

Services **FOR FOOD** for the MRC of Pays-d'en-Haut

security



FOR THOSE EXPERIENCING

- ✓ Financial difficulty
- ✓ Loss of job
- ✓ Illness
- ✓ Waiting on a cheque or financial support
- ✓ Any other problematic situation

Garde-Manger des Pays-d'en-Haut | 450-229-2011

- Monday** in Sainte-Adèle
- Tuesday** in Morin-Heights and Saint-Adolphe-d'Howard
- Wednesday** in Saint-Sauveur
- Thursday** in Sainte-Marguerite-du-Lac-Masson (including the community of l'Estérel) and Wentworth-Nord (including the community of Lac-des-Seize-Îles)



EMERGENCY ASSISTANCE is available in special situations. You can contact Garde Manger des Pays-d'en-Haut. If this is required more than once, you can sign up for regular delivery

Collectif pour la sécurité alimentaire de Saint-Adolphe-d'Howard
 819-327-2626 ext. 1 (leave a message)
 Affordable meals for delivery*

Café communautaire l'Entre-Gens
 450-229-2211
 Affordable meals for pick up or delivery* for anyone.

L'Entraide bénévole des Pays-d'en-Haut
 450-229-9020
 Grocery shopping for seniors and families. Affordable meals for delivery* for seniors.



L'Étoile du Nord
 (Club de l'âge d'or FADOQ de Wentworth-Nord)
 514-707-7856
 Affordable meals for delivery* for anyone

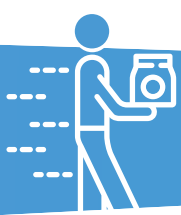
Sophie Community Resources
 for Wentworth-Nord and Lac-des-Seize-Îles Sud
 450-226-1304
 Affordable meals for delivery* for anyone



La Rencontre de Ste-Marguerite
 450-228-8606
 Affordable meals for delivery* for anyone.

Soupe et Compagnie
 450-744-0207
 Affordable meals for pick up or delivery* for anyone.

4Korners | 450-974-3940
 For anyone that needs further assistance connecting to services call or email us: info@4kornerscenter.org



* Free delivery available. Certain restrictions apply.