

UMIUJAQ FOOD SUPPORT

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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	Umiujaq Hunter Support (819) 331-7111
Social Services	Provide emergency food vouchers and food support to families in need	(819) 331-7019
School Meal Programs	Provide daily breakfast and lunches to students of Kiluutaq school	(819) 331-7061
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 Ilagilluta team (SIPPE)	Ilagilluta (819) 331-7873

FOOD PROGRAMS AND ACTIVITIES

Project	Description	Contact
Youth Community Kitchen Activities	Social services offers regular cooking activities for youth	(819) 331-7019
Community Kitchen Program	Social services offers a weekly community kitchen activity where all are welcome to gather, learn new recipes and share home cooked meals	(819) 331-7019