

Food Banks				
Organization	Program(s)	Details	Contact	Address
West Island Assistance Fund	Emergency food assistance / food bank	Tuesday, Wednesday, Thursday: 9:30 a.m to 11:30 a.m to 4:00 p.m Friday: 1:00 p.m to 4:00 p.m	514-683-0456	23 Centre-Commercial St. Roxboro, QC H8Y 3K6
Maison Entre Familles	Food assistance	By appointment only. Thursday : 6:30 p.m. to 9 p.m.	514-814-0402	72E Brunswick DDO, H9B 2C5
On Rock Community Services	Emergency food boxes, school lunch program, holiday baskets.	Fees of 7\$/week. Inscription via website. Pickup Tuesday between 2 and 5:30 p.m. or Wednesday between 10 and 5 p.m.	514-696-1905	9554 Boulevard Gouin Ouest, Pierrefonds, Quebec H8Y 1R3, Canada
Comptoir alimentaire Ste-Anne-de-Bellevue	Food items and food coupons	Once a month	514-838-5713	1, rue de l'Église, H9X 1W4, Sainte-Anne-de-Bellevue
West Island Mission Ouest-de-l'île	Emergency food assistance/monthly or bi-monthly food bank, christmas baskets, back to school support program	5\$ fees. With appointment only. Pickup Wednesday and Friday.	514-912-6813	219 Labrosse, Pointe-Claire, QC, H9R 1A3

Community Organizations				
Organization	Program(s)	Details	Contact	Address
Cummings Centre	Kosher meals delivery (comes from Paradise Kosher in marché de l'ouest). For longterm needs.	See the menu and price list on their website. You have to call to make an order(minimum of 3 meals/week). Cannot accomodate all special diets.	514-343-3514	5700 Westbury Avenue, Montreal, QC, H3W 3E8
Volunteer West Island	Meals on wheels	Hot nutritious meals to homebound or isolated seniors and to those with reduced autonomy.	514-457-5445, # 225	1, rue de l'Église Sainte-Anne-de-Bellevue
Centre d'encadrement pour jeunes femmes immigrantes (CEJFI)	Emergency food assistance	Food assistance for young immigrant women.	514-744-2252	1775, boul. Édouard Laurin, Saint-Laurent
Corbeille de pain	Community kitchen/Cooking workshops		514-894-5850	Bureau : 11 Av. Rodney, Pointe-Claire Diverses cuisines communautaires à travers l'ouest de l'île
	Community garden	Organized activities for participants		Many gardens throughout the West Island
Équipe Entreprise	Frozen healthy and affordable meals (Low fat, no salt, without OGM, no preservatives)	between 5 and 7\$/meal	514-636-1081	1375 Route Transcanadienne, H9P 2W8, Dorval
SunYouth	Emergency food assistance	Food bank located in Parc-Extension. Delivery in the West Island if eligible.	514-842-6822	6700, avenue du Parc, suite 100 Montreal, Quebec H2V 4H9
Maison des jeunes À-Ma-Baie	Cooking workshop	Activities and ressources for youth between 12 and 17 years old.	514-685-2989	9625 Blvd Gouin Ouest Pierrefonds, Qc H8Y 1R4

Faith Organizations				
Organization	Program(s)	Details	Contact	Address
Banque alimentaire action chrétienne	Pizza lunch for teenagers, Christmas baskets	5\$ Pizza lunch for teenagers on Thursday 12 to 2p.m. They accept food donations every first Sunday of the month.	514-695-6248	275 Braebrook Ave., Pointe-Claire
Comptoir alimentaire Ste-Anne-de-Bellevue	Food items and food coupons	Once a month	514-838-5713	1, rue de l'Église, H9X 1W4, Sainte-Anne-de-Bellevue

Farms and Markets				
Organization	Program(s)	Details	Contact	Address
AlterNative Bio	Livraison de paniers bio	Jeudi entre 16h et 21h.	Formulaire en ligne: Alternativebio.com/je-minscris/	Point de ramassage: Pointe Claire Aliments Papillon 313, boul Saint-Jean Tél. : 514-697-5157

Ferme Coopérative Tournesol	Organic weekly or bi-weekly vegetable baskets	Organic vegetables at a competitive price. You can also add fruits, eggs, flowers and more to your baskets.	Register online: https://www.fermetourneso.lqc.ca/pages/contact	Pickup location: Kirkland, Christmas Park (Beaconsfield), Vaudreuil (AMT train station), Ferme Tournesol (Les Cèdres), Pointe-Claire
Jardins Tierra Viva	Organic fruits and vegetables cultivated in Mirabel.	Place your order online between Wednesday pm and Friday at noon via tierraviva.ca	info@tierraviva.ca	Pickup at Marché Valois
Marché Dorval	Variety of fresh and local products.	Monday to Saturday 10 to 5:30 p.m. Sunday 9 to 4 p.m.		485 Chemin Bord-du-Lac, Dorval, QC H9S 2A9
Marché du campus MacDonald (MacMarket)	Fresh produce from their farm and other local products.	From July to November. Every Friday, they offer a discounted basket for MacDonald campus students.	514-398-4455, # 7875	17 Rue East Cottages, Sainte-Anne-de-Bellevue, QC H9X
Marchés solidaire de Corbeille de Pain	Fresh and local produce market.	«Pay-what-you-can» model to make it accessible to all.	514-894-5850	Market À-Ma-Baie at Gerry-Robertson Community Centre in Pierrefonds: Thursday 3 to 6 p.m. & Neighbourhood Market at Bob-Birnie Arena's parking lot in Pointe Claire: Wednesday 4 to 7 p.m.
Marché de l'Ouest	Marché de l'Ouest features indoor and outdoor shops, with a large variety of horticultural products, meat, fresh fish, cheeses, tea, breads and pastries.			11600, boulevard de Salaberry, Dollard-des-Ormeaux (Québec) H9B 2R8
Marché Valois Pointe-Claire	Fresh and local produce market.	Open Saturday 10 a.m. to 2 p.m. location may change	marche.valois@gmail.com	37 Donégani, Pointe-Claire, QC, Canada, Quebec
TerraBella	Organic fruits and vegetables delivered to your home.	West Island deliveries on Tuesday evenings. Minimum order of 75\$ (5\$ delivery fee)	514-240-8026 georgeterrabel la@yahoo.ca	2995 Rue Sartelon, Saint-Laurent, QC H4R 1E6

Municipal and Governmental Resources

Organisme	Programme(s)	Détails	Contact	Adresse
Fondation Olo	Offer follow-up care and coupon distribution for dietary supplements and vitamins to help support a healthy pregnancy for women with low income.	Contact your CLSC or CSSS to register	514 849-3656	550, rue Sherbrooke Ouest, Tour Est, bureau 230 Montréal (Québec) H3A 1B9
Ville de Pointe-Claire	Supporting solitariness markets and community gardens			
Assistance Communautaire Dorval	Monthly food assistance and community garden.	Must be resident of Dorval.	514-633-4100	1335, chemin Bord du Lac, bureau S-020, H9S 2E5, Dorval

At Home Delivery Services

Enterprise	Service(s)	Details *	Contact	Address
Agrigourmet	Healthy meals delivered. Local and fresh ingredients. Can accommodate dietary needs (dialysis, allergies...)	From 5.40\$/meal	514-508-4383	At home delivery
Bon c bon	Healthy meals delivered. Gluten free option available.	Minimum order amount and delivery fee according to your location. Order online: boncbon.com	514-358-2669	At home delivery
Chefs plate	Mealkit offering ready-to-eat and ready-to-cook options. With subscription.	From 9\$/meal. Order online : chefsplate.com		At home delivery
Cook it	Mealkit offering ready-to-eat and ready-to-cook options using local ingredients. With subscription.	From 12\$/portion. Order online : chefcookit.com		At home delivery
Ferme Lufa	Online grocery store with local products and their greenhouse vegetables grown in Montréal.	15\$ minimum order. Order online : montreal.lufa.com		Many pickup location or at home delivery
GoodFood	Mealkit offering ready-to-eat and ready-to-cook options. With subscription.	Entre 10.75 - 15\$/portion. Commande via site web : makegoodfood.ca		At home delivery

HelloFresh	Mealkit offering ready-to-eat and ready-to-cook options. With subscription.	Between 10 - 13\$/portion. Order online : hellofresh.ca		At home delivery
Hunger Busterzz	Hot and ready-to-eat meals. Catering services.	Order online or by phone. hungerbusterzz.com	514-834-2878	At home delivery
La boîte du chef	Ready-to-eat mealkit. No subscription.	Option starting at 5.75\$/portion. Order online: laboiteduchef.ca		At home delivery
La réserve culinaire	Ready-to-eat mealkit. No subscription.	From 10\$/portion. Order online : lareserveculinaire.com	514-393-8024	At home delivery
Les 3 maîtres gourmands	Healthy meals delivered.	13\$-27\$/meal for two.	514-583-7711	At home delivery
Saveurs Santé	Healthy meals delivered everywhere in Québec. Options available for vegetarians, gluten free, hypoglycemia, weight loss and for kids.	From 8.5\$/portion. Order online: saveurssante.com	1-877-589-8998	At home delivery
Tout cuit	Ready-to-eat mealkit. No subscription.	From 8.5\$/portion. Order online: toutcuit.ca	1-833-570-5677	At home delivery
We Cook	Mealkit offering ready-to-eat and ready-to-cook options. With subscription.	From 11,5\$/portion. Order online : wecookmeals.ca	1-844-493-2665	At home delivery

* please note that mentioned pricing may change.

B2B				
Organization	Program(s)	Details	Contact	Address
21st century food	Catering services, cafeteria and meal delivery for businesses.	Gourmet healthy meals for your employees and events.	Online : www.21stcenturyfood.com	Delivery available
D3-Pierres/Jardins du cap	Organic farm located in Cap-Saint-Jacques and Bois-de-la-Roche.	Their production is distributed to organizations for families in need through Cultiver l'espoir.	514-648-8805	183, chemin du Cap-Saint-Jacques, Pierrefonds (Québec) H9K 1C6
Les vergers de chez nous	Collect fruits from your trees located in the West Island.	What is collected is then shared between volunteers and organizations in need.	vergersdecheznous@gmail.com	
Jardins Carya	Selling their produce to local institutions, donations of surplus to organizations.	Member of Pôle nourricier L'aube which groups different producers of the West Island to sell directly to institutions (hospital, CPE, food banks...)	514-505-4300	39 ave. Phillips, Senneville, H9X 3X8
Jardin Fritz	Everything goes to the West Island food banks.			Fritz Park, Baie-d'Urfé, QC, Canada, Quebec
Ferme Lufa	They have a direct donation program which provides fresh fruits and vegetables to families in need.	They partner with organizations to select the families.	community@lufa.com	