

GET INVOLVED

Volunteer

We have many volunteer opportunities. If you are interested in volunteering with us, please contact us by phone or visit our website to apply.

Donate

Financial contributions can be made:

- in person at the CDC office
- by mail
- online through CanadaHelps.org by entering our full name

Support

Not able to make a financial donation? We welcome your support through:

Donations of baby products such as diapers, formula or jarred baby food; organizing a Baby Food Drive; hosting a Golf Tournament; purchasing gas cards.

Thank You

Thank you to the many businesses, organizations and individuals who support us!

We are a registered charity and provide tax receipts for donations of \$10 or more.

OUR MISSION

To reduce poverty and improve the quality of life and health of everyone in our community through research, alliances, programs and services



Funding provided by:



“An invaluable part of our lives.”

“Makes the struggle less stressful.”

“The programs gave me hope and will help me accomplish my dreams.”

“Genuinely care about the quality of life.”

“Recognizing I wasn’t alone made all the difference.”

65 Station St.

Belleville ON K8N 2S6

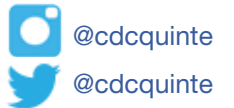
613.968.2466



613.968.2251



cdc@cdcquinte.com



Community Development Council of Quinte

www.cdcquinte.com



Our programs help you stretch your food budget and are available in areas throughout Hastings & Prince Edward Counties. Call our office or check our website for program hours in your area!

Good Baby Box

Infant - \$6

- 20 pack of diapers
- 1 specialty item*

Over 6 months - \$10

- 20 pack of diapers
- 6 small or 4 large jars of baby food
- 1 choice of cereal, cookies or juice

Toddler - \$6.50

- 20 pack of diapers
- 1 specialty item*

***SPECIALTY ITEMS**
Wipes • Diaper Cream
Shampoo • Vaseline
Lotion • Soap
Other items

Infant Formulas

We offer access to infant formula at reduced cost as a nutritious alternative for parents who are unable to, or have chosen not to breastfeed.

- GoodStart: \$16.00/can
- Enfamil (with iron or lower iron): \$16.00/can
- Parent's Choice (with iron or lower iron): \$9.00/can
- Concentrate: \$2.25/can or \$17.00/8 cans

(available weekly at our location during program hours.)

Good Food Box

Pay by the first week and pick up your box the third week, in your community. All depots listed on our website or call us for your nearest depot location!

\$15 (Larger Family)*

- | | |
|-------------------|-------------------|
| 5 lb. Potatoes | 1 Green Pepper |
| 2 lb Carrots | 1 Green Onion |
| 2 lb. Onions | 4 Tomatoes |
| 1 Broccoli | 5 Mac Apples |
| 1 Celery | 2 lb. Bananas (6) |
| 1 Romaine Lettuce | 5 Oranges |
| 1 Cucumber | 1 Zucchini |

\$10 (Smaller Family)*

- | | |
|-------------------|------------------|
| 2.5 lb. Potatoes | 1 Green Pepper |
| 2 lb. Carrots | 1 Green Onion |
| 2 lb. Onions | 2 Tomatoes |
| 1 Broccoli | 3 Mac Apples |
| 1 Celery | 1lb. Bananas (3) |
| 1 Romaine Lettuce | 3 Oranges |

\$5 Fruit Bag*

- | | |
|-------------------|---------|
| 6 Mac Apples | 2 Kiwi |
| 2 lb. Bananas (6) | 1 lemon |
| 6 Oranges | |

*These are sample boxes and bags. Items may change with season.

Good Food Market

A monthly travelling market where you can buy fresh, affordable fruits and vegetables year round! Check our website or call our office for locations, dates and times.



Community Kitchens

Join us for 2 hands-on cooking classes and learn to prepare healthy meals with the contents of your Good Food Box. Eat together, share cooking and budgeting tips and socialize. Both classes include free gifts! Call our office to register!

Community Gardens

Garden plots offer you a place to enjoy growing your own fruits and vegetables and are available to anyone who wants to participate.



Social Planning

We promote and participate in the development of a grassroots social planning process that helps communities recognize and define ways to improve the quality of life in our community.

We strive to heighten awareness, increase understanding and work with all sectors to find solutions for the urgent and emerging social issues in our community.

We provide leadership in community planning and are actively involved in a number of planning tables, networks and committees such as:

Poverty Roundtable HPE Steering Committee

Hastings County Safety and Well Being Committee

H & PEC Children and Youth Services Network

Healthy Communities Partnership

Community Garden Network H&PEC

PEC Vital Signs: Food Security Working Group

Put Food in the Budget

Poverty Free Ontario

Social Planning Network of Ontario