

Community Supports (Grocery Stores and Pharmacies)

Service Provider	Information	Address	Contact Informatio
Sobeys (Shellard Lane)	Seniors hours: Friday 7:00a.m.-9:00a.m. Delivery Service: Place order Tuesday & Thursday 9-10:45 am, delivered after 3:00 p.m. Pharmacy: 519-758-8126 Delivery service for medications: depends on the companies discretion	310 Colborne St. Brantford, ON, N3S 3M9	519-758-1648
Zehrs	Seniors Hour: 7:00a.m.-8:00a.m. Online Food Delivery Service: delivery.pcexpress.ca Pharmacy: 519-751-8990 Free delivery service for medications: currently limited	290 King George Rd Brantford, ON, N3R 5L8	519-751-8988
Zehrs	Seniors Hour: 7:00a.m.-8:00a.m. Online Food Delivery Service: delivery.pcexpress.ca Pharmacy: Free delivery service for medications: currently limited	410 Fairview Dr Brantford, ON, N3R 7V7	519-754-4932
Sobeys (Shellard Lane)	Seniors hours: Friday 7:00a.m.-9:00a.m. Delivery Service: Place order Tuesday & Thursday 9-10:45 am, delivered after 3:00 p.m. Pharmacy: 519-758-8126 Delivery service for medications: depends on the companies discretion	310 Colborne St. Brantford, ON, N3S 3M9	519-758-1648

Metro	Seniors / Vulnerable Persons Hours: Most likely coming soon Online grocery service: pick up or delivery to door Order Over the phone: 1-877-763-7374 (8:30-4:30 Monday-Friday) Pharmacy: 519-758-0300 Delivery service: limited	371 St. Paul Ave. Brantford, ON, N3R 4N5	519-753-6763
Community Supports (Meal and Food Programs)			
Service Provider	Information	Address	Contact Informatio
Brantford Food Bank- Community Resource Service	Brantford Food Bank Services at 1100 Clarence St. will remain open. Service modifications have been made. The Food Bank intake office and waiting area will only be open to one person at a time beginning Wednesday, March 18th. As being practiced by other food banks across the province, food pickups at the Brantford Food Bank will be provided outside the food bank entrance. Individuals needing our emergency service are encouraged to dress accordingly. Beginning April 1st, Food Bank Services will be provided by appointment only. Anyone anticipating needing service at that time is encouraged to call ahead.	1100 Clarence St S Suite 102, Brantford, ON N3S 7N8	519-751-4357
Brantford Branch Meals on Wheels	The Meals on Wheels program delivers affordable, nutritious and delicious meals to members of the community who are unable to prepare their own food.	25 William St, Brantford, ON N3T 3K3	519-753-4189
Salvation Army (Paris)	Food bank is still operating, but other non-esential support services are cancelled (i.e. Income Tax Clinic). Monday and Thurs 1:00pm-3:00pm	25B Dundas Street West Paris, Ontario N3L 1E9	519-442-3432
Salvation Army (Brantford)	Food bank is still operating and office for Community Services remains open for necessary services only. Wednesday and Friday 1:00pm-4:00pm	33 Diana Avenue N3T0C2 Brantford, Ontario	519-752-7814

Faith Lutherin Brantford	Pantry program will run as scheduled on Wednesdays	57 Brant Avenue N3T 3G9 Brantford, Ontario	519-753-3833
First Baptist Church	Food bank is still operating. They are in need of donations and volunteers. Thursdays 9:30-11:30am	70 West St, Brantford, ON N3T 3E7	519-753-2406
The Kindness Centre	The Centre is closed but the Food Giveaway on March 28th will still take place. Details TBD.	1 Market Street N3T 6C8 Brantford, Ontario	226-401-3626
St. Andrew's Church	The Soup for the Soul meal program is OPEN and serving food Monday to Thursday at 1:00pm. Serving take-out style from the front door of the CE building with strict social distancing measures in place.	95 Darling Street N3T 2K7 Brantford, Ontario	519-752-5823
Why Not Youth Centre(Brantford)	Open to YOUTH with modified hours 5:00pm-7:00pm - 7 days a week	368 Colborne St. East N3S 3N3 Brantford, Ontario	519-759-2221
Community Supports (Health)			
Brant County Health Unit	The lead Agency in Brantford for local information about Coronavirus (COVID-19) is the Brant County Health Unit (https://www.bchu.org/). If you need to speak with someone directly, please call 519-753-4937 and press '1'. You can also email your questions to covid19@bchu.org. Please note at this time these channels are not monitored 24/7.		519-753-4937 Email: email@bchu.org Website: bchu.org
Get medical advice: Telehealth Ontario	Get free medical advice through Telehealth Ontario at: Toll Free: 1-866-797-0000 Toll Free: TTY: 1-866-797-0007		
2019 novel coronavirus (COVID-19) self-assessment	If you think you have 2019 novel coronavirus (COVID-19) symptoms or have been in close contact with someone who has it, use this self-assessment to help determine if you need to seek further care. If you are having difficulty breathing or experiencing other severe symptoms, call 911 immediately. Advise them of your symptoms and travel history.		https://www.ontario.ca/page/2019-novel-coronavirus-covid-19-self-assessment

Brantford General Hospital	24-hour emergency care	200 Terrace Hill St, Brantford, ON N3R 1G9	519-751-5544
The Willett Urgent Care Centre	The Willett Urgent Care Centre is an acute care facility staffed by doctors and nurses to provide rapid and expert care for non-emergent conditions.	238 Grand River St., N, Paris, ON N3L 2M7	519-751-5544
Canadian Mental Health Association	www.brant.cmha.ca	44 King St, Suite 203, Brantford, ON N3T 3C7	519-752-2998
Community Supports (City Updates)			
City of Brantford	For City programs and services updates, please visit Brantford.ca/Covid-19		
Government of Canada Recommendations			
Social distancing	<p>Together, we can slow the spread of COVID-19 by making a conscious effort to keep a physical distance between each other. Social distancing is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. With patience and cooperation, we can all do our part.</p> <p>This means making changes in your everyday routines to minimize close contact with others, including:</p> <ul style="list-style-type: none">• avoiding non-essential gatherings• avoiding common greetings, such as handshakes• avoiding crowded places such as concerts, arenas, conferences and festivals• limiting contact with people at higher risk like older adults and those in poor health• keeping a distance of at least 2 arms lengths (approximately 2 metres) from others, as much as possible• keeping a distance of at least 2 arms-length (approximately 2 metres) from others		

Hygiene

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food
 - o use alcohol-based hand sanitizer if soap and water are not available
 - when coughing or sneezing:
 - o cough or sneeze into a tissue or the bend of your arm, not your hand
 - avoid touching your eyes, nose, or mouth with unwashed hands