

# Yorkton No Cost Food Resources

August 2024




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# Introduction



**We need to understand the full scope of no cost food resources in our community to better support our community members seeking no cost food and improve services where it is needed most.**

Food security is a concern for many individuals and families in Yorkton. Community members seek support from various formal sources, however, the agencies and organizations that provide support are not always aware of each other and the services they provide.

In late May, 2024, the Society for the Involvement of Good Neighbours (SIGN) engaged Suncrest College Applied Research Office to conduct an environmental scan of no cost food resources available in Yorkton. The intent of the scan was to better understand the availability of no cost food and to develop a comprehensive list of agencies and organizations that support community members seeking no cost food.

This report increases awareness of no cost food sources in Yorkton for agencies, organizations, their clients, and the public while quickly identifying areas where additional support may be beneficial. This comprehensive list of agencies and organizations gives no cost food providers a single source of information, resulting in a better understanding of and better overall access to food supports for community members within Yorkton.

# About Suncrest College Applied Research



**Did you know?**

was established in 2023  
from a merger between  
Parkland College and  
Cumberland College

Suncrest College, formerly Parkland College, has conducted Applied Research in Yorkton and area for over 11 years. For the first 10 years, the majority of applied research focused on agriculture and agriculture-related projects. Beginning in late 2023, the Applied Research Office expanded it's scope to include social sciences and social innovation projects.

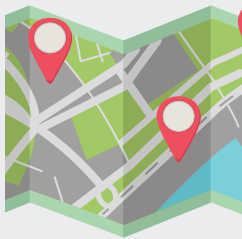
The research team on the Yorkton No Cost Food Resources project included one primary researcher and four student researchers. Students conducted research as their workplace training requirement in the Skills for Success for Newcomers course.

# Project Description

To gain a comprehensive understanding of the sources of no cost food in Yorkton, a survey was developed and then administered to agencies and organizations known to provide no cost food. Researchers gathered information from each surveyed organization and asked each respondent about other sources of no cost food. Researchers learned of additional organizations in this manner, as well as through word of mouth.

In total, **twelve** local agencies or organizations were surveyed on where, when, how and what types of no cost food they provide to community members.

**The survey learned three main types of information from each respondent:**



## 1. Location

Respondents provided their physical address, website address (if available), phone number and/or social media contact information



## 2. Hours of Service

Respondents identified the days and hours they were available to provide service to public or restricted clients

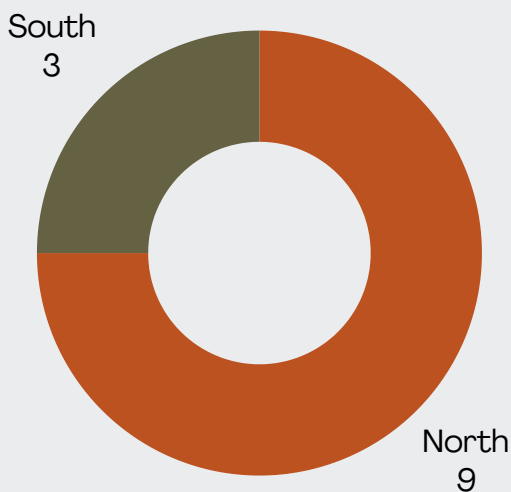


## 3. Food Provided

Respondents identified the types of food available to clients (hot, cold, full meals, snacks, fresh, non-perishable, etc.)

# Key Findings – Location

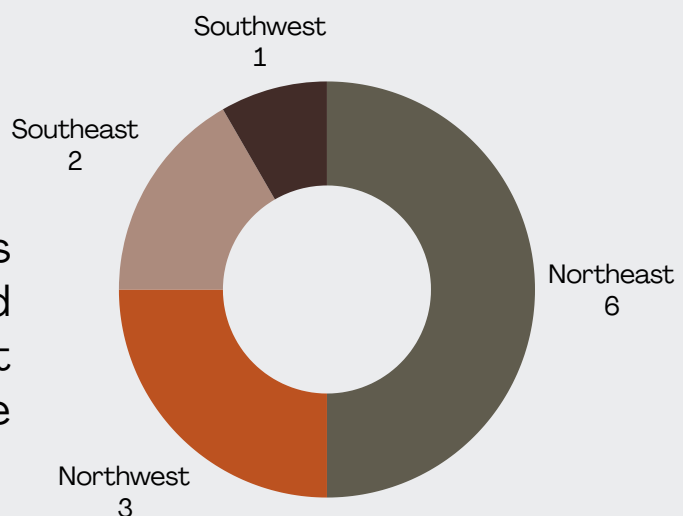
The City of Yorkton was divided into north and south areas at Broadway Street; Gladstone Ave served as an east-west divider. The majority of service locations for no cost food sources are located north of Broadway Street, with the highest concentration of services available in the northeast. Detailed maps can be found in Appendix A.



75% (9/12) of available sources are located north of Broadway Street

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50% (6/12) of available sources are located north of Broadway Street and east of Gladstone Ave



# Key Findings – Location

## Online Presence and Phone Number

Every organization provided at least one of the following:

- website address
- contact email
- social media account
- contact phone number

Organization Name	Website, Social Media	Phone Number	Email
Bruno's Place Emergency Shelter	Find us on: Facebook, Instagram	306-782-7866	coordinator@brunosplace.org
BGCYorkton	www.bgcyyorkton.ca	306-783-2582	
Dr Brass School	www.gssd.ca	306-786-5520	
Dreambuilders High School	www.christtheteacher.ca	306-782-0901	
Love Lives Here Bus (Prairie Harvest Christian Centre)	www.phclc.org	306-786-6840	
Sacred Heart High School	search: Sacred heart high school	306-783-3128	
Salvation Army Food Bank		306-783-4650	
St.Andrew's United Church	www.standrewsyorkton.ca	306-783-4157	office@standrewsyorkton.ca
Suncrest College Food Forest	https://suncrestcollege.ca/contact-us		
The Soup Haven	www.thesouphaven.ca	306-782-5666	Souphaven@gmail.com
Yorkton Community Fridge	search: Yorkton Community Fridge		yorktoncommunityfridge@gmail.com
Yorkton DreamCentre Church	www.ydc.church	306-621-4669	ydc@sasktel.net



# Key Findings - Service Hours

Service times for no cost food are predominantly concentrated during weekday daytime periods. Morning and midday hours are the most common service times. Significant gaps were identified after 4:00pm on weekdays and throughout the weekends. Timetables are found in Appendix B.

Seven organizations serve the public, four organizations serve school children, and one organization, Bruno's Place, serves the public as well as shelter clients.

**The following shows organization availability by time of day and day(s) of the week.**

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## **AVAILABLE TO THE PUBLIC**



### **24/7 AVAILABILITY**

1. YORKTON COMMUNITY FRIDGE (Self serve)
2. SUNCREST COLLEGE FOOD FOREST (Self serve; spring & summer)



### **Breakfast/ Morning Availability**


#### **MONDAY TO FRIDAY**



1. BRUNO'S PLACE EMERGENCY SHELTER



# Key Findings - Service Hours

## AVAILABLE TO THE PUBLIC

 <b>Lunch/Midday Availability</b>			
<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
1. SALVATION ARMY FOOD BANK (Open 10am to 2pm)			1. ST. ANDREW'S UNITED CHURCH (Self-serve)
2. BRUNO'S PLACE EMERGENCY SHELTER		2. BRUNO'S PLACE EMERGENCY SHELTER	


 <b>Supper/ Late Afternoon Availability</b>		
 <b>1ST TUESDAY EACH MONTH</b>	<b>WEDNESDAY</b>	<b>FRIDAY</b>
1. BRUNO'S PLACE EMERGENCY SHELTER	1. YORKTON DREAM CENTRE CHURCH	1. LOVE LIVES HERE BUS (Operated by Prairie Harvest Christian Centre)


Note: BGCYORKTON provides food on an ad hoc basis, dependent on donations received. No specific service times were identified.

# Key Findings - Service Hours

## RESTRICTED AVAILABILITY

Three schools and two organizations restrict their services to specific clients. The schools and The Soup Haven cater to school children, families and/or school personnel. Bruno’s Place provides full meal services, 3 times a day, to shelter clients.

SCHOOL DAYS - MONDAY TO FRIDAY		
Breakfast	Lunch	
1. DREAMBUILDERS HIGH SCHOOL		
2. SACRED HEART HIGH SCHOOL	2. THE SOUP HAVEN	
3. DR. BRASS SCHOOL		

SUNDAY TO SATURDAY			
Breakfast	Lunch	Supper	
1. BRUNO'S PLACE EMERGENCY SHELTER Shelter Clients only			

# Key Findings - Food Provided

The types of foods available at local organizations range from non-perishable items to full hot meals.

Below is a breakdown of the food services available at **public** organizations.

<b>PUBLIC AVAILABILITY</b>	<b>Full Meals?</b>	<b>Snacks?</b>	<b>Prepared Onsite?</b>
Bruno's Place	✓		✓
BGC Yorkton	✓	✓	✓
Love Lives Here Bus (Operated by Prairie Harvest Christian Centre)	✓	✓	✓
Salvation Army Food Bank			
St. Andrew's United Church			
Suncrust College Food Forest		✓	
Yorkton Community Fridge	✓	✓	
Yorkton DreamCentre Church		✓	✓

# Key Findings - Food Provided

PUBLIC AVAILABILITY	Non-Perishables	Fresh Food
Bruno's Place		✓
BGCYorkton	✓	✓
Love Lives Here Bus (Operated by Prairie Harvest Christian Centre)	✓	✓
Salvation Army Food Bank	✓	
St.Andrew's United Church	✓	✓
Suncrest College Food Forest		✓
Yorkton Community Fridge	✓	✓
Yorkton DreamCentre Church	✓	



# Key Findings - Food Provided

Below is a breakdown of the food services available at organizations and with **restricted** availability.

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RESTRICTED AVAILABILITY	Full Meals?	Snacks?	Prepared Onsite?
Dr Brass School	✓	✓	✓
Dreambuilders High School	✓	✓	✓
Sacred Heart High School	✓	✓	✓
The Soup Haven	✓	✓	✓

# Key Findings - Food Provided

RESTRICTED AVAILABILITY	Non-perishables	Fresh Food
Dr Brass School		✓
Dreambuilders High School		✓
Sacred Heart High School		✓
The Soup Haven	✓	✓

At least 40% of organizations provide canned items such as fruits, vegetables, soups, and stews, as well as rice, pasta, dried beans, and cereal.

Fresh vegetables are available at 50% of organizations, 60% provide fresh bread, and 75% serve fresh fruit.

Notably, the Yorkton Community Fridge was the only location to include infant food and infant formula on its list of available foods.

## **Other Restrictions**

Community members can access no cost food at most public organizations on an as needed basis. However, St. Andrew's United Church, Yorkton Dream Centre Church and BGC Yorkton may impose restrictions on clients, depending on: 1) resources available, 2) number of times a person accesses resources, or 3) if a person is registered with another food program.

# By the Numbers

**12** Total organizations surveyed



**11** Organizations with online presence



**10** Provide fresh food



**9** Organizations located North of Broadway



**8** Organizations serve the public



**7** Organizations serve small meals and snacks



**6** Provide canned goods, pasta or cereal



**5** Provide beans, rice and baking supplies



**4** Provide hot and cold full meals



**3** Schools only serve school children, families or staff



**2** Organizations provide service once per week



**1** Organization serves the public every weekday and restricted clients every day



# Final Thoughts

The environmental scan of no cost food sources in Yorkton revealed sources of strength that support community members in need of temporary or ongoing food security hardship. The scan also highlighted opportunities to more evenly distribute services around the city, across organizations, and throughout days of the week and times of the day.

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## Strengths:

- 12 organizations in total
- Found in all areas of the city
- Provide wide variety of food items
- Most organizations found online



## Opportunities::

- 75% of organizations located north of Broadway
- Limited availability on weekday evenings and weekends
- Maximum 2 organizations open weekday mornings to midday
- Bruno's Place plays a substantial role within Yorkton's no cost food ecosystem





# Acknowledgements

Suncrest College Applied Research gratefully acknowledges Andrew Sedley, Executive Directive of SIGN Yorkton, for entrusting Suncrest with this important project.

I also thank my dedicated student researchers, Henry Bui, Dennis Chen, Nicole Li, and Phillip Phung for conducting the research and engaging with our participants.

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Thank you to Dr. Gwen Machnee, Chair, Applied Research at Suncrest College for her support and guidance throughout the project.

Finally, and most importantly, we are grateful to the 12 survey participants, without whom the research team could not complete this project. The time you spent with our researchers was appreciated; your commitment to our community is invaluable.



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Natural Sciences and Engineering  
Research Council of Canada

Conseil de recherches en sciences  
naturelles et en génie du Canada

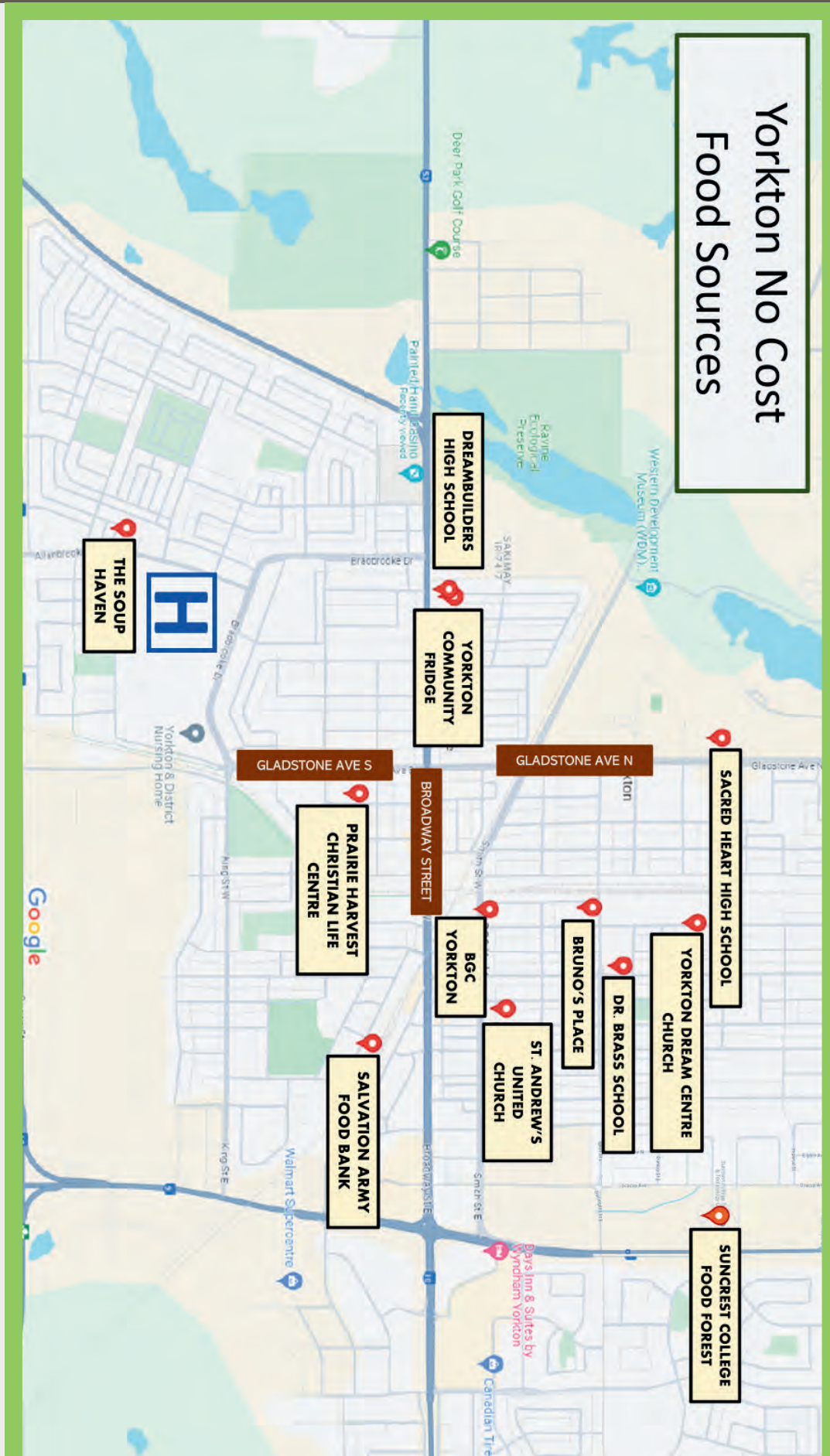
Canada

## Contact:

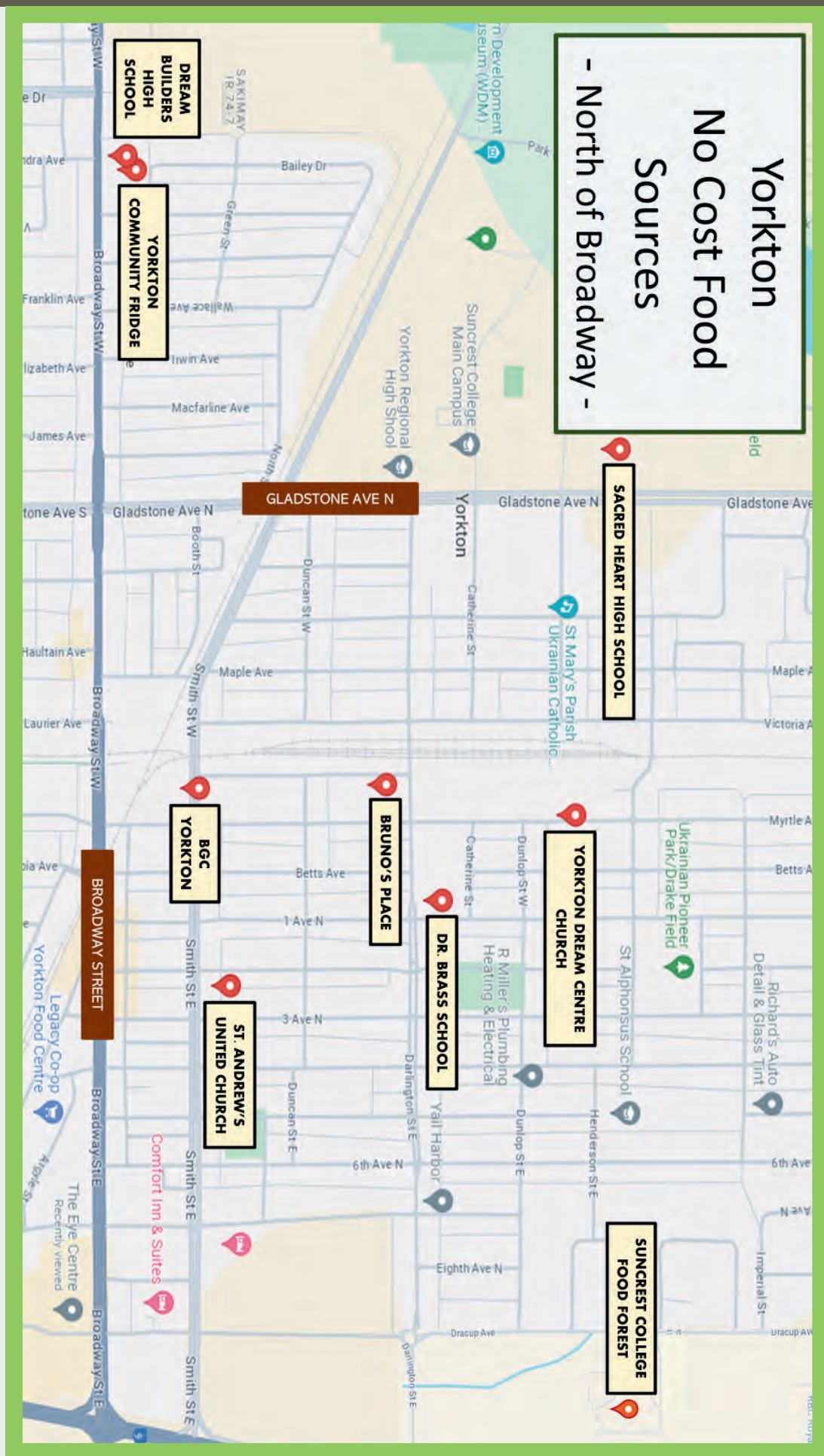


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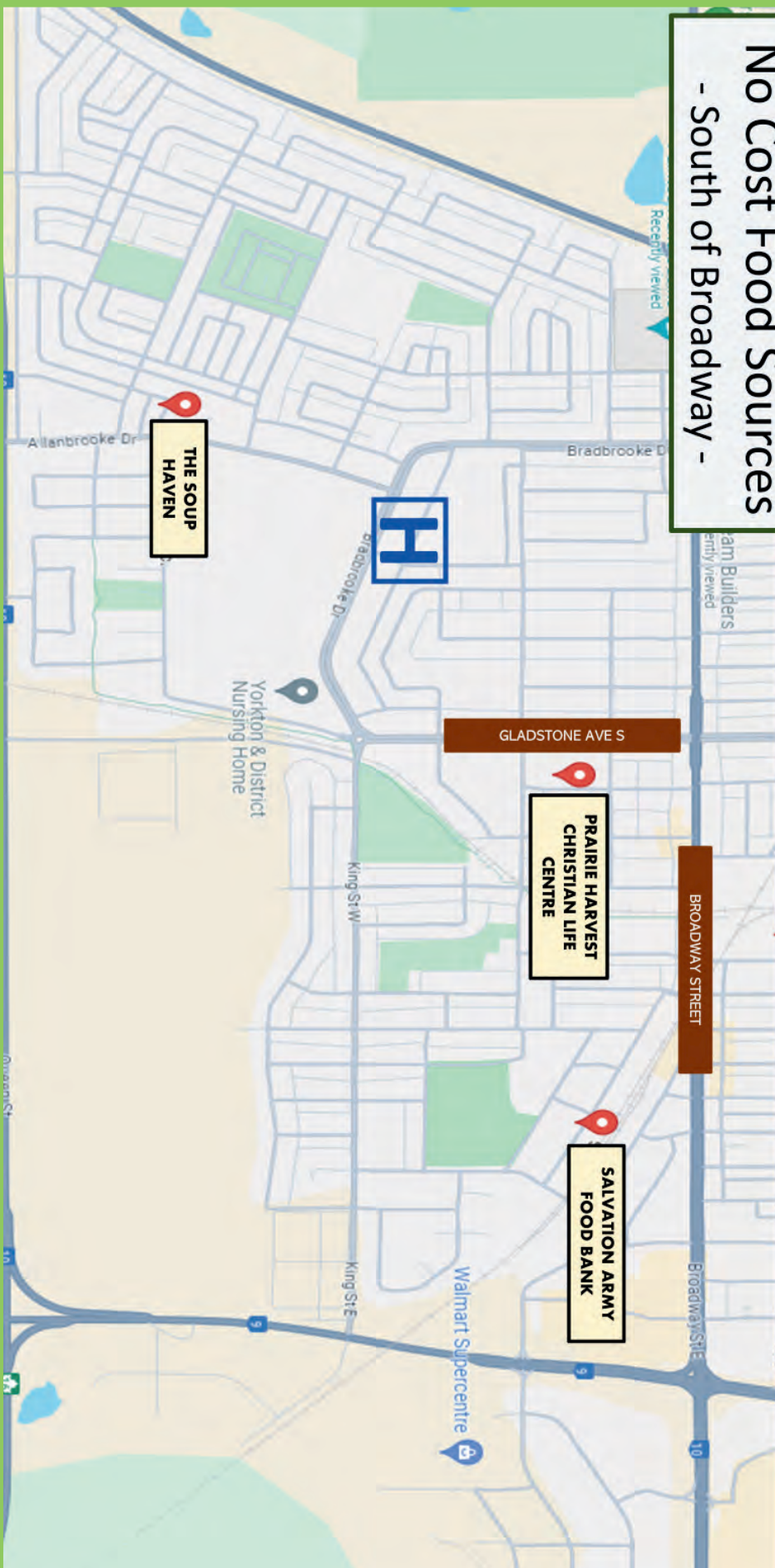




## Yorkton

### No Cost Food Sources

- South of Broadway -

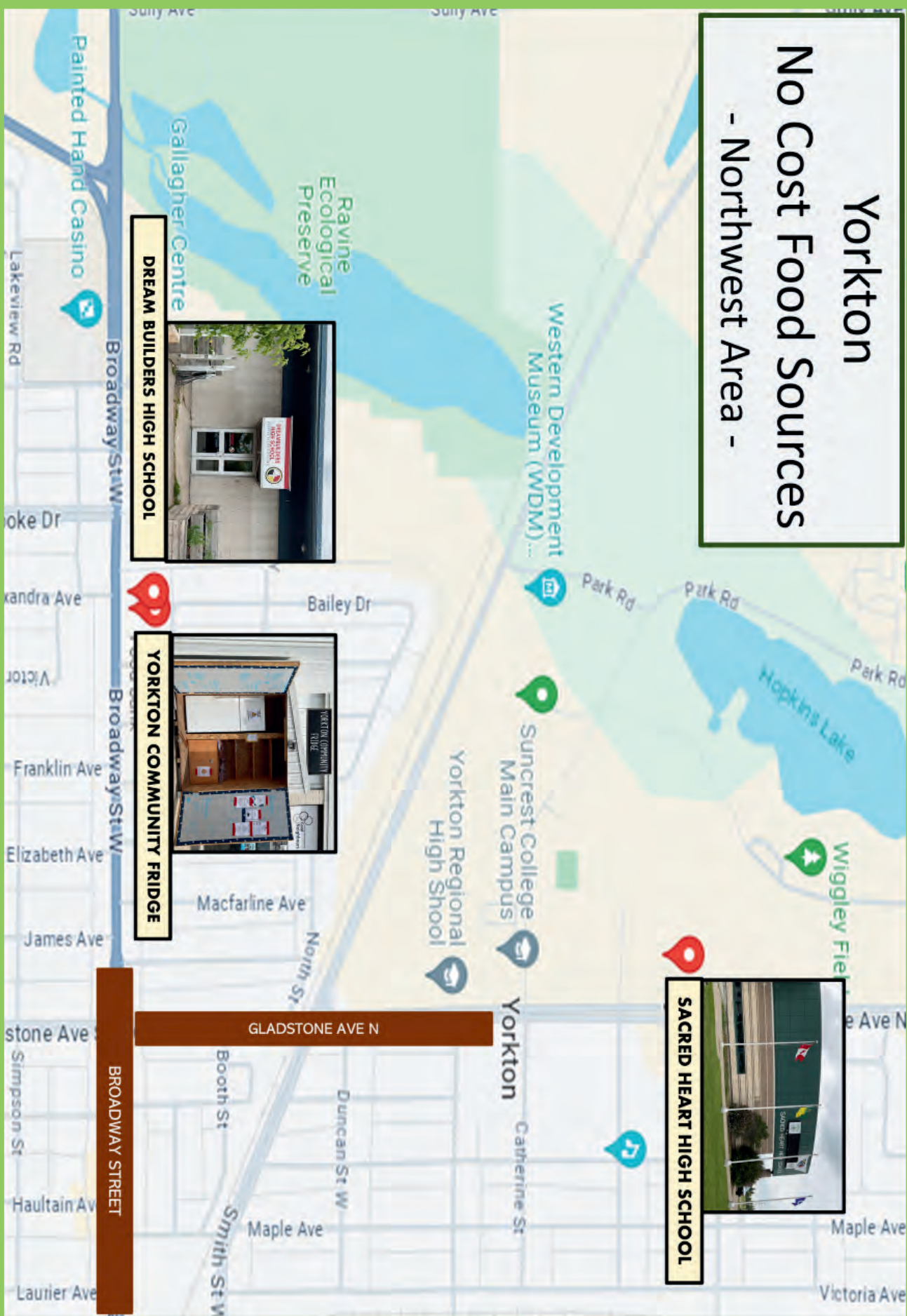




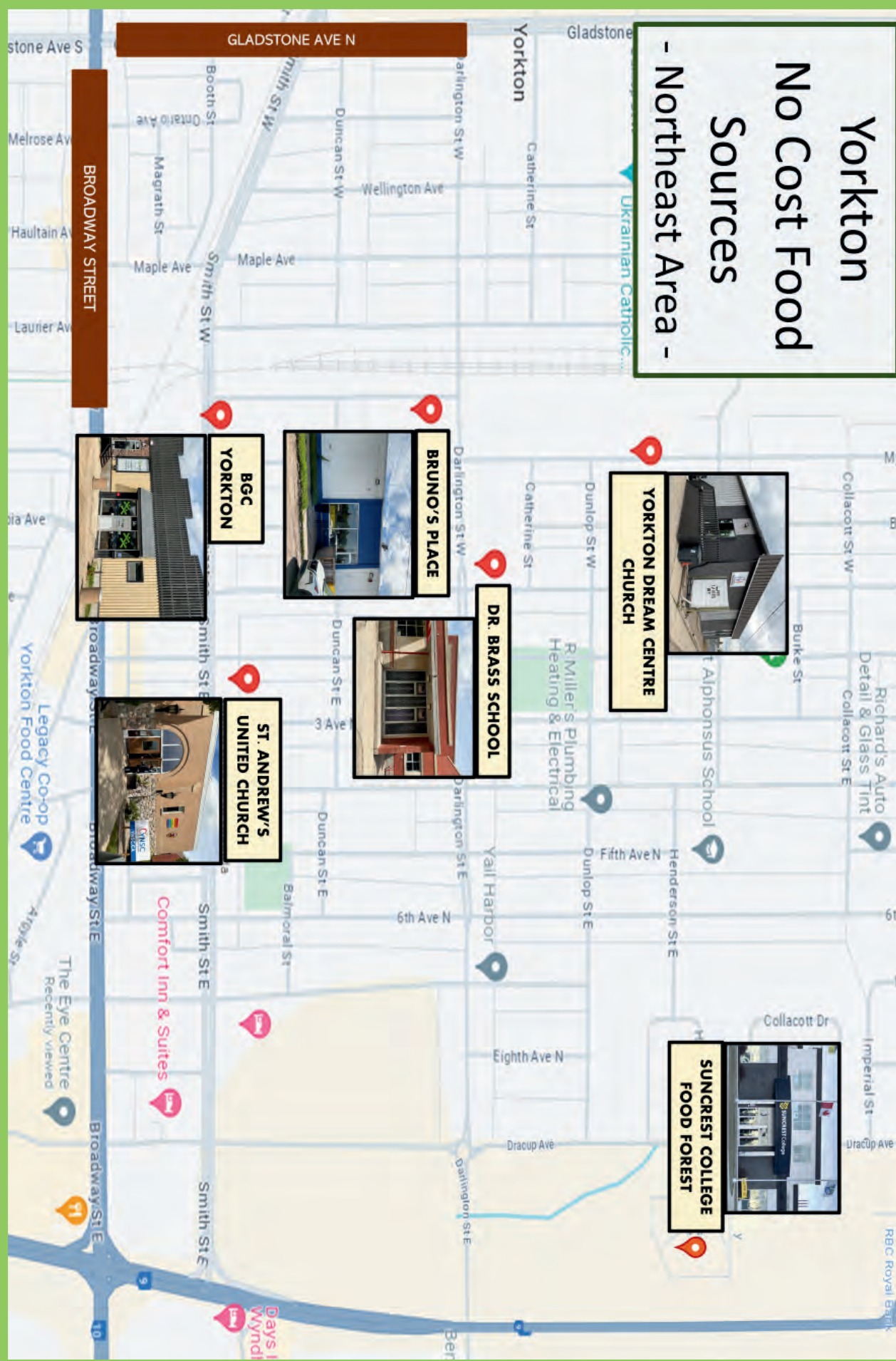
# Yorkton

## No Cost Food Sources

### - Northwest Area -

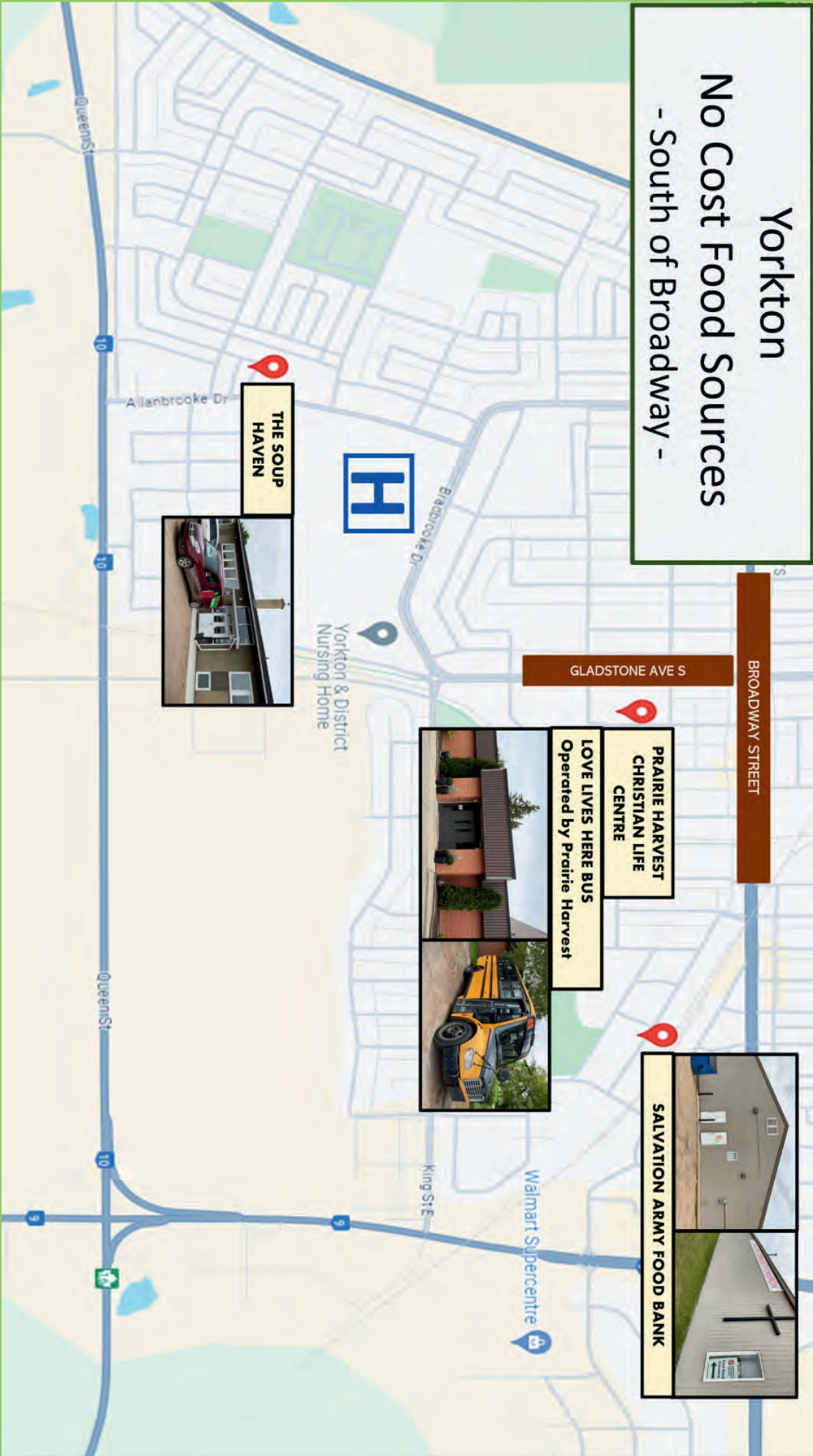


# Yorkton No Cost Food Sources - Northeast Area -









# Yorkton No Cost Food Sources - South of Broadway -







# Appendix B - Timetables

## PUBLIC - MONDAY TO FRIDAY

Organization	Clients Served	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
		Before 8am	8am-11:30am	12-4pm	Before 8am	8am-11:30am	12-4pm	Before 8am	8am-11:30am	12-4pm	Before 8am	8am-11:30am	12-4pm	Before 8am	8am-11:30am	12-4pm
<b>Love Lives Here Bus</b>  (Operated by Prairie Harvest Christian Centre) 72 Melrose Ave, Yorkton, SK 306-786-6840 <a href="http://www.millie.ca">www.millie.ca</a>	Public															Friday Evenings
<b>St. Andrew's United Church</b> 29 Smith Street East, Yorkton, SK 306-783-4157 <a href="http://www.standrews.org/southcentral">www.standrews.org/southcentral</a>	Public															1-3pm
<b>Yorkton DreamCentre Church</b> 244 Myrtle Ave, Yorkton, SK 306-621-4669 <a href="http://www.yorktondreamcentre.ca">www.yorktondreamcentre.ca</a>	Public									Open 5-6:30pm						
<b>Salvation Army Food Bank</b> 78 South Front Street, Yorkton, SK 306-783-4650	Public					10am to 2pm			10am to 2pm			10am to 2pm				
<b>Bruno's Place Emergency Shelter</b> 139 Dominion Ave Yorkton, SK S4N 1S3 306-782-7866  	Public	Breakfast			Breakfast	Lunch	<u>SUPPER</u> Final Tuesday every month	Breakfast			Breakfast	Lunch		Breakfast		
	Shelter Only	3 meals per day			3 meals per day			3 meals per day			3 meals per day			3 meals per day		
<b>Yorkton Community Fridge</b> 345 Broadway Street West, Yorkton, SK  	Public	Available 24/7														
<b>Suncrest College Food Forest</b> 273 Diacup Ave N, Yorkton SK S4N 4H8 <a href="https://www.suncrestcollege.ca/food-forest/">www.suncrestcollege.ca/food-forest/</a>	Public	Available 24/7 - spring and summer														
<b>BGCY Yorkton</b> 54 C Smith Street West, Yorkton, SK <a href="http://www.bgcyyorkton.ca">www.bgcyyorkton.ca</a>	Public	No fixed days and time - depends on availability of food														



## PUBLIC - WEEKENDS

Organization	Clients Served	SUNDAY			SATURDAY		
		Before 8am	8am- 11:30am	12-4pm	Before 8am	8am- 11:30am	12-4pm
<b>Love Lives Here Bus</b> (Operated by Prairie Harvest Christian Centre) 72 Melrose Ave, Yorkton, SK 306-786-6840 <a href="http://www.phc.cc.org">www.phc.cc.org</a>	Public						
<b>St.Andrew’s United Church</b> 29 Smith Street East, Yorkton, SK 306-783-4157 <a href="http://www.standrewsyorkton.ca">www.standrewsyorkton.ca</a>	Public						
<b>Yorkton DreamCentre Church</b> 244 Myrtle Ave, Yorkton, SK 306-621-4669 <a href="http://www.ydc.church">www.ydc.church</a>	Public						
<b>Salvation Army Food Bank</b> 78 South Front Street, Yorkton, SK 306-783-4650	Public						
<b>Bruno’s Place Emergency Shelter</b> 139 Dominion Ave Yorkton, SK S3N 1S3 306-782-7866  	Public						
	Shelter Only	3 meals per day			3 meals per day		
<b>Yorkton Community Fridge</b> 345 Broadway Street West, Yorkton, SK  	Public	Available 24/7					
<b>Suncrest College Food Forest</b> 273 Dracup Ave N, Yorkton SK S3N 4H8 <a href="http://suncrestcollege.ca/contact-us">suncrestcollege.ca/contact-us</a>	Public	Available 24/7 - spring and summer					
<b>BGCYorkton</b> 54 C Smith Street West, Yorkton, SK <a href="http://www.bgcYorkton.ca">www.bgcYorkton.ca</a>	Public	No fixed days and time - depends of availability of food					

## RESTRICTED - WEEKDAYS (SCHOOL DAYS)

Organization's name	Clients Served	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
		Before 8am	8am-11:30am	12-4pm	Before 8am	8am-11:30am	12-4pm	Before 8am	8am-11:30am	12-4pm	Before 8am	8am-11:30am	12-4pm	Before 8am	8am-11:30am	12-4pm
<b>Sacred Heart High School</b> 280 Gladstone Ave N, Yorkton, SK 306-783-3128	Students															
<b>Dreambuilders High School</b> 345 Broadway Street West, Yorkton, SK 306-782-0901 <a href="http://www.dreambuilders.ca">www.dreambuilders.ca</a>	Students															
<b>Dr Brass School</b> 19 Darlington Street West, Yorkton, SK 306-786-5520 <a href="http://www.brass.ca">www.brass.ca</a>	Students and staff															
<b>The Soup Haven</b> 186 Allanbrooke Drive, Yorkton, SK 306-782-5666 <a href="http://www.thesoupshaven.ca">www.thesoupshaven.ca</a>	School children and some families		Lunch served midday		Lunch served midday			Lunch served midday			Lunch served midday			Lunch served midday		