

Food Access Resources

Swipe it Forward

The Swipe it Forward program will continue to exist in the cafeterias but will be adhering to any modified cafeteria/hospitality service guidelines that apply to all students.

Link to program details: <https://dining.queensu.ca/swipeitforward/>

If you are struggling to afford sufficient quantity or nutritional quality, and would benefit from a few meals to lighten the financial load:

- You can access 25 meals/semester at any cafeteria location/or at any hospitality services outlet using a TAM through contacting a referral center: these centers include Student Wellness Services, Ban Righ Center, QUIC and many more- for a full list, go to linked website
- They can be contacted online/through phone if social distancing is still in effect
- The program is CONFIDENTIAL (even cashiers will be unaware that the meal comes from Swipe it Forward) – communication happens through email after you are referred and you are able to access meals like any student on a meal plan as they are loaded onto your student card
- How to help as a student: Students able to donate up to 5 meals a semester (1 meal per day) if they will not use the meal

AMS Food Bank

The AMS is still open and serving students through curbside pick-up during the COVID-19 pandemic, and taking appropriate precautions to ensure that food pick-up is a safe and efficient process.

Program Facebook Page: <https://www.facebook.com/amsfoodbank/>

Phone Number: (613) 533-6000 ex. 32737

Food Bank Hours Adjusted until August 31st :

- Contactless pickup service- Patrons can order a food hamper and select the food needed in an online microsoft form available on the AMS Food Bank facebook page DUE 11:59pm Sunday before Monday pickup.
- Time: Food Pickup on MONDAYs at the JDUC AT 5:00pm (watch out for extended pick-up hours in the future)

COVID 19 Adjusted Precautions:

- Ensuring proper sanitation procedures are followed when constructing hampers - only one staff member working and one staff member at a pick-up location
- Gloves worn when handling food, gloves and mask worn when dealing with patrons

On the form, you are allowed to order:

- 6 maximum non-perishables- Options: Beans, Soup, Rice, Oatmeal, Pasta, Granola Bars
- 8 maximum vegetables- Options: Carrots, Onions, Potatoes, Spinach, Lettuce, Tomatoes, Broccoli

- 6 Maximum fruits- apples, bananas, oranges, pears
- 4 Maximum protein- Chicken breast, ground beef, fish, tofu
- 1 Maximum grain- bread loaf, bagels, tortillas

Can choose from 4 15 minute pick-up time windows each Monday:

5:00-5:15pm

5:15-5:30pm

5:30-5:45pm

5:45-6:00pm

Off Campus Availability

With no requirement to be on-campus this fall, below are some options for students living in Kingston located around the community. Many food access resources have transitioned to a take-out (or even delivery) type format, making them easily accessible and relatively anonymous.

Lunch by George- Very close to Queen's campus (129 Wellington)

- **Phone Number:** 613-548-4617 x 30
- **Website:** <http://www.osgk.org/Who%20We%20Are.html>
- Doing takeout meals or bagged lunches
- Monday-Friday 11-11:30am
- Located in a slightly more discrete area (St.George's Cathedral)

Lionhearts – Just by Skeleton Park close to Princess Street Downtown (30 Alma street location)

- **Website:** <https://lionhearts.ca/covid-19-street-project/>
- Monday-Sunday 6-7pm – Providing Take-Home Meals from a mobile unit

Martha's Table – Up Northeast on Princess Street (629 Princess Street)

Phone Number: 613-546-0320

Website: <http://www.marthastable.ca/>

- Providing takeout
- Monday-Sunday 11am-1pm

Mutual Aid-Katarokwi/Kingston

Organizing free grocery delivery AND FoodBank delivery

- Google form below is a form to request help
- https://docs.google.com/forms/d/e/1FAIpQLSdl-YQr8Hof-REUVqQHFokk-DAEJWBsuzprTZ_BfJ4uZWNJOA/viewform
- Also- "Very very free fresh food markets" set up so anyone can drop in and take produce from these locations at these times:
- August 16th – Coffee Way Parking Lot (472 Division St.)
- August 30th – Artillery Park Parking Lot (382 Bagot St.)

- All markets start at 2pm and run until supplies run out

Loving Spoonful Fresh Food Market Stands

If you are looking for some readily accessible produce, Loving Spoonful is an organization which sets up fresh food stands with produce across Kingston, available for anyone anonymously. They operate on a “take what you need basis”.

The stands are still operating through the COVID pandemic, but some locations may require you to phone in advance for access to indoor space.

The stands are operating until November 2020 (while local produce is in season) and the closest locations to Queen’s Campus are:

Lunch By George: 129 Wellington Street

Phone Number: 613-548-4617 x 30

Martha’s Table: 629 Princess Street

Phone Number: 613-546-0320

For a full list of locations, see the link on their website: <https://www.loving Spoonful.org/fresh-food-market-stands>