

Here are a few options that you may or may not be aware of to help those in need of food:

Feed Nova Scotia

Food banks and meal programs are safely providing food support

Most of our member agencies are open, with processes in place to safely provide food support. If you need food, call 211. They're available 24/7 to help connect you with resources in your community.

Can't access food banks and meal programs?

While most food banks and meal programs are still open with processes in place to safely serve their communities, not everyone is able to access them right now.

Feed Nova Scotia's COVID-19 Food Box program is a short-term initiative to provide home delivery of food to Nova Scotians who need food support and can't access a food bank or other food support programs.

If this sounds like your situation, please call 211 on weekdays between 8am and 8pm and they'll help determine if this program is a good fit.

Visit <https://www.feednovascotia.ca/find-food> for more information.

FLASH Food App for discounted groceries at the superstores.

A very useful app allows one to buy up discounted foods that are ready for rotation out of Superstores. Fresh fruit and veggies are sold in boxes for \$6-3, breads, sandwich meats, yoghurts etc are listed daily on the app. One can register and purchase for later pick up. Savings can be significant.

This is available throughout NS so share this with people you know like students, young families, food insecure families.

<https://flashfood.app.link/pdLf5w4abb>



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