

Community Food Resources

Shumilacke Food Bank

5 Mill Village Road, Shubenacadie
Tel: 902-758-1701 Email: shumilacke@gmail.com

Provides emergency food support to those in need. Delivery is available for seniors and those with disabilities. Call or email on Thursday morning before 11:30 for pick-up on Friday. Need identification with birth date and proof of address.

Serves: Shubenacadie, Stewiacke, and Milford.

Indian Brook Food Bank

185 Sesame Street
Tel: 902-758-4595

Provides emergency food support to those in need. Need identification and proof of address. Open every second Friday noon-3 PM

Serves: Sipekne'katik First Nation

Musquodobit Valley Food Bank

12390 Highway 224, Middle Musquodobit
Tel: 902-715-4762

Provides emergency food support to those in need. Drop-in. Can access once a month. Need NS health card for each member of the home and a proof of address. Monday 10-11 AM

Serves: Musquodobit Valley - Dean to Cook's Brook as well as Elderbank, Wyse's Corner, Lake Egmont, Antrim, and Meagher's Grant.

Musquodobit Valley Square Roots Produce Bundles

13867 Highway 224 Chaswood
Email: helpinghandshelpingfamilies@outlook.com

Offers produce bundles for pick-up to those in need. Bundles are distributed every other week. Pre-registration is required. \$7.50-\$10 per 10 pound bundle. For those in need of financial assistance, cost is \$5.

Serves: Musquodobit Valley - Middle and Upper Musquodobit, Chaswood, Shubenacadie, Stewiacke, Dutch Settlement, Meagher's Grant, and Elmsdale

Please note: You can only use one food bank.



Salvation Army and Truro Community Family Services

14 Outram Street, Truro
Tel: 902-893-3042 Email: satruro@gmail.com

Provides emergency food support to those in need. Can access the program once every 90 days. Call or email on Monday to make an appointment, food is picked up on Thursday. Need identification for everyone in the house and proof of address.

Serves: Colchester County

Colchester Food Bank

580 Prince Street, Truro
Tel: 902-893-4566 Email: colfoodbank@eastlink.ca

Provides emergency food support to those in need. Can access once a month. Need identification and proof of address.

Serves: Colchester County

Hants North Community Food Bank

7070 Highway 236, Latties Brook
Tel: 902-471-4277

Provides emergency support to those in need. Can access once a month. Need identification and proof of address. Friday noon-2PM

Serves: Same catchment area as Hants North Rural High School - Walton to South Maitland, Kennetcook to Noel, to Gore to Clarksville to Rawdon.

Frozen Favourites - VON Colchester East Hants District

14 Court Street, Suite 100, Truro
Tel: 902-893-3808 Website: www.von.ca

Provides a wide selection of frozen meals which are delivered by volunteers or available for pick-up for seniors, people recovering from illness, people suffering from disabilities, people who live alone, people with specific dietary needs. \$6 meal, \$5 delivery fee (fee is waived for first delivery)

Serves: Colchester and East Hants. Meal pick-up is open to all. Delivery is available within a 5km radius of Truro. Delivery is available in East Hants if there are enough orders.

Caring and Sharing Angel Tree Food Bank

Enfield Legion - 50 Old Enfield Road, Enfield
Tel: 902-471-4733 Email: paula.king@live.ca
Website: www.caringandsharingfoodbank.com

Provides food and emergency food to those in need. Need proof of address, health card, and birth dates of all members of the household. Tuesday and Thursday 1-3 PM

Serves: Antrim, Belnan, Carroll's Corner (not including Milford to Carroll's Corner), Dutch Settlement, Elmsdale, Enfield, Goffs, Guysborough Road, Hardwoodlands, Horne Settlement, Lantz (to Ross's Hill), Nine Mile River (to bridge and Cheeseactory Corner), Oldham, Renfrew, Oakfield, Old Enfield Road, Fletcher's Lake, and Wellington. Note: does not include Fall River and Waverly.