



Food Resources Guide: Prince Edward Island



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About Our *Food Resources Guide*

Welcome to PEI Food Share's *Food Resources Guide*. Heather Coles (our representative in Cornwall) has compiled detailed information about food resources across the province. This information is believed to be accurate at the time of publication. If you know of any changes or any new resources to add, please get in touch.

Food Banks, Caring Cupboards and Soup Kitchens



Food banks and caring cupboards are a place where stocks of food, typically basic provisions and non-perishable items, are supplied free of charge to people in need. Soup kitchens are a place where free food is served to those in need of a meal and a place to eat.

Please note that all food banks and caring cupboards are connected. You are eligible to visit one food bank or caring cupboard in your local area every 30 days. You can visit soup kitchens as often as you need.

Alberton

Resource: Caring Cupboard
Contact Info: Anglican Church Basement (902) 853-2304
Hours: Thursday from 10am-12pm

Important Information

You can visit every 30 days. Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence. Please bring your own cloth bags to take your food home.

Bloomfield

Resource: Caring Cupboard
Contact Info: Saint Anthony's Parish Hall (902) 853-2304
Hours: Thursday from 10am-12pm

Important Information

You can visit every 30 days. Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence. Please bring your own cloth bags to take your food home.

Charlottetown

Resource: Salvation Army Food Bank
Contact Info: 203 Fitzroy Street (902) 892-2281
Hours: Tuesday and Thursday from 9am – 11.30am

Important Information

You can visit every 30 days. You can also stop in as needed Monday to Friday (8am – 12pm), to pick up some bread and produce, depending on availability. Registration is required at your first visit. To register, please bring a health card for each family member receiving food, and a current piece of mail to show proof of residence. The Friendship Room is also open on weekday mornings for coffee, treats, and to spend time with others.

Resource: Upper Room Food Bank
Contact Info: 33 Belmont Street (902) 892-7092
Hours: Monday, Wednesday and Friday from 9am-11am

Important Information

Milk is available for families who have children under the age of 18. Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.

Resource: Upper Room Soup Kitchen
Contact Info: 101 Richmond Street (902) 892-1995
Hours: Monday - Sunday from 11.20am to 12pm (lunch)
Monday - Friday from 4.20pm - 5pm (supper)
Lunch is served on special holidays

Important Information

No registration is required.

Resource: UPEI Food Bank
Contact Info: UPEI Campus, Chaplaincy Centre (902) 894-2876
Hours: Monday – Friday from 8.30am – 5pm (hours may vary)

Important Information

Open to all UPEI students, regardless of religious affiliation. No sign up procedures. Superstore gift cards are sometimes available through Sister Sue Kidd.

Crapaud

Resource: South Shore Food Share
Contact Info: 20424 Trans-Canada Highway (behind pharmacy/fire hall building, beside library)
Hours: Monday, Wednesday & Saturday from 9am – 12pm, and Wednesday 6pm – 8pm

Important Information

No registration required at this time.

Montague

Resource: Southern Kings & Queens Food Bank
Contact Info: 567 Main Street (902) 838-3191
Hours: Thursday from 9am-11am

Important Information

You can visit every 30 days. Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.

Resource: Montague Soup Kitchen
Contact Info: Montague Church of Christ, 513 Main Street (902) 838-4064
Hours: Tuesday from 5.30pm-6.30pm (supper)

Important Information

No registration is required. All are welcome, regardless of religious affiliation.

Souris

Resource: Souris Food Bank
Contact Info: Basement of the Legion (902) 687-2229
Hours: Saturday from 11am – 12.30pm

Important Information

You can visit every 4 weeks, once per calendar month. We were informed that you don't need health cards or proof of residence, but you are required to provide information about how many are in your family. It wouldn't hurt to bring along health cards and proof of residence though.

Summerside

Resource: Salvation Army Food Bank
Contact Info: 299 Pope Road (902) 436-6044
Hours: Monday, Wednesday, and Friday from 1pm – 3pm

Important Information

You can visit every 30 days. Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence. Stop

in at the thrift store (79 Allweather Highway) as needed between 10am and 4pm, Monday to Friday, to pick up some bread and sweets, pending availability.

Resource: Soul Soup, Summerside Church of the Nazarene (lower church hall)
Contact Info: 156 Fitzroy Street
Hours: Tuesday 12pm – 1pm

Important Information

Homemade soup, good bread, and warm hearts available for anyone in need of a hot lunch or just in need of the company of others. All are welcome, regardless of religious affiliation.

Resource: Salvation Army Soup Kitchen
Contact Info: 299 Pope Road (902) 436-6044
Hours: Monday – Friday from 11.30am – 1pm (lunch)

Important Information

No registration is required.

Resource: Trinity United Church
Contact Info: 90 Spring Street (902) 436-3155
Hours: Offers a hot breakfast on the 2nd Saturday of the month from 8.30am -10am

Important Information

Free, and open to all, regardless of religious affiliation.

Resource: St. Mary's Anglican Church
Contact Info: 74 Summer Street (902) 436-3208
Hours: Offers a hot breakfast on the 3rd Saturday of the month from 8.30am -10am

Important Information

Free, and open to all, regardless of religious affiliation.

Resource: St. Paul's Church
Contact Info: 289 Winter Street (902) 724-3454
Hours: See note below

Important Information

Independently run, and you can visit once every 4 weeks. Call (902) 724-3454 to book an appointment. Open to all, regardless of religious affiliation.

Resource: Summerside Church of the Nazarene
Contact Info: 156 Fitzroy Street (902) 436-3476
Hours: Tuesday 12pm-1pm (lunch)

Important Information

No registration is required. All are welcome, regardless of religious affiliation

Tignish

Resource: Caring Cupboard
Contact Info: Parish Centre Hall (902) 853-2304
Hours: Tuesday from 4pm-5pm

Important Information

You can visit every 30 days. Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence. Please bring your own cloth bags to take your food home.

Tyne Valley

Resource: Caring Cupboard at Sonlight Fellowship Centre (Tyne Valley Presbyterian Church)
Contact Info: 847 Canada Road (902) 853-2304
Hours: Thursday from 10am-12pm

Important Information

You can visit every 30 days. Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence. Please bring your own cloth bags to take your food home.

Schools and Youth/Family Resources (Province-Wide)

Schools



Most schools offer some kind of breakfast and/or lunch program for students whose families are experiencing a food shortage. Programs vary from school to school.

Please contact your school's guidance counselor for more information about the programs that are available.

English Language School Board: <http://www.gov.pe.ca/edu/elsb/schools/school-information-2/>

French Language School Board: <http://www.gov.pe.ca/infopei/index.php3?lang=E&number=80799>

Private Schools: <http://www.gov.pe.ca/infopei/index.php3?number=1032102&lang=E>

Resource: Holland College
Contact Info: All campuses
Hours: See below

Important Information

There are a variety of food resource supports in place. Check with Student Services to see what they can do to help.

Facebook-Based Groups

Island Mothers Helping Mothers



IMHM’s sole purpose is to share resources for free to low income families or families struggling through a critical time in life, including food. PEI Food Share and Island Mothers Helping Mothers have an agreement in place to enable the same poster to request food support from only one group at a time, to give others the opportunity to receive available donations. <https://www.facebook.com/groups/330117580506518/>

Youth and Family Resource Centres



Resource centres are places where children, youth, families and caregivers can connect for fun, friendship, and support.

Charlottetown

Resource: Chances Family Centre
Contact Info: Charlottetown, Stratford and Cornwall
Hours: (902) 892-8744

Important Information

Runs a variety of programs for children, caregivers, and expectant mothers. Some programs involve a snack or meal for participants. Program schedule can be found here: <http://chancesfamily.ca/calendar/>
Pre-registration is required for some programs.

Resource: Charlottetown Teenzone
Contact Info: 200 Richmond Street
Hours: Monday - Friday 3pm- 9pm

Important Information

The Charlottetown Teenzone is a FREE safe place that teens ages 12-18 or grades 7-12 can come to throughout the week, Monday - Friday 3pm- 9pm. They have 2 youth workers on staff who work in the Teen Zone. Teenzone help youth with various areas of life such as life skills, healthy relationships, homework, counselling, job prep and search, teen parenting, and facing addictions. They have a large room where they hold their Teen Zone that has access to gaming consoles, a full-sized gym, bowling, movie nights, ping pong table, air hockey, pool table, and much more. They also provide food for the teens thanks to donations from the community, especially PEI Food Share. Teenzone often provide a snack after school and if the teen is there for dinner time they usually provide dinner as well.

<https://www.facebook.com/charlottetown.teenzone>

Resource: Mikmaq Family Resource Centre
Contact Info: 158 St. Peter's Road (902) 892-0928
Hours: See below

Important Information

The centre runs a variety of programs for children, caregivers, and expectant parents. Some programs involve a snack or meal for participants. Pre-registration is required for some programs. Program schedule can be found here: <http://mikmaqfamilyresources.ca/news/calendar-2/>

Kensington

Resource: Murray Christian Centre
Contact Info: 17 School Street (run by The Family Place) (902) 436-1348
Hours: Wednesday from 9.30am-11.30am

Important Information

Play group including free play, arts and crafts, circle time, and a snack. Pre-registration is required, and more information can be found here: <http://www.familyplacepei.com/#!program-schedule>

Montague

Resource: Families First Resource Centre
Contact Info: 225 Lower Montague Road (902) 838-4600
Hours: See below

Important Information

Runs a variety of programs for children, caregivers, and expectant parents. Some programs involve a snack or meal for participants. Program schedule and more information can be found here: <http://www.familiesfirstpei.com/> Pre-registration is required for some programs.

Prince County

Resource: Kidswest Family Resource Centre
Contact Info: 630 Main Street (902) 853-4066
Hours: See below

Important Information

Runs a variety of programs for children, caregivers, and expectant mothers. Some programs involve a snack or meal for participants. Pre-registration is required for some programs. Program schedule can be found here: <http://kidswestalberton.ca/calendar/> Programs take place in Alberton, Tyne Valley, O'Leary, and Tignish.

Souris

Resource: Main Street Family Resource Centre
Contact Info: 120 Main Street (902) 687-3928
Hours: See below

Important Information

Runs a variety of programs for children, caregivers, and expectant parents. Some programs involve a snack or meal for participants. Call 902-687-3928 or visit their Facebook page (Main Street) for upcoming events.

Summerside

Resource: The Family Place
Contact Info: 75 Central Street (902) 436-1348
Hours: See below

Important Information

Runs a variety of programs for children, caregivers, and expectant parents. Some programs involve a snack or meal for participants. Pre-registration is required for some programs. Program schedule can be found here: <http://www.familyplacepei.com/#!program-schedule>

Resource: Summerside Presbyterian Church
Contact Info: 130 Victoria Road
Hours: Thursday over Three Oak's Senior High School lunch hour

Important Information

Free Kraft Dinner and other lunch items offered in the Community Room.

Resource: Summerside Youth Group
Contact Info: 299 Pope Road (902) 436-6044
Hours: Tuesday 5.30pm - 7pm

Important Information

Supper, conversation, Bible study, and games are included. Hosted by the Salvation Army, and all youth ages 5-12 are welcome. Call to register.

Churches



Some churches can provide access to food supplies, and many hold different types of community meals. Some of these are open to all, regardless of religious affiliation. Check with a church in your area.

Suspended Coffee and Pizza PEI



A "suspended" coffee is a cup of coffee paid for in advance by another customer as an anonymous act of charity. The tradition began in the working-class cafés of Naples, where someone who had experienced good luck would order a *sospeso* (suspended coffee), paying the price of two coffees instead of one. Food and beverage operators offer suspended items on a first come, first served, no questions asked basis. There's no catch, just kindness!

If you could use a slice of pizza, cup of coffee (or tea!) or even some soup, someone else has already got you covered. Check out the Suspended Coffee & Pizza PEI Facebook page for more information and to keep up-to-date on newly added locations across the province.

www.facebook.com/suspendedcoffeandpizzapei/