



New Visitor Information

The Brockville and Area Food Bank (BAFB) provides a five-day monthly food supply to individuals and families in our area.

This includes Brockville, Augusta, Front of Yonge, and Elizabeth-Kitley. We prioritize providing a dignified environment and the highest-quality food we can obtain.

It doesn't matter why you need help. Everyone is eligible to visit and obtain food.

If it's your first time visiting the food bank, you will be asked for:

- The number of people in your family.
- Identification for each person in the family. If you are unsure of what ID to bring, please call 613-342-0605
- Proof of Address for everyone in your household over 18.
- Proof of Income statement.

What can I expect?

When you visit the food bank, you will be given a shopping list. Based on your family size, you will be allocated certain points.

- One Person = 45 points
- Two People = 55 points
- Three People = 65 points
- Four People + = 75 points

Each food item on our shelves has a specific point value. For example, a loaf of bread has two points. You decide how to use your points!

For some items (in high demand), there may be a limit on how many you can take. Each visitor chooses items to suit their own needs and personal preferences.



We try to always have these items in stock:

Canned Soups	Pasta	Pasta Sauce
Mac & Cheese	Canned Fruit	Canned Meat
Canned Beans	Eggs	Margarine
Milk	Ground Beef	Bread
Cereal	Juice	Fresh Fruit & Veggies

Important Information

ID must be shown every month.

ID for all family members, proof of address, and income must be shown every 3 months when a profile review is due. If you do not have these items when the profile review is due, we will supply you with a top-up bag until you can provide the required information.

**Ontario Works or Ontario Disability Support Statements are great forms of identification, as all the required information is on the paperwork.

BAFB Point System Information

- The point system allows visitors to choose the items they can use.
- Each family is allotted specific points, depending on the household size.
- Visitors are unable to share or split points with family or friends.
- Any unused points do not carry over to the next month.
- You can come once a month – except when a top-up or emergency is needed.
- We offer snack packs for children (1 year—17 years) and babies (0-2 years); these snack packs do not use any of your points.

Emergency points are available. These points are offered once a year. Visitors will receive the same points as during a regular monthly visit. Emergency points cannot be split; all points must be used during the visit.



Food Bank Hours:

Open the 2nd & 4th Monday of the month – 6:00 pm -7:00 pm

Tuesday – 10:00 am – 2:45 pm

Wednesday – 10:00 am – 2:45 pm

Thursday – 10:00 am – 2:45 pm

Friday – 10:00 am – 2:45 pm

Phone Number:

613-342-0605

Address:

58 Buell Street

Brockville, On

K6V 4Y2

Mailing Address:

Po Box 522

Brockville, On

K6V 5V7