

# South Shore Community Update

The situation is ever evolving, and we will do our best to keep you informed.

First, it's best to call ahead as many South Shore community services and programs have reduced their hours or have closed until the end of the month.

Various Coffee shops like Starbucks, Tim Hortons and McDonalds have removed all in store eating areas and only offer walk-in or drive-thru services. Other restaurants have reduced seating by 50%.

The South Shore municipal buses are now free and still running. However, you now must board by the back door. And note that most of the buses are running close to empty.

## Food Services

There is a central number that can direct people in need to any food bank on **the South Shore 450-641-2885**.

**Meals on Wheels Services** are still being offered. However, contact between the drivers and clientele is very limited.

The Meals on Wheels is a non-profit organization who provide home support for people who have lost their autonomy. Hot meals are home-delivered to participants by volunteers twice a week. All production costs, such as food purchasing, packaging, and transportation are included in meal charges.

- La Petite Cuillère .....450 748-4918
- Meals on Wheels of Brossard .....450 678-8275
- Meals on Wheels of Greenfield Park .....450 678-8755
- Meals on Wheels of Saint-Hubert.....450 656-9110
- Meals on Wheels of Saint-Lambert.....450 672-5560 (Has closed until the end of the month)

The **Frozen Meal Program out of St Paul's** in Greenfield Park is still available and clientele can request additional meals.

Volunteers from the **All for the Children** community organization are available to help seniors and those with other health issues pick up groceries and go to the pharmacy. They have a team of volunteers who are available to help in Greenfield Park, Brossard, St. Hubert and Lemoyne. Contact them at 438-938-6003.

**The Salvation Army** store on Taschereau Blvd. is now closed. For their Food Bank service call 450-466-4428 (appointment only).

**H.O.P.E** is still making food deliveries. For those in need call 450-693-0262.

**Mission Nouvelle Génération (Food Bank)** is taking important precautions to prevent the spread of the virus among customers, volunteers and employees. **Food distributions on Tuesday and Thursday are maintained.** They are an essential food service with never more than a hundred people in the building at the same time. All volunteers who are over 70 are being asked to stay home. (Additional younger volunteers are needed!). For information call 450-486-7667 or visit their website <https://missionnouvellegeneration.org/>.

In Brossard there is also Maison International MESA but you must call before : Tel 450 676 3712  
Monday to Thursday 9:30 a.m. to 4:30 p.m. Friday 9:30 a.m. to 1:00 p.m.

If you have questions about what services are open or simply want a friendly voice to talk with, ARC is available by phone at 514-605-9500.