

\*Updated Thurs, April 2 - Gift Cards will now be available throughout PEI, with over 80 organizations helping pass them out. More details to come tomorrow (April 3)♥

## FREE FOOD RESOURCES

ALL Food Banks, soup kitchens and restaurants are taking every precaution to provide the safest and cleanest way to distribute food and meals. I will update daily as more resources become available. 😊

\*\*If you are in isolation you can call this number to have food delivered.

1-833-533-9333.

\*\*\*SOBEYS & Gov't of PEI are now offering \$100 Sobeys Gift Cards to employees who are laid off or have reduced hours (by 8 hours a week or more). Your employer will need to fill out the paperwork on your behalf.

\*\*FOR KIDS\*\*

1. [PEI School Food Project](#) is helping families dealing with food insecurity during this time. They are providing healthy meals & snacks. Please fill out this form (<https://forms.gle/RYU7gyLhgUTuTvNY8>) & email to [supportforfamilies@edu.pe.ca](mailto:supportforfamilies@edu.pe.ca) or you can call 902-368-5155. ♥

### 2. [Pure Kitchen Catering](#)

Offering free meals to kids who need them. There will be approximately 100 portions available per week. PLEASE....If you know of any families that need this kind of help.... reach out to them.

They will do their best to help.

For details, send them a message or call 902 892 2190.

This offer is for pick up only . (If you need delivery, you can join [Charlotteotwn Sharing Page](#) and/or [Caremongering - PEI :Response to COVID-19 FB pages](#) as many have offered to help deliver food) ♥

3. [Hunters Ale House](#) is offering 1/2 price kids meals (\$4.30)...I am posting here in FREE food resources because several people have said they would purchase these for families/kids in need. You can join [Caremongering - PEI :Response to COVID-19 FB page](#) and ask about getting meals donated. ♥

Call Hunters to order: 902-367-4040

## FOOD HAMPERS:

1. [Gifts From The Heart Inc.](#) is providing food hampers Monday-Friday. They are open 10-4 so lots of opportunity to get in and get one...delivery is available as well. Only one person in facility at a time so please call 902-628-6871 first so they can have your food box ready and waiting for you...58 Spring Lane, Ch'town.

2. [Freshest fruits and vegetables](#) are now offering food boxes for those in real need. You can contact them through their FB page (link above). They are also looking for people who can donate financially so they can do up even more boxes for those in need.

3. [The Salvation Army in Charlottetown, PEI-](#)

Tues and Thurs 9:30-11:00 am

\*\*Anyone who needs a hamper can get one (don't have to be a regular client) and you can now go TWICE a month. They will also deliver.

4. Upper Room Food Bank - Mon, Wed, Fri from 9-11

People can pick up hampers twice a month now. They will also do their best to get to you if you can't pick up.

Charlottetown

[The Upper Room Hospitality Ministry Inc.](#)

5. Cornwall Food Bank Pick Up - Thursdays between 10-10:15 at Lion's Club on Cornwall Rd (Curling Club building) Please call Upper Room Food Bank by Wed to order your box (892-7092)2.

8. First Baptist Church - Mondays 9-10 am at Fitzroy St entrance.

Charlottetown Area

9. Summerside Salvation Army Food Bank-

Wed & Fri 10:30-2:30

(please write down name/address/phone #/DOB before you go)

Location: Pope Avenue

10. Kensington Lions Club Food Bank

Kensington Area

By appointment only. Please call 902-836-5060 and leave a message and they will call you back same day.

11. [South Shore Food Share](#) - Crapaud Area. by appointment only. Please message them through FB. They are also offering free bagged lunches...see the details below under TAKEOUT MEALS.

12. [Montague Food Bank](#) - Thurs 9-11:30

13. Souris Food Bank - Saturdays 11-12:30

14. Caring Cupboard- 4 locations

Tyne Valley, Alberton & Bloomfield - Thurs 10-12

Tignish - Tues 4-5 pm

Call them as needed at 902-882-2559

If you know someone who cannot get out themselves you can take their ID with you and pick up for them. (During CoVid 19 pandemic)

TAKE OUT MEALS (Pick up or Delivered)

1. [South Shore Food Share](#) (CRAPAUD AREA) is now offering free bagged lunches Monday, Wednesday and Friday's for any family or senior in need. Lunches will not be sandwiches but rather canned soups, beans, Kraft dinner etc that you can heat at home as they do not have a proper license to prepare meals. FRuit and snacks will be included as well. Lunches may be picked up in the Foodshare parking lot between 11:00 a.m - 12:00 p.m. on these days. If you are a senior, please

contact Jackie (902)439-4821, Jenny (902) 393-4566 or Terri (902) 218-0772 and we will deliver to your door. ❤️

## 2. SUMMERSIDE Salvation Army Soup Kitchen

Summerside Area - Pope Ave

Take out meals are provided Mon thru Friday from 11:30-12:30 ❤️

## 3. Pure Kitchen Catering

Charlottetown Area

They provide ready made meals..people can pay for meals to be donated for those who are in need. Contact them to see if there are free meals available. 902- 892-2190 or [celebrate@purekitchenpei.com](mailto:celebrate@purekitchenpei.com) ❤️

4. [Stir It Up PEI](https://stiritup.pwaapps.ca/) is offering free meals to those in need. If you or someone you know is in need please click this link <https://stiritup.pwaapps.ca/> and in the top left corner you will see where to click. People can also choose to donate meals. You can also call 902-394-7364 ❤️

5. [4 Love 4 Care](#) is now offering free meals for those needing some nourishment. Please message them through their FB page or call them at 902-213-1553 or 902-393-1993. ❤️

6. [The Yellow House & Green Island Catering Company](#) are now offering FREE baking & meals in the North Rustico Area. Menu is posted on their FB page. Contact them at 903-330-9219 or email [greeniscatering@gmail.com](mailto:greeniscatering@gmail.com) to request meals and delivery. ❤️

## 7. Soup Kitchen -

101 Richmond St. Ch'town

Lunch everyday at 11:00. Supper Mon-Fri at 4:00 ❤️

[TBK Silver Streams Restaurant](#) is donating 50 meals per week to the Soup Kitchen to help with their takeout meals. Silver Streams has also put out an offer to help Senior Care homes if needed ❤️

\*\*If anyone needs help with food pick up and delivery please join Charlottetown Sharing Page or Caremongering - PEI :Response to COVID-19 OR CALL 1-833-533-9333

\*\*\*For those who are able to help financially, you can make donations through the FB pages listed above...right now the best way to give is to donate money so they can buy what is needed most (Food Banks) or donate meals through the businesses listed under "Meals". \*\*\* ❤️

Please share so people in every community know what is available.