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About Our Food Resources Guide
Welcome to PEI Food Share’s Food Resources Guide. Heather Coles (our representative in Cornwall) has compiled detailed information about food resources across the province. This information is believed to be accurate at the time of publication. If you know of any changes or any new resources to add, please get in touch.

Food Banks, Caring Cupboards and Soup Kitchens
Food banks and caring cupboards are a place where stocks of food, typically basic provisions and non-perishable items, are supplied free of charge to people in need. Soup kitchens are a place where free food is served to those in need of a meal and a place to eat.

Please note that all food banks and caring cupboards are connected. You are eligible to visit one food bank or caring cupboard in your local area every 30 days. You can visit soup kitchens as often as you need.

Alberton
Resource: Caring Cupboard
Contact Info: Anglican Church Basement (902) 853-2304
Hours: Thursday from 10am-12pm

Important Information
You can visit every 30 days. Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence. Please bring your own cloth bags to take your food home.

Bloomfield
Resource: Caring Cupboard
Contact Info: Saint Anthony’s Parish Hall (902) 853-2304
Hours: Thursday from 10am-12pm

Important Information
You can visit every 30 days. Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence. Please bring your own cloth bags to take your food home.
**Charlottetown**

<table>
<thead>
<tr>
<th>Resource</th>
<th>Contact Info</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salvation Army Food Bank</td>
<td>203 Fitzroy Street (902) 892-2281</td>
<td>Tuesday and Thursday from 9am – 11.30am</td>
</tr>
</tbody>
</table>

**Important Information**

You can visit every 30 days. You can also stop in as needed Monday to Friday (8am – 12pm), to pick up some bread and produce, depending on availability. Registration is required at your first visit. To register, please bring a health card for each family member receiving food, and a current piece of mail to show proof of residence. The Friendship Room is also open on weekday mornings for coffee, treats, and to spend time with others.

<table>
<thead>
<tr>
<th>Resource</th>
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<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>Upper Room Food Bank</td>
<td>33 Belmont Street (902) 892-7092</td>
<td>Monday, Wednesday and Friday from 9am-11am</td>
</tr>
</tbody>
</table>

**Important Information**

Milk is available for families who have children under the age of 18. Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.

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<thead>
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<th>Hours</th>
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</thead>
<tbody>
<tr>
<td>Upper Room Soup Kitchen</td>
<td>101 Richmond Street (902) 892-1995</td>
<td>Monday - Sunday from 11.20am to 12pm (lunch) Monday - Friday from 4.20pm - 5pm (supper) Lunch is served on special holidays</td>
</tr>
</tbody>
</table>

**Important Information**

No registration is required.

<table>
<thead>
<tr>
<th>Resource</th>
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<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>UPEI Food Bank</td>
<td>UPEI Campus, Chaplaincy Centre (902) 894-2876</td>
<td>Monday – Friday from 8.30am – 5pm (hours may vary)</td>
</tr>
</tbody>
</table>

**Important Information**

Open to all UPEI students, regardless of religious affiliation. No sign up procedures. Superstore gift cards are sometimes available through Sister Sue Kidd.
Crapaud

Resource: South Shore Food Share
Contact Info: 20424 Trans-Canada Highway (behind pharmacy/fire hall building, beside library)
Hours: Wednesday from 6pm – 8pm / Saturday 10am – 12pm (please PM them via Facebook if you have urgent need, and they can meet you outside these days)

Important Information
No registration required at this time.

Montague

Resource: Southern Kings & Queens Food Bank
Contact Info: 567 Main Street (902) 838-3191
Hours: Thursday from 9am-11am

Important Information
You can visit every 30 days. Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence.

Resource: Montague Soup Kitchen
Contact Info: Montague Church of Christ, 513 Main Street (902) 838-4064
Hours: Tuesday from 5.30pm-6.30pm (supper)

Important Information
No registration is required. All are welcome, regardless of religious affiliation.

Souris

Resource: Souris Food Bank
Contact Info: Basement of the Legion (902) 687-2229
Hours: Saturday from 11am – 12.30pm

Important Information
You can visit every 4 weeks, once per calendar month. We were informed that you don’t need health cards or proof of residence, but you are required to provide information about how many are in your family. It wouldn’t hurt to bring along health cards and proof of residence though.

Summerside

Resource: Salvation Army Food Bank
Contact Info: 299 Pope Road (902) 436-6044
Hours: Monday, Wednesday, and Friday from 1pm – 3pm

Important Information
You can visit every 30 days. Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence. Stop in at the thrift store (79 Allweather Highway) as needed between 10am and 4pm, Monday to Friday, to pick up some bread and sweets, pending availability.

**Resource:** Soul Soup, Summerside Church of the Nazarene (lower church hall)
**Contact Info:** 156 Fitzroy Street
**Hours:** Tuesday 12pm – 1pm

*Important Information*
Homemade soup, good bread, and warm hearts available for anyone in need of a hot lunch or just in need of the company of others. All are welcome, regardless of religious affiliation.

**Resource:** Salvation Army Soup Kitchen
**Contact Info:** 299 Pope Road (902) 436-6044
**Hours:** Monday – Friday from 11.30am – 1pm (lunch)

*Important Information*
No registration is required.

**Resource:** Trinity United Church
**Contact Info:** 90 Spring Street (902) 436-3155
**Hours:** Offers a hot breakfast on the 2nd Saturday of the month from 8.30am -10am

*Important Information*
Free, and open to all, regardless of religious affiliation.

**Resource:** St. Mary’s Anglican Church
**Contact Info:** 74 Summer Street (902) 436-3208
**Hours:** Offers a hot breakfast on the 3rd Saturday of the month from 8.30am -10am

*Important Information*
Free, and open to all, regardless of religious affiliation.

**Resource:** St. Paul’s Church
**Contact Info:** 289 Winter Street (902) 724-3454
**Hours:** See note below

*Important Information*
Independently run, and you can visit once every 4 weeks. Call (902) 724-3454 to book an appointment. Open to all, regardless of religious affiliation.
Summerside Church of the Nazarene

**Resource:**
Summerside Church of the Nazarene

**Contact Info:**
156 Fitzroy Street (902) 436-3476

**Hours:**
Tuesday 12pm-1pm (lunch)

*Important Information*
No registration is required. All are welcome, regardless of religious affiliation.

**Tignish**

**Resource:**
Caring Cupboard

**Contact Info:**
Parish Centre Hall (902) 853-2304

**Hours:**
Tuesday from 4pm-5pm

*Important Information*
You can visit every 30 days. Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence. Please bring your own cloth bags to take your food home.

**Tyne Valley**

**Resource:**
Caring Cupboard at Sonlight Fellowship Centre (Tyne Valley Presbyterian Church)

**Contact Info:**
847 Canada Road (902) 853-2304

**Hours:**
Thursday from 10am-12pm

*Important Information*
You can visit every 30 days. Registration is required at your first visit. To register, you require a health card for each family member receiving food, and a current piece of mail to show proof of residence. Please bring your own cloth bags to take your food home.

**Schools and Youth/Family Resources (Province-Wide)**

**Schools**
Most schools offer some kind of breakfast and/or lunch program for students whose families are experiencing a food shortage. Programs vary from school to school.

Please contact your school’s guidance counselor for more information about the programs that are available.


**Resource:** Holland College  
**Contact Info:** All campuses  
**Hours:** See below

*Important Information*

There are a variety of food resource supports in place. Check with Student Services to see what they can do to help.

**Facebook-Based Groups**

**Island Mothers Helping Mothers**

IMHM’s sole purpose is to share resources for free to low income families or families struggling through a critical time in life, including food. PEI Food Share and Island Mothers Helping Mothers have an agreement in place to enable the same poster to request food support from only one group at a time, to give others the opportunity to receive available donations. [https://www.facebook.com/groups/330117580506518/](https://www.facebook.com/groups/330117580506518/)

**Youth and Family Resource Centres**

Resource centres are places where children, youth, families and caregivers can connect for fun, friendship, and support.

**Charlottetown**

**Resource:** Chances Family Centre  
**Contact Info:** Charlottetown, Stratford and Cornwall  
**Hours:** (902) 892-8744

*Important Information*

Runs a variety of programs for children, caregivers, and expectant mothers. Some programs involve a snack or meal for participants. Program schedule can be found here: [http://chancesfamily.ca/calendar/](http://chancesfamily.ca/calendar/)  
Pre-registration is required for some programs.
**Resource:** Charlottetown Teenzone  
**Contact Info:** 200 Richmond Street  
**Hours:** Monday - Friday 3pm - 9pm

**Important Information**  
The Charlottetown Teenzone is a FREE safe place that teens ages 12-18 or grades 7-12 can come to throughout the week, Monday - Friday 3pm - 9pm. They have 2 youth workers on staff who work in the Teen Zone. Teenzone help youth with various areas of life such as life skills, healthy relationships, homework, counselling, job prep and search, teen parenting, and facing addictions. They have a large room where they hold their Teen Zone that has access to gaming consoles, a full-sized gym, bowling, movie nights, ping pong table, air hockey, pool table, and much more. They also provide food for the teens thanks to donations from the community, especially PEI Food Share. Teenzone often provide a snack after school and if the teen is there for dinner time they usually provide dinner as well.  
https://www.facebook.com/charlottetown.teenzone

**Resource:** Mikmaq Family Resource Centre  
**Contact Info:** 158 St. Peter’s Road (902) 892-0928  
**Hours:** See below

**Important Information**  
The centre runs a variety of programs for children, caregivers, and expectant parents. Some programs involve a snack or meal for participants. Pre-registration is required for some programs. Program schedule can be found here: http://mikmaqfamilyresources.ca/news/calendar-2/

**Kensington**  
**Resource:** Murray Christian Centre  
**Contact Info:** 17 School Street (run by The Family Place) (902) 436-1348  
**Hours:** Wednesday from 9.30am-11.30am

**Important Information**  
Play group including free play, arts and crafts, circle time, and a snack. Pre-registration is required, and more information can be found here: http://www.familyplacepei.com/#!program-schedule

**Montague**  
**Resource:** Families First Resource Centre  
**Contact Info:** 225 Lower Montague Road (902) 838-4600  
**Hours:** See below

**Important Information**  
Runs a variety of programs for children, caregivers, and expectant parents. Some programs involve a snack or meal for participants. Program schedule and more information can be found here: http://www.familiesfirstpei.com/ Pre-registration is required for some programs.
### Prince County

**Resource:** Kidswest Family Resource Centre  
**Contact Info:** 630 Main Street (902) 853-4066  
**Hours:** See below

**Important Information**
Runs a variety of programs for children, caregivers, and expectant mothers. Some programs involve a snack or meal for participants. Pre-registration is required for some programs. Program schedule can be found here: [http://kidswestalberton.ca/calendar/](http://kidswestalberton.ca/calendar/) Programs take place in Alberton, Tyne Valley, O’Leary, and Tignish.

### Souris

**Resource:** Main Street Family Resource Centre  
**Contact Info:** 120 Main Street (902) 687-3928  
**Hours:** See below

**Important Information**
Runs a variety of programs for children, caregivers, and expectant parents. Some programs involve a snack or meal for participants. Call 902-687-3928 or visit their Facebook page (Main Street) for upcoming events.

### Summerside

**Resource:** The Family Place  
**Contact Info:** 75 Central Street (902) 436-1348  
**Hours:** See below

**Important Information**
Runs a variety of programs for children, caregivers, and expectant parents. Some programs involve a snack or meal for participants. Pre-registration is required for some programs. Program schedule can be found here: [http://www.familyplacepei.com/#!program-schedule](http://www.familyplacepei.com/#!program-schedule)

**Resource:** Summerside Presbyterian Church  
**Contact Info:** 130 Victoria Road  
**Hours:** Thursday over Three Oak’s Senior High School lunch hour

**Important Information**
Free Kraft Dinner and other lunch items offered in the Community Room.
Resource: Summerside Youth Group
Contact Info: 299 Pope Road (902) 436-6044
Hours: Tuesday 5.30pm - 7pm

Important Information
Supper, conversation, Bible study, and games are included. Hosted by the Salvation Army, and all youth ages 5-12 are welcome. Call to register.

Churches
Some churches can provide access to food supplies, and many hold different types of community meals. Some of these are open to all, regardless of religious affiliation. Check with a church in your area.

Suspended Coffee and Pizza PEI
A “suspended” coffee is a cup of coffee paid for in advance by another customer as an anonymous act of charity. The tradition began in the working-class cafés of Naples, where someone who had experienced good luck would order a sospeso (suspended coffee), paying the price of two coffees instead of one. Food and beverage operators offer suspended items on a first come, first served, no questions asked basis. There’s no catch, just kindness!

If you could use a slice of pizza, cup of coffee (or tea!) or even some soup, someone else has already got you covered. Check out the Suspended Coffee & Pizza PEI Facebook page for more information and to keep up-to-date on newly added locations across the province.

www.facebook.com/suspendedcoffeeandpizzapei/