



### **How to Receive Food Assistance**

If you or your family need emergency food assistance and you live in Bells Corners, Crystal Beach, Accora Village in Bayshore, Craig Henry, Manordale or Trend Arlington, FAMSAC Food Cupboard is happy to help. **You can access the food cupboard once every 30 days.**

To request support, please call 613-820-5428 and leave a message with your name (please spell it out for us) and your contact information, including when it is best to reach you. If you do not have a telephone, you can email [info@famsac.ca](mailto:info@famsac.ca) to request assistance.

Our volunteers check messages between 9:00am-12:00pm, Monday to Thursday. One of them will contact you to collect some basic information about all of the people in your household before setting up an appointment for you to come to the food cupboard to pick up your food. **Appointments are available Tuesday 5:30pm-7:30pm, Wednesday 6:30pm-8:30 pm, Thursday 10:00am-12:00pm and Saturday 1:00pm-3:00pm. Please do not come to the pantry without having made an appointment.**

### **Where Are We Located?**

FAMSAC Food Cupboard is located in Bells Corners at the Nepean Creative Arts Centre, **35 Stafford Road, Unit 7**, behind the Giant Tiger. You can reach our location on bus routes 57 and 88.

### **What to Expect**

**Each time you visit the food cupboard**, you will be greeted by one of our volunteers who will verify identification for all the members of your household and proof of address. The volunteer will then assist you in choosing food from our inventory. We offer a mix of non-perishables, fresh foods and frozen items.

### **What You'll Need to Bring**

Please bring a piece of identification and proof of address to every visit. Your identification can include one of the following: provincial ID card, health card, passport or driver's license. Your proof of address can be any document that has recently been mailed to you at your current address and that shows the date, your name and your address. Examples include a bank statement, a hydro or heating bill, a letter from a government agency, or your lease agreement.

If you are not sure of what to provide, please feel free to ask one of our volunteers and we'll be happy to help.

Also, please bring bags to carry your groceries home in. A typical order for a medium-sized family can easily fill five or six reusable bags.