



The Parkdale Food Centre is a special community hub in the Hintonburg-Mechanicsville neighbourhood, where everyone is welcome.

Our work provides essential services for underserved, food insecure Neighbours.

Our mission is to address food security and poverty through the power of kindness, community and good food.

Our programs strive to do the same. Some of the things we share with our Neighbours everyday are;

- access to healthy, culturally appropriate food, affordable produce markets,
- community meals,
- cooking workshops,
- & many more



@PARKDALEFOOD



PARKDALE FOOD CENTRE



@PARKDALEFOOD

PARKDALEFOODCENTRE.CA



1 OUT OF 7
OTTAWANS
IDENTIFY AS
BEING SEVERELY
FOOD INSECURE.





In 2020, PFC shared 12,632 nutritious meals with our Neighbours.



In 2020, PFC shared emergency food for 1,082 households



PFC hosted 15 Free Produce Markets with our community

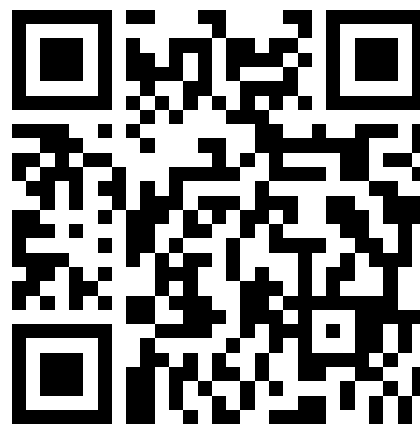


At Home with Anna has shared 37 different recipes with our community = 3,300 individual meals.

JOIN US IN SETTING THE COMMUNITY TABLE.



HELP SHARE NUTRITIOUS FOOD FOR ALL.



Thirteen: A Social Enterprise has provided valuable entrepreneurial and social skills to 8 cohorts of youth and counting!



Over 1300 youth have participated as “Solutionaries” in Growing Futures programming, inspiring students to understand the connections between poverty, food insecurity and health in their neighbourhood.



GROWING FUTURES