

**Harvest Manitoba helps provide food for families. They have several locations in our community. If you require food, please follow the steps listed below and Manitoba Harvest will arrange a time and location where you can pick up food.**

**Step 1. Find your Manitoba Health Card. Have this card out and ready when you call to make your appointment.**



Manitoba Health Card

### **Step 2. Contact the Food Support Assistance Line**

Please have your Manitoba Health card ready. The Harvest Crew will review your needs and arrange for your food hamper to be distributed to a location near you for pick up. Harvest food banks are in communities across Manitoba.

**Call 204-982-3671**

#### **Hours:**

Monday to Friday: 9:15 am to 3:15 pm

Saturday: 9:15 am to 12:15 pm

### **Step 3. Attend Your Appointment**

Bring your Manitoba Health Card to your local food bank, and bags or boxes to carry your food hamper.

\*If you do not have a Manitoba Health Card, please contact Mr. Ritchot at 204-233-3619 and he can provide you with information on how to apply for one.

\*Please note that you cannot make an appointment with Manitoba Harvest if you do not have a Manitoba Health Card.

\*You can also call 211 or go their website [mb.211.ca](http://mb.211.ca) and type in **Winnipeg** or **St. Vital** under the “Enter your Location” tab and enter **food** under the “Enter your Keywords Below” tab for more information on food programs in the city.