



COVID-19 - How to Access Food

**Effective March 25, 2020*

Please read carefully.

We are striving to ensure all Manitobans who need it have access to emergency, temporary food support. To stretch our resources and serve an anticipated larger number of clients, we are preparing large food hampers to be delivered through our network of community food banks and partner organizations, more than 300 across Manitoba.

This larger, food hamper will provide food support for 10-14-days, the same amount of time as the recommended quarantine period, over a 4-week period. For existing clients, it will replace our regular provision of 3 days of food every two weeks with food support for 10-14-days over 4 weeks. Details regarding what's included in the hampers appears below.

It is important to note that our ability to produce hampers is based on contributions from retail partners, food drives and other donations. In the event of food shortages, we may have to revise the size or contents of our food hampers.

*Any updates to this process will be posted on the website - <https://winnipegharvest.org/need-help/need-food/>

STEPS:

Step 1. Contact the Food Assistance Call Centre to book an appointment at your local food bank:

- **Hours: Monday to Friday 9:15 AM - 3:15 PM, Saturday 9:15 AM - 12:15 PM**
- **Please have your Manitoba Health Card ready**

In Winnipeg:

Phone: (204) 982-3660

Email: appointments@winnipegharvest.org

Outside Winnipeg:

Phone: (1-800) 970-5559

Email: kellym@winnipegharvest.org

Step 2. Attend Your Appointment

- Bring your Manitoba Health Card to your local food bank, and bags or boxes to carry your food hamper.
- Read what you will receive below.

Step 3. Following your appointment

- Call or Email the Food Assistance Call Centre in Step 1 to book your next appointment.

Food Hampers - what you will receive:

As supplies last, we will provide 1 large, pre-packaged Food Hamper per registered address every 4 weeks with food support for a 10-14-day period.

Food Hampers will include a selection of non-perishable items including Canned Soup, Canned Vegetables, Pasta and Sauce, Dry Lentils, Bouillon cubes, Oatmeal, Rice, Peanut Butter, Canned Meat, Pancake Mix, Crackers, Cookies, and other items as available. There will be no special items like gluten free, no daily extras, and no other perishable items, pet food, diapers, feminine hygiene, etc. For now, Hampers will also include bread, milk, baby formula and baby food. Food banks may help provide supplementary food to help families and individuals stretch their budgets, however it is not expected to meet all food needs.

Hamper will be roughly the size of 3 plastic grocery bags.

Recipes - available online to help make meals from these items.

<https://winnipegharvest.org/need-help/need-food/>

Thank you!