

COMMUNITY AND FOOD RESOURCES

GENERAL:

1. Call 2-1-1: All Ontario social services including cooking classes, nutrition counselling, and many other services
2. <https://www.vegfoodbank.com/> Includes vegan cooking, training and other resources—excellent!

TORONTO

1. Call 8-1-1: Free dietician counselling service
2. <https://torontocentralhealthline.ca/> List of services / food banks
3. www.toronto.ca Community Gardens
4. <https://foodshare.net> Food insecurity, community gardens, BIPOC
5. <https://www.bfstoronto.ca/bfs-plan> Toronto Black Food Sovereignty Plan
6. <https://pacfsn.org> Pan-Cdn Black Food Sovereignty Network. Supports African Cdn farmers and food ecosystems
7. <https://ojibiikaan.com> Indigenous Food Sovereignty. Teaching traditional gardening practices, etc

OTTAWA

1. Call 8-1-1 Free dietician counselling service
2. <https://www.ottawafoodbank.ca/>
3. <https://www.foodforthought.cafe> Food insecurity, meals for people in need
4. <http://parkdalefoodcentre.ca/communityadvocacy>
5. <https://tiontario.ca/foodsecurity> Tungasuvvingat Inuit
6. <https://champlainhealthline.ca> Free or low cost food
7. <https://justfood.ca/community-gardening-network/> Ottawa Community Gardening Network

KINGSTON

1. <https://www.unitedwaykfla.ca/> Foodshare programs
2. <https://www.foodsharingproject.org/> Nutrition for students
3. <https://kchc.ca/>
613-542-2949 Kingston Community Health Centres
Services include free dietary counselling
4. <https://cfmws.ca/kingston/kingston-cultural-food-guide>: QTBIPOC military: identity, international groceries