



Port Cares Reach Out Food Centre

“Help us create a place that reflects the kind of world we want to live in”

Who are we?

Port Cares provides tangible, respectful assistance to those with low incomes in the Port Colborne/Wainfleet communities through immediate and ongoing support. People have access to healthy food and opportunities to learn new skills, as well as take advantage of resources that will help them build a greater level of independence and a better life for themselves and their families.

What we offer

Meal Programs: A nutritious, hot meal is served Mon., & Wed. at 12 pm & Thursdays at 5:00
Sunday breakfast is served 9:00 – 10:00 by community partners. Coffee is always on for socialization.

Food Bank: Open daily 12:30 to 3:30. We strive to provide the highest quality of food such as fruit, vegetables, milk, and dairy products as well as nutritious snacks for children

Teaching Kitchen: Gain life & employment skills while learning to prepare nutritious food.

Community Garden: Learn to grow fresh, inexpensive and nutritious vegetables

Cooking Classes: Learn to cook, can vegetables & more. Classes for adults and children.

Choose Your Own Adventure After School Program: Tutoring assistance, and activities for children and youth age 8-14 . Starting September 16th, 2013.

Information and Referral – Information, referral and advocacy assistance in navigating services

Additional supports – Back to School, Koats for Kids, Christmas adopt a family program

Shared facilities – Opportunities for partner agencies to provide additional services

How you can help

Volunteer opportunities – call 905.834.3629 or visit www.portcares.on.ca



Donations – the Reach Out Food Centre is open from 9:00 to 4:00 to accept donations of food, & fresh produce. Financial donations can be made at the ROFC or 92 Charlotte St. Ongoing regular support can be made through the Caring Partner Program. Receipts will be issued for donations over \$20.00.

For more information call 905.834.3629 or visit www.portcares.on.ca