Discovering the food resources in my neighbourhood

This brochure is an easy-to-use tool that contains the food security resources available in the Peter-McGill district. Now, you can readily direct yourself towards the organization that will respond to your needs!

**Chez Doris**
1430, Rue Chomedey, H3H 2A7
(514) 937-2341
www.chezdoris.ca
Open to all women in need
Every day from 8:30 AM to 3 PM
Open until 4 PM from November 1st to March 31st

**Native Women’s Shelter of Montreal**
C.P. 183, Station A, H3C 2S1
(514) 933-4688
www.nwsm.info
Open to Aboriginal, Inuit and Metis women

**The Yellow Door**
3625 Aylmer St., H2X 2C3
(514) 845-2600
http://www.yellowdoor.org
Open to all the youth of Montreal
Monday to Friday from 9:30 AM to 5:30 PM

**Native Friendship Centre of Montreal**
2001 St-Laurent Boul., H2X 2T3
(514) 499-1854
www.nfcm.org
Open to all the native population of Montreal

**People’s Potato**
1455 de Maisonneuve W St., H3G 1M8 (H-733)
(514) 848-2424 x 7590
www.peoplespotato.com
Open to all

**Concordia University Student Parents Center**
1410 Guy St., (Room 24) H3H 2L6
(514) 848-2424 x 2431
Open to parents students of Concordia University
Monday to Friday 10 AM to 6 PM
Offers nutritional counselling and referrals to other services

**The Midnight Kitchen**
3600 McTavish St., 3rd floor
www.midnightkitchencollective.wordpress.com
Open to all

**DID YOU KNOW...**
For additional information, you can always contact the organization of your choice or the Peter-McGill Community Council

**Peter-McGill Community Council**
1857 de Maisonneuve W. Boul., 215-216
Montreal, QC, H3H 1J9
(514) 934-2280
www.petermcgill.org

To know about the services offered to the families living in Peter-McGill, visit: www.famillescentreville.org

For support and referrals, please contact our Community Liaison Agent: www.famillescentreville.org/agente-de-milieu
E-mail: info@famillescentreville.org

Developed by
In collaboration with
Thanks to the financial support of
**FOOD RESOURCES**

**Healthy Eating Workshops**
Learn about healthy eating in a friendly atmosphere

**Collective Kitchen**
Participants share their time, money and skills to prepare various meals to take home

**Food Bank**
Food emergency support

**Community Gardens**
Participants receive a garden plot and use their skills to harvest

**Christmas Baskets**
Food baskets distributed during the holidays

**Pickup Points Second Life**
Order low cost fruits and vegetables boxes

**Meals**
The meals also include community meals and meals on wheels

**Food Baskets**
Baskets that contain fruits and vegetables as well as non-perishable foods

**Family Services**
The organizations that offer family services are labelled by this logo:

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**Innovation Youth**
1410 Pierce St., H3H 2K2
(514) 843-3996
www.innovationjeunes.com
Open to youth and families who live or visit the downtown area

**Centre Greene**
1090 Greene Ave., H3Z 1Z9
(514) 931-6202
www.centregreene.org
Open to everyone
Offers cooking workshops for children and La Leche League Program

**CLC Métro**
1801 de Maisonneuve W. Boul., H3H 1J9
(514) 934-0354
www.cssdelamontagne.qc.ca
Open to the residents living in the CLC territory
Monday to Friday from 8 AM to 8 PM
Offers nutritional counseling to people with health problems (diabetes, cardiovascular problems, etc.), to pregnant and breastfeeding women, and to children and infants. QLO Program for pregnant women. Breastfeeding drop-in center.

**Benedict-Labre House**
308 Young St., H3C 2G2
(514) 937-5973
www.benedictlabre.org
Open to homeless people and people in need

**Éco-quartier Peter-McGill**
1240 Saint Marc St., H3H 2E5
(514) 933-1069
www.ecoquartierpetermcgill.org
Open to all the residents of Peter-McGill
Monday to Thursday 10 AM to 6 PM
Offers environmental awareness workshops, distributes boxes of recycling bags, and performs community composting activities

**Montreal Diet Dispensary**
2182 Lincoln Ave., H3H 1J3
(514) 937-5375
www.dispensaire.ca
Open to pregnant women in need
Monday to Friday from 9 AM to 5 PM
Offers regular nutritional counseling during and after the pregnancy with a food supplement program

**Société de Saint-Vincent de Paul**
1085 De la Cathédrale St., H3B 2V3
(514) 866-1661
www.ssvp-mtl.org
Open to the residents of Peter-McGill who are in need
Monday to Friday from 9 AM to 4:30 PM

**Open Door**
4006 Dorchester Boul., H3Z 1G7
(514) 939-1970
www.opendoortoday.org
Open to homeless people and people in need
Every day 7:30 AM to 3:30 PM

**YWCA**
1355 René-Lévesque W. Boul., H3G 1T3
(514) 866-9941
Open to girls and women of all ages

**CLSC Métro**
1801 de Maisonneuve W. Boul., H3H 1J9
(514) 934-0354
www.cssdelamontagne.qc.ca
Open to the residents living in the CLC territory
Monday to Friday from 8 AM to 8 PM
Offers nutritional counseling to people with health problems (diabetes, cardiovascular problems, etc.), to pregnant and breastfeeding women, and to children and infants. QLO Program for pregnant women. Breastfeeding drop-in center.

**Centres Health Dispensary**
880 Guy St., H3J 1T4
(514) 932-2214
www.centregreene.org
Open to everyone
Offers cooking workshops for children and La Leche League Program

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