

Nine Circles Food Bank Guidelines

Nine Circles Food Bank is open to registered members only.

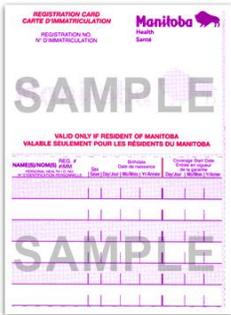
Talk to your doctor or nurse to see if you can register.

Food bank is **every second Thursday 12 pm – 1pm** except holidays.



To use the food bank at Nine Circles:

1. Talk to your service provider about getting registered to use the food bank.
2. Food bank is **every second Thursday** at 705 Broadway:
 - a. Check the Nine Circles Programming calendar to see if it is week A-K or L-Z. Use the first letter of your last name to determine your week to access food bank. example: John **D**oe = **D** = **A-K**
 - b. Bring your **MB Health Card** to pick up your food bank number every time.
 - c. Pick up your number at the front desk Thursday morning between 10:30am and 11:55 am.
Numbers will be drawn randomly, so there is no need to arrive early.
If you arrive after 11:55 am report to reception, they will give you a number from the end of line list (which will be given out in order of arrival.)
 - d. Your number tells you which group you will be called with.
Numbers are called when set up is finished, around 12 noon.
 - e. You need to be here in person to pick up your food. If someone else is picking up for you, you **must** speak with Tania on Wednesday, or leave her a voicemail message at 940-6000 before 4:30 on Wednesday. We do not accept notes from clients, you must speak to Tania.



If you cannot attend food bank on Thursday morning: (arrangements are made on a case by case basis for exceptional, one time circumstances)

1. To arrange a food box to be held for on your week, call 940-6000 and ask for Tania, Health Promotion Coordinator **before 4:30 pm Wednesday on your week only. Check the calendar to see if it is your week.**
2. If you request a food box it can be picked up between 2:30- 5:30pm on Thursday or between 9:00 and 11:30am on Friday morning.
3. If you are having someone else pick up for you **must** speak with Tania by Wednesday at 4:30 or leave her a voicemail message at 940-6000.
We do not accept written notes from clients, you must speak to Tania.

Please Note:

The food bank does not have delivery.

If you call on a Thursday to make a food bank plan, we may not be able to help you until your next food bank date. If it is an emergency call **Winnipeg Harvest at 982-3660**.

Options for using Nine Circles Members Only Food Bank:

1. Come through Nine Circles food bank line with a number on your week (A-K or L-Z). Arrive at 705 Broadway front desk between 10:30 and 11:55 am with your MB Health Card to get a random number. The numbers determine the order of members into the food bank.
2. Come to Nine Circles 705 Broadway on Thursday between 11:55am and 1:00pm. Ask for your end-of-line number. Once random numbers are finished, end of line numbers are called. This is a quick alternative, but sometimes food choices are fewer.
3. Arrange with Tania to send a friend or family member to 705 Broadway between 12-1pm for you. Call Tania on **Wednesday** before 4:30pm on your week to let us know who will come through the line for you (either with a number or end of line.) Verbal permission is needed each week, a written note will not be accepted.

Phone **Winnipeg Harvest at 982-3660** to find a food bank with a location and time that is more convenient for you.

If you forgot to come to food bank and didn't make a plan, come check in on Friday 11:00– 11:45am in case there are leftovers. Any leftovers will be put in the Reception area on Fridays at noon (12pm) and anyone is welcome to come and take some.

- If you face a barrier that is related to mobility, for example getting from your house to food bank or physical strength or conditions, please see the Nine Circles Occupational Therapist, to arrange a meeting to discuss making food bank easier for you.
- If you face a financial barrier in getting to the Nine Circles food bank you can talk to your Social Worker, to discuss solutions to this barrier.
- If you have any other questions about Nine Circles food bank, please see Tania or Yves.

Please bring your own bags or boxes for carrying your food home.

