



# After the Bell

## Snack Packs

For most kids, summer is a time for freedom and fun, but for some children it can mean struggling with hunger. When school winds down for summer so do many of the breakfast and lunch programs that ensure those kids that live with food insecurity get the food they need.

The Inn of The Good Shepherd child hunger reduction program, After the Bell: *Snack Packs* provides kids experiencing food insecurity with packs of kid friendly, kid-sized snacks.

The packs will be handed out during Mobile Market. Please see Mobile Market schedule provided on the front page for locations, dates and times. First come first served while supplies last.

Thanks to our sponsors:  
Noelle's Gift, Food Banks Canada,  
Catherine Wilson Foundation & Love First



The Mobile Market is a program of The Inn of The Good Shepherd

**Fresh produce** is available *every week* at no cost (while supplies last).



**Many thanks to the farmers, greenhouses and gardeners who support this program with donations of produce!**



**We are most grateful to PEMBINA, the lead sponsor for this years' Mobile Market & to 100 Woman Who Care for their support!**



# MOBILE MARKET 2018

**Local produce  
...Local access**



## Mondays

**Petrolia** – Food bank – 4156 Petrolia Line 9:30 – 10:30  
**Corunna** – All Saints Anglican – Hill St 11:00 – 12:00  
**Aamjiwnaang** – Community Centre Pavilion 12:30 – 1:30  
**Lambton College** – Events Centre – 1485 London Rd 2:00 – 3:00

**Starts the week  
of July 2<sup>nd</sup> until  
mid-November**

## Tuesdays

**Forest** – Contact House - 6276 Townsend Line 9:30 - 10:30  
**Thedford** – Meadowville – 76 Mill Street St. 11:00 – 12:00  
**Kettle Point** – Health Centre– 6275 Indian Line 12:30 – 1:30

## Wednesdays

**Wyoming** – 587 Ontario Street 9:15 – 10:15  
**Watford** – United Church – 555 Ontario St 10:45 – 11:45  
**Alvinston** – Township Office – 3236 River Rd 12:15 – 1:15



## Fridays

**Rogers St.** – parking lot 9:30 – 10:30  
**Kathleen Ave** – park 11:00 – 12:00  
**YMCA Learning & Career Centre** – 660 Oakdale Ave 12:30 – 1:30  
**Veteran's Park** – along Victoria St N 2:00 – 3:00

## Healthy Activities ... Healthy Lifestyles



Following up on the successes of last summer, Lambton Public Health and North & West Lambton Community Health Centres along with Canadian Mental Health, Ontario Early Years Program, St. Clair Child & Youth, The Lambton Children's Planning Network and Bluewater Power will be attending various mobile markets with health activities and providing resources with recipes and tips to preparing the vegetables.



## The Mobile Market ...

## Community Kitchen nights!!!

*These are a great hit!!!*

In September & October join us at The Inn for a couple evenings to learn how to prepare & freeze some of the Market's products & you get to take quantities home to stock your freezer for the winter!

***Dates will be announced at the markets.  
2-3 weeks prior to the kitchen nights.***

