

WHAT IS THE PARKDALE FOOD CENTRE?

The Parkdale Food Centre is a registered not-for-profit charity that provides emergency food assistance for approximately 700 people per month.

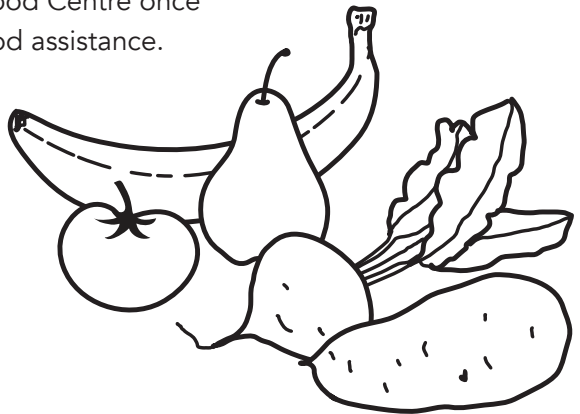
The environment at the Centre is warm, welcoming and supportive. Our main focus is to provide fresh, local, wholesome foods to our neighbours in need. In addition to emergency food assistance, we offer nutritional education and cooking classes to show how simple ingredients can be transformed into fresh and flavorful meals that foster improved physical and mental health.

WHO DOES THE PARKDALE FOOD CENTRE HELP?

The Parkdale Food Centre serves the community bordered by Bayswater Avenue, Carling Avenue, Island Park Drive and the Ottawa River. Of the approximately 700 people who seek assistance each month, 150 are children.

If you need food and live within these boundaries, please visit the Parkdale Food Centre once a month for emergency food assistance.

We will work with you to prepare a grocery bag filled with healthy ingredients that you can use to prepare nutritious and satisfying meals.



HOW YOU CAN HELP THE PARKDALE FOOD CENTRE

The Centre relies heavily on the support of donors and volunteers to assist with daily programming and operations. Here's how you can help.



DONATE TIME

Volunteers are the lifeblood of Parkdale Food Centre. If you have some free time on Tuesday or Thursday afternoons, or on Tuesday evenings, we'd love to meet you. Help us assemble food orders, assist with cooking classes or lend us your expertise on one of our committees.



DONATE FOOD

The provision of food is at the very core of our mission. We encourage our food donors to share our philosophy of a healthier, more nourishing diet for our fellow neighbours. Please donate foods that you and your family enjoy eating – with a focus on fresh, local and nutritious items.

For suggestions on what to give, please refer to our Good Food List, which can be found on the back of this brochure. Food donations may be dropped off in person at the Parkdale Food Centre at 105-89 Stonehurst Avenue between 9:00 am and 2:00 pm on Tuesdays and Thursdays.



DONATE MONEY

Monetary donations make an enormous difference to the programs and services offered by the Centre each year. To make a donation of funds, you have two options.

You can donate online at canadahelps.org. Simply enter "Parkdale Food Centre" in the search box and you will arrive at the donation page.

Alternatively, you can mail a cheque to:
Parkdale Food Centre
105-89 Stonehurst Avenue
Ottawa, Ontario K1Y 4R6

If you are mailing a cheque, please be sure to include your mailing address so that we can send you a thank-you note and your tax receipt.

GOOD FOOD LIST

We love donations of:

FRUITS & VEGETABLES

Fresh Fruit
Fresh Vegetables
Canned Fruit (no sugar added)
Canned Vegetables (low salt)
Applesauce
Fruit Cups
Raisins

STAPLES

Bread, Tortillas, Naan
Healthy Cereal (Cheerios, Corn
Flakes, Wheaties, etc)
Flour
Sugar
Oatmeal
Rice
Lentils
Barley
Dried Beans
Canned Beans
Pasta
Pasta Sauce
Canned Tomatoes
Condiments (ketchup, mustard, jam)
Honey
Salad Dressings
Cooking Oil
Spices (no salt)
Baking Powder & Baking Soda

DAIRY

Milk
Cheese
Yogurt
Cottage Cheese
Sour Cream

PROTEIN

Eggs
Peanut Butter
Nuts
Sardines
Canned Fish (Tuna & Salmon)
Fresh Meat (ground beef, chicken)

BEVERAGES

Coffee
Tea
Frozen juice concentrate
Hot Chocolate
Tomato and Apple Juice

OTHER

Granola Bars
Nutritional Supplements (Boost,
Ensure, etc)
Baby Food

HEALTHY EXTRAS

Tooth Paste
Tooth Brushes (Adult & Children)
Toilet Paper
Soap & Shampoo (travel sizes too)
Feminine Hygiene Products
Diapers & Baby Wipes
Laundry Detergent