



Concertation en développement social de Verdun

3972 rue Verdun
Montréal, Québec
H4G 1K9
Tel. 514-769-2228, poste 110
www.cdsv.org



Ce bottin a été rendu possible grâce au soutien financier de Centraide dans le cadre du Projet Impact Collectif de Verdun (Un toit, une table pour tous).



**Created by
Concertation en développement social
de Verdun**



SERVICES & ACTIVITIES IN FOOD SECURITY IN VERDUN



Emergency Food Assistance and Food Banks

In case of emergency, receive a food basket at a low cost (Certain conditions apply).



Community Lunches and Suppers

Come share a meal for a very accessible price in a warm and welcoming atmosphere.



Collective Kitchens

Join with others to cook affordable meals for you and your family.



Convenience stores in the community

Take advantage of fresh food at low prices.



School Programs

There are several nutritional programs that your child can take advantage of (Certain conditions apply).



Christmas Hampers

Take advantage of a Christmas hamper (Certain conditions apply).

Toujours ensemble

4926 rue de Verdun, Verdun
(514) 761-7876



Un plant de tomates à la fois

660 rue Woodland, Verdun
(514) 767-9967



Vert Pomme Fruiterie

4324 rue Wellington, Verdun
(514) 439-4324



Réseau d'entraide de Verdun

4350 rue Quinn, Verdun
(514) 762-0705



Nun's Island Horticultural Society

260 rue Elgar, Montréal
(514) 765-7270



Verdun Horticultural Society

259 1^e avenue, Verdun
(514) 762-3399



Société St-Vincent-de-Paul

284 A, rue de l'Église, Verdun
(514) 768-2093



St-Willibrord's Food Pantry

320 avenue Rielle, Verdun
(514) 769-9678



Group Buying

Join together to access quality food products at a lower cost.



Education Programs & Healthy Eating

Take part in a workshop on the topic of nutrition: healthy eating, how to minimize food waste, etc.



Public Markets

Stock up on fresh products (fruit and vegetables at an affordable price).



Collective and Community Gardens

Garden and cultivate your parcel of land (parcels are allocated by the borough).



Grocery stores

Stock up on foodstuffs. Delivery available in certain circumstances.



Other Resources

Buy a coffee, soup or muffin and the next low - income customer receives it for free.



Meals on Wheels

Take advantage of a hot meal served at home (For people with reduced mobility).



The Art of Raising children
290 rue Edgar # 212, Montréal
(514) 833-4384



Greater Montreal Association of Meals on Wheels
1919 rue St-Jacques, Montréal
(514) 937-4798



Association Entre tes mains
4924 rue Wellington, Verdun
(514) 767-2444



Branche d'Olivier
4342 rue Wellington, Verdun
(514) 768-5930



Café Baobab
4800 rue Wellington, Verdun
(514) 509-1334



Tondreau Market
5589 rue de Verdun, Verdun
(514) 761-0976



Métro Bellemare
349 rue de l'Église, Verdun
(514) 761-3406



Project PAL
861 rue de l'Église, Verdun
(514) 767-4701



Provigo Island Grocery
42 Place du Commerce, Montréal
(514) 766-3536



Verdun Volunteer Network
3215 Boulevard LaSalle, Verdun
(514) 761-1773



IGA Grocery Champagne
4500 rue Wellington, Verdun
(514) 766-7540



Maison de l'environnement de Verdun
673 1^{er} avenue, Verdun
(514) 765-8378



Maison des familles
259 1^{er} avenue, Verdun
(514) 762-3399



Manna Food Bank
666 rue Woodland, Verdun
(514) 761-4394



Wellington Fresh Market
4400 rue Wellington, Verdun
(514) 762-4994



CASA C.A.F.I. *Multilingual services*
4729 rue de Verdun, Verdun
(514) 844-3340



Montreal Men's Resource Centre
4609 rue de Verdun, Verdun
(514) 355-8300



Wellington Centre
4392 rue Wellington, Verdun
(514) 768-2668



CIUSSS du Centre-Sud-de-l'Île-de-Montréal
400 rue de l'Église, Verdun
(514) 766-0546, Ext. 54775



Lester B. Pearson School Board



Angrignon Elementary : (514) 762-3005
Beurling Academy : (514) 766-2357
Riverview : (514) 761-4524
Verdun Elementary : (514) 767-5344

Marguerite Bourgeoys School Board



Chanoine-Joseph-Théorêt School	(514) 765-7600
Levis-Sauvé School	(514) 765-7585
Monseigneur-Richard School	(514) 765-7666
Notre-Dame-de-la-Gourde School	(514) 765-7611
Notre-Dame-des-Sept-Douleur School	(514) 765-7575
Notre-Dame-de-la Paix School	(514) 765-7565
Marguerites School	(514) 748-4641
Nun's Island School	(514) 765-7695
Notre-Dame-de Lourdes School	(514) 765-7595

Coopérative Abondance Urbaine Solidaire

3938 rue Evelyn, Verdun
(514) 245-1945



Epiphany Church

4322 rue Wellington, Verdun
(514) 769-5373



Notre-Dame-de-Lourdes Church

4949 rue de Verdun, Verdun
(514) 766-2349



Notre-Dame-des-Sept-Douleurs Church

4155 rue Wellington, Verdun
(514) 761-3496



South West United Church

631 rue Melrose, Verdun
(514) 768-6231



Fruiterie Soleil

421 rue de l'Église, Verdun
(514) 507-1421



Grand Potager

725 rue Moffat, Verdun
grandpotager@gmail.com



IGA Gérard Champagne Ltd.

5144 rue Bannantyne, Verdun
(514) 766-3536



IGA Louise Ménard Nuns Island

30 Place du commerce, Montréal
(514) 362-6330

