

Food & Meals

Community Food Resources



Mondays & Thursdays 10am - 12pm

(provide your 6 digit medical number, number of adults and children in household)

Emergency Contact for Food Bank
204 345 9145

STUCK ON MEAL IDEAS?

Meal /Ingredient Bags can help —
Most or all of the ingredients for nutritious recipes are pre-portioned and provided—different ones all the time!

- Call Kristen Ticknor, Dietitian - 204 345-1230
- LDB and Area Food Bank has some available several times a year—ask for details!
- Ask at Lunch Is On Us

NO COST

Lac du Bonnet and Area Good Food. For All.



NEED FOOD DELIVERY?

Two Rivers Support Services can arrange delivery of Food Bank Hampers (24 hrs notice/prearrangements preferred)

Contact: Pat in Lac du Bonnet 204 345-1227

Kara in Pinawa 204 753-2962



Wings of Power can arrange delivery of Food Bank Hampers in Powerview/Pine Falls Area:

Contact: 204 367-9641

Mrs Lucci's Family Resource Center in Lac du Bonnet can provide help if you are not able to buy the food that you need.

Contact Torrie at 204 345-9901

KIDS IN SCHOOL?

Centennial School

Did you forget to bring a snack or lunch? Could you use a bit more food in your lunch? Let your classroom teacher know and we can help!

Parents, Centennial School can provide a snack and/or lunch free of charge on days your child needs those.

Contact Dave Ogren at [204-345-2462](tel:204-345-2462) for information on the lunch program.

Lac du Bonnet Senior School

Skipped breakfast? No problem!

We have a free snack program available to all students to pre-order healthy snacks, delivered during the morning break.

All grade 7/8's are given the order form at the beginning of the week.

If you are in high school and want to access snacks, speak to Ms. Gow.

Forgot a lunch? Let Ms. Viznaugh or Ms. Gow know and we will help you out.



Lunch Is On Us



If you're a fan of homemade soup, if you get hungry at lunch time or if you just want to feel a sense of community then **Lunch Is On Us!**

Everyone is welcome!

Note: NEW LOCATION



Mrs Lucci's (Back Door)

NO COST

Tuesdays & Thursdays

Take out only

11:00am – 12:30pm

For details, contact Tracy at 204-345-9649



Looking For A Hot Meal Program?

Congregate Meal Programs

For Seniors and Persons With Disability

\$9.00 per meal effective Dec 1, 2021

DINE-IN OR TAKE OUT

Lac du Bonnet: **Let's Do Lunch** at Park Manor

Wednesdays and Fridays

Contact: Dianne at 204 345 2228 for details

Pinawa: **Shirley's Kitchen** at Vanier Center

Mondays and Wednesdays

Contact Shirley at: 204 753 2087 for details



Lac du Bonnet Mental Health Support Centre Inc.

83 – 2nd Street, Lac du Bonnet

(204) 345-5570

The LDB Mental Health Support Centre provides community-based services for adult persons with lived experience, and individuals who are seeking mental health support that is rooted in the foundation of Recovery.

This is a Drop-In Centre, no appointments, hours of operation **Monday – Friday 9:00am – 1:00 pm**

Some of the services provided are: (all services are free)

Lunch Program

Coffee House

Support and Referrals

Relaxing atmosphere

Peer Support

Promotion of wellness

The Lac du Bonnet Food Security Network discusses common issues and works together for solutions to food insecurity in our community. Network Info call 204-345-1230