

AUPALUK FOOD SUPPORT

Update : 04-24-2024



FIRST STEPS

When in need of food support in your community, reaching out to friends, family and neighbours can be a great starting point. Posting in or monitoring community facebook pages and the local radio, can also be very effective as it is common practice to share harvests and home cooked meals through these platforms.

Additional food supports are also offered intermittently by local and regional organizations, such as Makivvik food distributions. Stay engaged in community news to learn when these may be happening.

The following is a list of additional community resources that are also available.

ONGOING FOOD SUPPORTS

Project	Description	Contact
Community Freezer	Offers country food free of charge to community members	(819) 491-7070
Social Services	Provide emergency food vouchers and food support to families in need	(819) 491-9777
School Meal Programs	Tarsakallak School meal program offers breakfast, lunch and snacks to students	(819) 491-7081
Pre and Post Natal Food Coupons	Food coupons are distributed for the purchase of healthy foods during pregnancy, after childbirth and during the breastfeeding period. Coupons are provided by the Social Services HRO	(819) 491-9777 / 7558



Regional Board of Health and Social Services of Nunavik