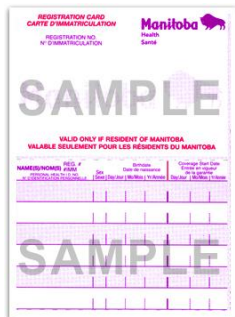


Nine Circles Food Bank Guidelines

To use the food bank at Nine Circles:

1. Nine Circles Food Bank is open to registered members only.
Talk to your Nine Circles service provider about registering for food bank.
2. Food bank is **once every 4 weeks** at 705 Broadway.
3. Use the first letter of your last name to check food bank calendar for your week A-K or L-Z. (example: John **D**oe = **D** = **A-K**)
4. **Phone Nine Circles food bank at 204 226-0282** the day before your food bank to schedule a pick up time.
5. Arrive at scheduled pick up time, please do not come early or late.
Bring your **MB Health Card** and bags.
6. You need to be here in person to pick up your food.
If someone else is picking up for you, you must inform staff at 204 226 0282, we do not accept written notes from clients.



If it is a food emergency call **Harvest Manitoba at 204 982 3660**.

If you face a barrier that is related to mobility, for example getting from your house to food bank, physical strength or conditions, please see the Nine Circles Occupational Therapist to discuss making food bank easier for you.

If you face a financial barrier in attending Nine Circles food bank you can talk to your Nine Circles Social Worker to discuss solutions to financial barriers.

If you have other questions about Nine Circles food bank, talk to your care team.

Please **bring bags** to carry your food home.

