



# ***Sharing the Harvest:***

## ***A Guide to Winnipeg Organizations Accepting Fruits and Vegetables***

Written by:  
Getty Stewart, PHEc

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This Guide is made possible due to the support and funding of MAFRA (Manitoba Alternative Food Research Alliance), CHEF (Canadian Home Economics Foundation) and all the wonderful people of Fruit Share – an organization dedicated to picking, enjoying and sharing backyard fruit.

We welcome you to share this resource with others, but please be considerate and always provide a link and credit to Getty Stewart and Fruit Share.

Written by Getty Stewart

[www.FruitShare.ca](http://www.FruitShare.ca)

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# Sharing the Harvest

*“Happiness is not so much in having as sharing. We make a living by what we get, but we make a life by what we give.”*

*Norman MacEwan*

**G**reat joy and satisfaction can come from sharing with others. If you have an abundance of fruit, consider sharing your harvest with organizations in your community that would be grateful for your donation and put your fruit to good use.

The following pages list nine Winnipeg organizations that will accept perishable food donations. Included are all the details about what, when, where and how to make your donation.

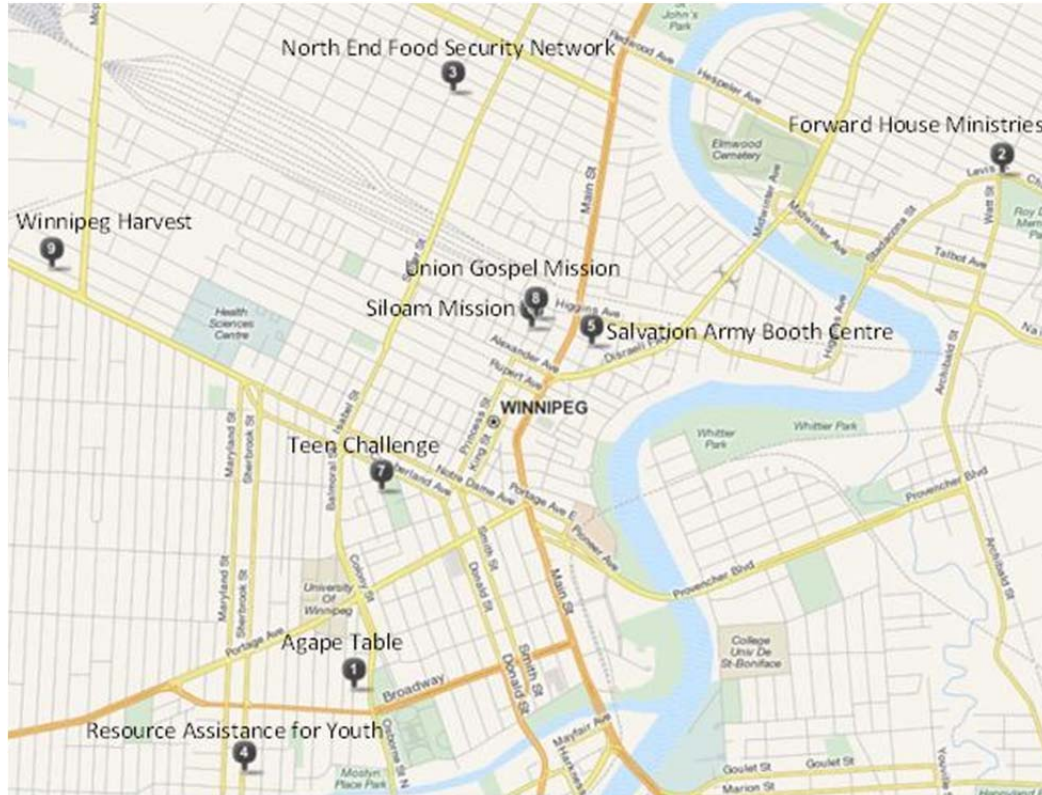
In addition to these established charities, look around your neighbourhood for other groups or individuals with whom you can share your fruit. At Fruit Share, we’ve had great success in sharing fruit with community centre programs, seniors’ apartment buildings, and community living organizations. Who’s in your neighbourhood that would appreciate some fresh, local fruit?

## Fruit Donating Etiquette

- 🍇 Deliver fruit as soon after harvesting as possible.
- 🍇 Only donate fruit that you would consider eating yourself. Fallen fruit (fruit that has been on the ground for over a day), overly ripe fruit or heavily bruised fruit should be composted, not donated.
- 🍇 Choose clean, dry boxes, cloth bags or containers to transport fruit.
- 🍇 Fruit should not be washed before donating. Fruit will store better if it does not have moisture on it.
- 🍇 Homemade preserves and baked goods should be dated and labeled with an ingredient list. Not all organizations will accept homemade products.
- 🍇 Check the donation guidelines of the organization you're considering sharing your fruit with (listed in this guide). Due to each organization's unique circumstances each one has slightly different procedures.
- 🍇 Manitoba's ["Food Donation Act"](#) protects fruit donors from liability when making donations in good faith.

## Map of Food Charities

A map of Winnipeg organizations listed in this chapter that accept fresh fruit and vegetable donations. For an online version visit [www.fruitshare.ca](http://www.fruitshare.ca).



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- 2 Forward House Ministries
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## Organizations

### Agape Table



Agape Table is committed to providing a community-based program, nourishing the body, mind, and spirit of our guests in a cost effective and financially responsible manner.

Agape uses donated fruit to prepare meals for guests from Monday to Friday.

#### Contact Information

##### ***Street Address***

175 Colony Street

##### ***Phone***

204-783-6369

##### ***Website***

[www.agapetable.ca](http://www.agapetable.ca)

#### Donations Accepted

##### ***Fruit***

Apples, apricots, berries, crab apples, grapes, sour cherries, plums

##### ***Other Food Items***

Homemade preserves (dated & labelled with ingredient list), juice (100% fruit), sugar, coffee whitener, peanut butter, commercial sized cans of beans, pasta, garden vegetables.

***Non-Food Items***

Soap, toothbrushes, used clothes, feminine hygiene products

**Donation Logistics*****When***

Monday, Tuesday or Wednesday 8:00 am to 3:00 pm

***Where***

175 Colony Street

- ◇ first building on the Northwest side of Colony and Broadway, attached to All Saints' Anglican Church
- ◇ knock on door
- ◇ park in loading zone outside front door

***Special Notes***

Agape has limited refrigeration space and cannot store perishables over the weekend. Therefore, please make perishable food donations at the beginning of the week. Someone will always be there to accept donations between 8:00 am and 3:00 pm Monday to Wednesday, simply knock on the door and someone will assist you.

## Forward House Ministries



Forward House is a Christian home for men and children who are trying to get their lives back on track.

Forward House operates five houses in a row and uses donated fruit to prepare meals for 40 people three times a day, every day.

### Contact Information

#### **Street Address**

407 Chalmers Avenue (main house)

#### **Phone**

204-471-1244

#### **Website**

[www.forwardhouse.ca](http://www.forwardhouse.ca)

### Donations Accepted

#### **Fruit**

Apples, apricots, berries, grapes, plums

#### **Other Food Items**

Homemade preserves (dated & labelled with ingredient list), frozen fruit (dated & labelled), homebaked products (dated & labelled with ingredient list) garden vegetables and any other food items.

#### **Non-Food Items**

Men's personal hygiene products

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## **Donation Logistics**

### ***When***

Monday to Sunday from 7:00 am to 11:00 pm

### ***Where***

- ◇ Back door of 407 Chalmers Avenue
- ◇ Parking available at the back

### ***Special Notes***

Forward House has walk-in freezers and coolers that always have space for donated perishables.

Fresh fruits and vegetables are always welcome.

## North End Food Security Network



The North End Food Security Network's goal is to improve Food Security in Winnipeg's North End through capacity building initiatives. Programs include improving cooking skills sessions, community gardens, a grocery shuttle service, a Main Street

Farmers' Market during the summer and other food security workshops and information sharing.

The North End Food Security Network uses donated fruit to prepare meals, to give to over 250 partner organizations or to include in good food boxes distributed to low income families.

### **Contact Information**

#### ***Street Address***

509 Selkirk Avenue

#### ***Phone***

204-927-2342

#### ***Website***

[www.necrc.org](http://www.necrc.org)

### **Donations Accepted**

#### ***Fruit***

Apples, apricots, berries, crab apples, grapes, rhubarb, sour cherries, plums

### ***Other Food Items***

Garden vegetables

### **Donation Logistics**

#### ***When***

Monday to Wednesday from 9:00 am to 4:30 pm

#### ***Where***

- ◇ Front entrance at 509 Selkirk Avenue
- ◇ Meter parking available on front street

#### ***Special Notes***

Please phone 927-2342 a minimum of 24 hours in advance to either arrange another drop off location or to have partners pick up donations as quickly as possible.



*Phone ahead*

Cannot accept heavily bruised fruit or homemade products.

Cannot accept more than thirty pounds of fruit per donation due to lack of cold storage space.

## Resource Assistance for Youth



Resource Assistance for Youth (RaY) is a non-profit street-level agency working with street-entrenched and homeless youth up to the age of 29. It provides youth with what they need, on their terms, to better their lives by being the crucial link between street-entrenched youth and much-needed support services.

RaY uses donated fruit to prepare meals and fill food hampers.

### Contact Information

#### *Street Address*

125 Sherbrook Street

#### *Phone*

204-783-5617

#### *Website*

[www.rayinc.ca](http://www.rayinc.ca)

### Donations Accepted

#### *Fruit*

Apples, apricots, berries, crab apples, grapes, rhubarb, sour cherries, plums

**Other Food Items**

Homemade preserves (dated & labelled with ingredient list), frozen fruit (dated & labelled), homebaked products (dated & labelled with ingredient list), garden vegetables.

**Non-Food Items**

new toothbrushes, toothpaste, deodorant, new soap, other toiletries (razors, shaving cream, sewing kits, etc.), used clothes, backpacks, sleeping bags

**Donation Logistics****When**

Monday to Thursday 10:00 am to noon  
(flexible, please call for other times)



Phone ahead

**Where**

125 Sherbrook Street

- ◇ use front door next to a colourful elevator
- ◇ parking lot available

**Special Notes**

Please phone ahead to 783-5617.

## Union Gospel Mission



The Union Gospel Mission is a non-profit evangelical, non-denominational Gospel Rescue Mission. Our Purpose is to carry on without financial gain to its members, Christ-centered programs for the addicted and the poor men, women and children of Manitoba.

Union Gospel Mission uses donated fruit to prepare meals, fill food hampers and process for future use.

### **Contact Information**

#### ***Street Address***

320 Princess Street

#### ***Phone***

204-943-9904

#### ***Website***

[www.gospelmission.ca](http://www.gospelmission.ca)

### **Donations Accepted**

#### ***Fruit***

Apples, apricots, berries, crab apples, grapes, rhubarb, sour cherries, plums

#### ***Other Food Items***

Homemade preserves (dated & labelled with ingredient list), frozen fruit (dated & labelled), homebaked goods (dated & labelled with ingredient list), garden vegetables.

***Non-Food Items***

For a list of other items currently accepted and needed visit the food and clothing page at [Gospel Mission](#).

**Donation Logistics*****When***

Monday to Sunday 7:00 am to 9:00 pm



*Phone ahead*

***Where***

320 Princess Street

- ◇ Northwest corner of Henry and Princess
- ◇ Knock on front or back door
- ◇ parking lot available

***Special Notes***

Please phone 943-9904 to let them know what type and what quantity of fruit you are donating.

## Salvation Army – Booth Centre



The Salvation Army Booth Centre provides transitional housing. The Salvation Army exists to share the love of Jesus Christ, meet human needs and be a transforming influence in the communities of our world.

The Salvation Army Booth Centre uses donated fruit to prepare meals.

### **Contact Information**

#### ***Street Address***

180 Henry Avenue

#### ***Phone***

204-946-9400

#### ***Website***

[www.salvationarmy.ca](http://www.salvationarmy.ca)

### **Donations Accepted**

#### ***Fruit***

Apples, berries, crab apples, grapes, rhubarb, sour cherries

#### ***Other Food Items***

Vegetables



***Non-Food Items***

Toiletries, blankets, pillows

**Donation Logistics**

***When***

Monday to Friday from 8:30 am to 3:30 pm

***Where***



*Phone ahead*

- ◇ Loading dock located in the back lane on the south side of 180 Henry
- ◇ Parking by the dock while unloading
- ◇ Phone 946-9400 for access

***Special Notes***

Please phone 946-9400 to ensure food being donated can be used.

The Centre is unable to accept homemade products.

## **Siloam Mission**



Siloam Mission is a Christian humanitarian agency offering programs and services at no charge to those experiencing homelessness. Siloam Mission alleviates the hardships of the poor and homeless, assists in transitioning them into self-sufficient and generous lifestyles and advocates

nationwide on their behalf.

Siloam Mission uses donated fruit to prepare meals and fill food hampers.

### **Contact Information**

#### ***Street Address***

300 Princess Street

#### ***Phone***

204-956-4344

#### ***Website***

[www.siloam.ca](http://www.siloam.ca)

### **Donations Accepted**

#### ***Fruit***

Apples, berries, crab apples, grapes, rhubarb, apricots, plums

### ***Other Food Items***

Homemade preserves (dated & labelled with ingredient list), frozen fruit (dated & labelled), home baked products (dated & labelled with ingredient list) garden vegetables, other fruits.

### ***Non-Food Items***

Men's and women's clothes, shoes, backpacks, socks, toothbrushes, toothpaste, deodorant, shaving cream, razors

### **Donation Logistics**

#### ***When***

Monday to Friday from 8:00 am to 4:30 pm  
Evenings & weekends 4:30 pm to 8:00 pm

#### ***Where***

- ◇ Front door at 300 Princess Street
- ◇ Parking available on Princess Street



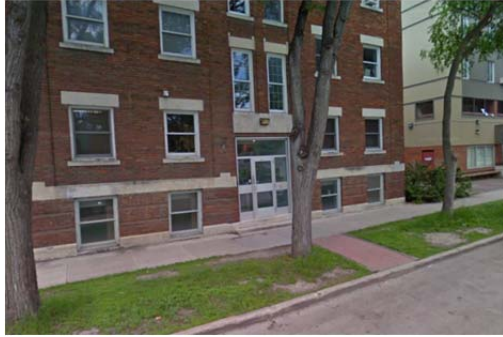
*Phone ahead*

#### ***Special Notes***

Please phone ahead at 956-4344. Dial the kitchen extension after hours.

Cannot accept heavily bruised fruit.

## Teen Challenge



Teen Challenge is a 12-month, faith-based, residential drug and alcohol rehabilitation program. The program has a strong faith-based approach and offers spiritual, academic and vocational training that helps equip individuals to

return to society as responsible citizens.

Teen Challenge uses donated fruit to prepare meals, fill food hampers, share with other organizations, and process for future use.

### **Contact Information**

#### ***Street Address***

414 Edmonton Street

#### ***Phone***

949-9484 ext. 2011

#### ***Website***

[www.teenchallenge.mb.ca](http://www.teenchallenge.mb.ca)

### **Donations Accepted**

#### ***Fruit***

Apples, apricots, berries, crab apples, grapes, rhubarb, sour cherries, plums

### ***Other Food Items***

Homemade preserves (dated & labelled with ingredient list), frozen fruit (dated & labelled), homebaked products (dated & labelled with ingredient list) garden vegetables, fresh or frozen meat (labeled & dated).

### ***Non-Food Items***

Men's clothing and personal hygiene products, bedding, towels, mugs and cutlery

### **Donation Logistics**

#### ***When***

Monday to Saturday 7:00 am to 9:00 pm



*Phone ahead*

#### ***Where***

414 Edmonton Street

- ◇ use back door
- ◇ park in back lane by door while unloading
- ◇ ring buzzer (high on a silver pad on the red brick wall)

#### ***Special Notes***

Please phone ahead to 949-9484 ext. 2011 or try Mike at 232-2905 or Jane at 688-7605.

Cannot accept heavily bruised fruit.

Teen Challenge has a freezer and refrigerator for storing perishable food.

## Winnipeg Harvest



Winnipeg Harvest is a non-profit, community-based organization. They are committed to providing food to people who struggle to feed themselves and their families. They are also committed to maximizing public awareness of hunger while working towards long-term solutions to

hunger and poverty.

Winnipeg Harvest uses donated fruit to prepare meals, fill food hampers and share with other organizations.

### **Contact Information**

#### ***Street Address***

1085 Winnipeg Avenue

#### ***Phone:***

204-982-3663

#### ***Website:***

[www.winnipegharvest.org](http://www.winnipegharvest.org)

### **Donations Accepted**

#### ***Fruit***

Apples, apricots, berries, crab apples, grapes, rhubarb, sour cherries, plums

**Other Food Items**

frozen fruit (dated & labelled), garden vegetables, commercial canned, frozen and dry goods. For a list of top food items currently needed visit the list of most wanted items at [Winnipeg Harvest](#).

**Non-Food Items**

none

**Donation Logistics****When**

Monday to Saturday from 10:00 am to 3:00 pm

**Where**

- ◇ Front door of 1085 Winnipeg Avenue for donations under 30 pounds
- ◇ Loading dock at back of 1085 Winnipeg Avenue for large donations

**Special Notes**

Please phone 982-3663 to indicate the type and quantity of fruit you have to ensure someone will be able to assist you with unloading.



Phone ahead

**Thank you for sharing!**