

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

Diane—204 345 2148

Linda/Russ—204 345 8476



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! NO COST

EAT IN OR TAKE OUT



Lac du Bonnet Arena

Tuesdays and Thursdays

11:00am – 12:30pm

For details, contact Tracy at 204-345-9649

Lac du Bonnet and Area Good Food. For All.

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.

76—3rd Street Lac du Bonnet

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. Stevenson or Ms. Gow know and we will help you out.

Youth Recreation Center

Open: Monday to Thursday: 3:30 to 6:30 pm
Friday: 3:30 to 9:30 pm

****Meals are guaranteed to be provided to all participants ages 12 to 18 who are at the YRC for 4pm (when we do our meal head count) ****

****we also have soups to send home as snacks****

Meals are made fresh every day, and youth are encouraged to participate in meal planning, shopping, preparation, and serving.



Looking For A Hot Meal Program?

Congregate Meal Programs
For Seniors and Persons With Disability
\$10.00 per meal

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 | Support and Referrals |
| Coffee House | Relaxing atmosphere |
| Peer Support | Promotion of wellness |

Stuck on Meal Ideas?

Try a Meal /Ingredient Bag —

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 or Mrs Lucci's Resource Center

NO COST

The Lac du Bonnet Food Security Network discusses common issues and works together for solutions to food insecurity in our community.

Something missing?? If you have a community program you would like to share, call Kristen at 204 345-1230