

This *Food Helping Tree*

helps Kings County residents find food and related supports.

Pregnancy Supports

See Pregnancy Tree

Open Arms

www.openarms.ca

Christian street ministry which assists people who are in need by helping them find housing, training, employment, health and social services.

Breakfast - Mon.-Sat. 8-10 am

Coffee and Conversation - Mon., Tues., & Thur. - 6-8 pm

Supper - 1st, 2nd, 4th, & 5th Sat. of the month - 6-8 pm

O.A.T.S Thrift Store - Mon.-Fri. 10 am - 2 pm

Furniture Bank – Thurs. & Fri. 902-365-3655

October-May Soup Kitchen -

Tues. Rec Center, upstairs & Thurs. Open Arms 11:45 am

Berwick Open Arms Drop In

www.openarms.ca

Open one day a week to individuals who would like food, coffee, and fellowship. 902-691-1525

Evangeline Club, Berwick – Facebook Group

Breakfast and Lunch Programs

Open Mon.-Fri. 9 am-3 pm, 902-538-9349

Windsor Harvest House Community Outreach Centre

Hot meals 902-790-4560

VON Meals on Wheels and Frozen Favourites

Delivered from Kingsport to Berwick Mon, Wed, and Fri.

The Frozen Favourites Program –pick-up or delivery avail.

MoW - \$7/meal; FF - \$6/meal-min 3 meals

Toll Free: 1-800-411-9646 cssannapolisvallev@von.ca

S.O.U.P. - Sharing Our Unappreciated Produce

Come help prepare and taste delicious soup

Free Drop Ins, **more information on reverse**

Local Food Banks

Call for specific days available

Hantsport - 3 Oak S. - 902-352-3002

Wolfville- 487 Main St. - 902-542-0040

Canning - 1000 Seminary St. - 902-582-3886

Berwick - 100 South St. - 902-538-1996

Kingston - 669 Main St. - 902-765-0303

Windsor - 10 Sanford Rd. - 902-798-4313

Kentville (Fundy) - 50 Belcher St. - 902-679-3664

Feed Nova Scotia

www.feednovascotia.ca/find-food

Feed NS Find a Food Bank Tool 1 902 457 1900

Salvation Army

Family Needs Line: 902-678-4534

www.facebook.com/thesalvationarmykentville

Provides food vouchers for people in need. People can come once every three months. Must be in the Kentville area.

Hours: Wednesday 9-12 pm. Drop in during these hours.

Must bring a piece of ID for everyone in the family/ household. Salvation Army also involved with Christmas hamper distribution.

Saint Joseph's Church

902-678-3303 Coverage Area: Kentville and area

Email: stjosephsrc@ns.sympatico.ca

Website: www.stjosephskentville.org

Food Vouchers available. Mon.-Fri., 9 am-12 pm

Call the church office for more details.

Kings Presbyterian Church

902 -681-1333

Emergency food assistance; Offers Emergency Food Vouchers. Coverage area: Kentville, New Minas & area.

Email: kingschurch@ns.aliantzinc.ca

Kentville Baptist Church

902-678-3162 or info@kentvillebaptist.org

Emergency Food Assistance: Wednesdays (except last Wednesday of the month) 10 am-11 am



Food Banks

Department of Community Services

[Employment Support & Income Assistance \(ESIA\)](#)

Toll-Free - 1-877-424-1177

www.novascotia.ca/coms

Community Gardens

[Kentville Community Garden](#)

[Berwick Community Gardens](#)

[Wolfville Acadia Community Farm](#)

Kingston Community Garden
John Morash 902-321-1182



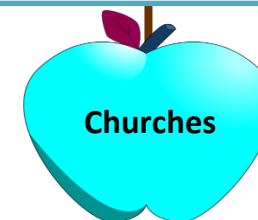
Food Programs
and Services



Income
Assistance



Community
Gardens



Churches

Need Help Now?

Crisis Response Services – Mental Health, Alcohol, Drugs, Gambling
8:30am-4:30pm **1-855-273-7110**

NS Mental Health Crisis Line
24/7 – **1-888-429-8167**

Department of Community Services
1-877-424-1177

Poison Control - 1-800-565-8161

Emergency – Medical, Police, or Fire
24/7 – **911**

Emergency Only - food need, Wolfville area - St. Vincent de Paul 902-542-9499

Inn from the Cold (Emergency Shelter - Nov-Apr) Kings County **902-365-3665**
or call police **902-678-3378**

Open Arms – emergency food, clothing, shelter – **902-365-3665**

Chrysalis House - shelter for homeless women and women fleeing abusive relationships **902-679-1922**

Kids Help Phone – **1-800-668-6868**

Diabetes Information – **1-800-BANTING**

811 
HealthLink – **Peace of mind 24/7**
call **811** Registered Nurses – 24/7

24/7 – call **211**



Helping you find the right
community and social services.
www.ns.211.ca



The SOUP Guide

Sharing Our Unsold Produce

A skill building food security program for anyone and everyone!!



Canadian Mental Health Association
Kings County



Mondays	Royal Canadian Legion Wolfville Branch	310 Main St Wolfville 10am-2pm Partnered with Schizophrenia Society Kings Branch, Longspell Farm, Taproot Farm, FOUND, New Minas Giant Tiger, Grow Happy Food, Odds N Herbs
Mondays	Evangeline Club Berwick	130 Commercial St Berwick 10am-2pm Partnered with Berwick Community Garden Group, Grow Happy Food, Berwick Independent, Liberty Lodge, Morse Farm Market, Evangeline Club
Tuesdays	Royal Canadian Legion Middleton Branch	205 Marshall St Middleton 10am-2pm Partnered with Middleton Independent, Middleton Foodland, Emmanuel Church, Food Bank, Rotary, Greenwood Mental Health, Community Health Board, Denhanns

Wednesdays	Kingston United Church	733 Main St Kingston 10am-2pm Partnered with Village of Kingston, Outreach Community Garden, Goucher's Farm Market, Foodbank
Wednesdays	Canning Lions	1000 Seminary Ave Canning 10am-2pm Partnered with Foodbank, Kids Action Program
Thursdays	Evangeline Club	130 Commercial St Berwick 10am-2pm Partnered with Berwick Community Garden Group, Grow Happy Food, Berwick Independent, Liberty Lodge, Morse Farm Market, Evangeline Club
Fridays	Royal Canadian Legion Kentville Branch	37 River St Kentville 10am-2pm Partnered with Taproot Farm, Grow Happy Food, Restorative Justice, Jason's Independent, Foodbank, Odds N Herbs, Farmer Robbie

For More information Contact Sarah MacDonald (902) 691-1296

growhappyfood@gmail.com