have the delivery within the week.</li> </ul> |
| <b>Cowansville Meals on Wheels</b> | 450-263-9338<br>Mrs Chantal Lapointe<br><a href="mailto:popotecowansville@hotmail.fr">popotecowansville@hotmail.fr</a> | Monday<br>Wednesday<br>Friday   | Cowansville, East-Farnham, Brigham, Dunham  | <ul style="list-style-type: none"> <li>• 60 years and over</li> <li>• People with loss of autonomy</li> <li>• People with disabilities</li> <li>• Recovering people</li> <li>• Expecting and new mothers</li> </ul> | <ul style="list-style-type: none"> <li>• \$5/ hot meal</li> <li>• \$4/ frozen dish</li> <li>• Payable in cash or by cheque</li> <li>• Possibility to pay in advance for several meals</li> <li>• Order by phone before 10am to receive a meal the same day</li> </ul>   |

## Brome-Missisquoi Meals on Wheels

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|                                     | <b>CONTACT INFORMATION</b>   | <b>SCHEDULE</b>                         | <b>TERRITORIES</b>                     | <b>ELIGIBLE INDIVIDUALS</b>  | <b>PRICE, METHODS AND CONDITIONS</b>   |
|-------------------------------------|--|---|--|--|--|
| <b>Farnham Meals on Wheels</b>      | 450-293-8333<br>Mrs Chantal Lapointe<br><a href="mailto:popotefarnham@hotmail.fr">popotefarnham@hotmail.fr</a> | Tuesday<br>Thursday                     | Farnham,<br>Ste-Sabine,<br>Ste-Brigide | <ul style="list-style-type: none"> <li>• 50 years old and over</li> <li>• People with disabilities</li> <li>• Sick or convalescent people of all ages</li> <li>• Expecting and new mothers</li> <li>• People in need at any age</li> </ul> | <ul style="list-style-type: none"> <li>• \$4/ hot meal</li> <li>• Choice between 2 meals. People get one more soup on Thursdays</li> <li>• Payable in cash or by cheque (may pay in advance for several meals)</li> <li>• Order by phone before 10:00 a.m. to receive a meal the same day</li> </ul> |
| <b>Ange-Gardien Meals on Wheels</b> | 450-293-7575<br>Mme Brigitte Vachon  | Tuesday<br>Thursday                     | Ange-Gardien                           | <ul style="list-style-type: none"> <li>• 60 years and over</li> <li>• Sick or convalescent people</li> <li>• New mothers</li> </ul>  | <ul style="list-style-type: none"> <li>• \$4/ hot meal</li> <li>• Choice between 2 meals</li> <li>• Payable in cash or by cheque (may pay in advance for several meals)</li> <li>• Order by phone before 10:00 a.m. to receive a meal the same day</li> </ul>  |
| <b>Wellness Center</b>              | 450-242-2020   | Monday<br>Tuesday<br>Thursday<br>Friday | Lac-Brome                              | <ul style="list-style-type: none"> <li>• 65 + years old</li> </ul>   | <ul style="list-style-type: none"> <li>• \$5/ hot meal</li> </ul>  |
| <b>CAB Sutton</b>                   | 450-538-1919<br>(leave a message)<br><a href="mailto:benevole.sutton@gmail.com">benevole.sutton@gmail.com</a>  | Monday<br>Wednesday<br>Saturday         | Sutton<br>Abercorn                     | <ul style="list-style-type: none"> <li>• 65+ years old</li> <li>• Expecting and new mothers</li> <li>• Sick or convalescent people of all ages</li> </ul>  | <ul style="list-style-type: none"> <li>• \$5/ hot meal</li> </ul>  |