

Food Banks

Brighton Fare Share Food Bank

Website: <https://foodhelpnorthumberland.cioc.ca/tresults.asp?TC=BD#/SHA1332>

Location: Brighton, 39A Elizabeth St.

When: First, second, fourth, fifth Monday of the month: 9 am - 12 pm;
Third Monday of the month 5 pm - 8 pm

Contact: 613-242-4054

Campbellford Fare Share Food Bank

Website: <https://www.centraleasthealthline.ca/display/service.aspx?id=50164>

Location: Campbellford, 28 Doxee Ave S, Rear.

When: Wednesday 9 - 11:30 a.m.

Contact: 705-653-1930 OR 705-632-1158 or theawdunk3@gmail.com

Cobourg Fare Share Food Bank

Website: <https://www.fareshare.ca/>

Location: Cobourg, 700 D'Arcy St., Building #19

When: Wednesday 9:30 a.m. - 12:30 p.m. & 5:30 p.m. - 8:00 p.m.
Friday and Saturday 9:30 a.m. - 12:30 p.m.

Contact: 905-372-5308

Cramahe Food Bank

Website: <https://www.prospectchurch.net/upcoming-events>

Location: Colborne, 1 Elgin St N., Prospect House

When: Sundays 11:30 am - 1 pm - CLOSED last Sunday of the month

Contact: 905 207 0059

Hastings-Roseneath Food Bank

Website: <https://www.hastingsfoodbank.org/>

Location: Hastings, 3 Albert St. W, Trinity United Church

When: First 2 Tuesdays of the month - 1 - 2:30 p.m. & 6:30 - 8:00 p.m.
3rd Tuesday of the month - 1 - 2:30 p.m. only

Contact: 705-761-9769 or hastingsfoodbank@gmail.com

Clarington East Food Bank

Website: <https://claringtoneastfoodbank.ca>

Location: Newcastle, 250 Mill St. S, enter from Edward St.

When: Tuesday 11 a.m. - 2 p.m. & 3 p.m. to 6 p.m. AND Thursday 11 a.m. to 2 p.m.

Contact: 905-987-1418 or claringtoneastfoodbank@gmail.com

Community Health Centres of Northumberland Food Cupboard

Website: <https://chcnorthumberland.ca/programs/food-cupboard/>

Location: Port Hope, 99 Toronto Rd, main floor in the multi-purpose room

When: Thursday 9:30 am - 12:30 pm

Contact: 905-885-2626 or info@porthopechc.ca

Port Hope Fare Share Food Bank

Website: <https://www.fareshare.ca/>

Location: Port Hope, 34 South St., Port Hope United Church, Cronk Hall, West Entrance

When: Wednesdays 9:30 a.m. - 12:30 p.m. & 5:00 p.m. - 7:30 p.m.

Contact: 905-885-6674

7 Hills Community Pantry

Website: <https://7hillscommunitypantry.org/>

Location: Warkworth, 60 Main St., St. Paul's United Church

When: Friday 11 a.m. - 12:30 p.m.

Contact: 705-924-2077 or sevenhills.communitypantry@gmail.com

Affordable Produce Markets

Community Health Centres Northumberland - Community Food Market

Website: <https://chcnorthumberland.ca/community-food-market/>

Location: 99 Toronto Rd, south entrance, Port Hope

When: Thursday 1 - 4 pm

Contact: Joelle - jpegg@chcnorthumberland.ca

Community Health Centres of Northumberland - Community Mobile Market

News article:

<https://northumberland897.ca/news/2026/1/21/community-mobile-market-expands-to-grafton>

Location: 137 Old Danforth Rd, St. Andrews Church, Grafton

When: biweekly on Tuesdays: Jan 27, Feb. 10, Feb. 24 from 2 p.m. to 3 p.m

Contact: Joelle - jpegg@chcnorthumberland.ca

Grocery Delivery Options

Odd bunch - Produce delivery

Order online at oddbunch.ca - prices range from \$20 to \$46.

Delivery fee: \$3.99

Wednesday deliveries: Cobourg, Roseneath, Bewdley, Campbellcroft, Baltimore, Hastings

Saturday deliveries: Brighton, Grafton, Colborne, Cramahe

Check your postal code online: <https://www.oddbunch.ca/pages/delivery-areas>

Order-ahead groceries for pickup or delivery

Many stores allow you to order groceries online for pickup or delivery. Some stores may charge an additional fee for this service.

Pickup and delivery: Walmart, Independent and Metro

Pickup only: Real Canadian Superstore, Food Basics and No Frills

Third-party grocery delivery services - Instacart

This is a paid service you can access through your web browser or an app. An independent delivery driver will pick up your order and deliver it to the address you choose. Rates will vary. You can order groceries on Instacart for delivery from the following stores: Real Canadian Superstore, Costco, Your Independent Grocer, Walmart, Shoppers Drug Mart, Loblaws, Valu-Mart, Wholesale Club and Bulk Barn.

Affordable Grocery Options

Grocery Outlet (previously Almost Perfect)

Website: <https://shop.thegroceryoutlet.ca/>

Location: 7071 County Rd 2, Port Hope

When: Monday - Friday: 9am–7pm & Saturday 9am–6pm & Sunday 10am–6pm

Location: 513 Division St. Unit 8, Cobourg

When: Mon–Wed: 9am–6pm Thu–Fri: 9am–7pm Sat: 9am–6pm Sun: 10am–5pm

Flash Food App

Offers a limited selection of last-chance grocery items at some stores. Credit card needed for purchase; pick up orders at customer service.

Participating locations in Northumberland: Brighton - No Frills, Cobourg - No Frills - Port Hope - Independent - Campbellford - No Frills and Newcastle - No Frills

Community Meals

Souptime (lunch) & Thursday Night Light supper

Website: <http://www.stpeterscobourg.org>

Location: 240 College St., St. Peter's Anglican Church, Cobourg

When: Tuesday Souptime lunch: 11:30 (October to May only)

Thursday Night Light supper: Doors 3:45, Dinner 4:45 (year round)

Contact: 905-372-3442 or info@stpeterscobourg.org

Supper's Ready Brighton

Website: <https://www.facebook.com/groups/578681028971974>

Location: 56 Prince Edward St. Brighton - Trinity St Andrews United Church

When: Wednesdays 5-6 pm

Contact: 613-475-1311 or suppersreadybrighton@gmail.com

Colborne Community Luncheon

Website: <https://www.prospectchurch.net/upcoming-events>

Location: 1 Elgin St N., Prospect House, Colborne

When: Monday Coffee and Conversation at 10:30 am; Lunch at 11:30 am

Contact: 905-355-2408 or prospectmissionary@cogeco.net

Codrington Community Center - Community meals

Website: <https://codringtoncc.wordpress.com/events/> ;

<https://www.facebook.com/codringtoncommunitycentre/>

Location: 2992 County Rd 30, Codrington

When: Tuesday: Breakfast 9 am \$8 (under 5: \$3) October - April

Third Wednesday of the month: Lunch 11:30 am \$10 (under 5: \$5)

Contact: codringtoncommunitycentre@gmail.com

Community Diners Events

Website: <https://commcare.ca/community-diners/>

Enjoy a catered lunch and socialize and connect with other community members.

Transportation assistance may be available upon request.

Call to reserve your spot: 905 372-7356

Cobourg

111 Hibernia St. - Legion Village recreation hall

\$15

Wednesdays: February 11, April 8, October 14, December 9*

12-1 pm

50 Ballantine St. - Salvation Army

\$12

Thursday June 18

12-1 pm

Colborne

80 Division St. - Keeler Centre

\$15

Wednesdays: March 18, May 27, September 23, November 25

12-1 pm

Port Hope

29 Thomas St. - Legion

\$15

Tuesdays: March 12, May 14, September 10, December 17*

12-1 pm

Grafton

10792 County Rd. 2 - St. George's Anglican Church

\$15

Wednesdays: February 18, June 24, October 21

12-1 pm

*Holiday meal prices may differ.

Meal Delivery

Heart to Home - frozen meal delivery

<https://www.hearttohomemeals.ca/>

Breakfast - full meals start at \$10.55.

Lunch & dinner - small portions start at \$6.35 each; regular portions start at \$8.60.

Choose from a variety of local and international meals. Bundles available.

À la carte items available - e.g. oatmeal, muffins, soups, and desserts.

No tax on meals - only taxes on dessert items.

Meals on Wheels - hot and frozen meal delivery

<https://commcare.ca/meals-on-wheels/>

Hot meals delivered for \$9.50 each.

Delivery dates and meal suppliers vary by area - check your area at the link above.

Monthly invoices can be paid by Mastercard, Visa, or cheque.

Physical Activity/Social Programs

Recreation Activities and Programs - Centreton, Roseneath and Vernonville

Website: <https://www.ahtwp.ca/recreation-activities-and-programs>

Cost: \$5 drop in fee

Contact: facilities@ahtwp.ca or call 905 349 2282

Drop in programs:

1. Zumba - Centreton Community Centre - Thursdays 6-645pm
2. Zumba Gold - Centreton Community Centre - Thursdays 1130am-1215pm
3. Zumba Toning - Centreton Community Centre Thursdays 7-745pm
4. Zumba - Roseneath Alnwick Civic Centre - Mondays 7-745pm
5. Zumba Gold - Vernonville Community Centre - Mondays 12 - 1245pm

Booking programs:

1. Pickleball - 1 hr private time slot - Mondays and Thursdays at Alnwick Civic Centre 9am-9pm OR Wednesdays at Haldimand Community Memorial Arena from 7am - 5pm - \$10 an hour plus HST

Town of Cobourg Drop in Senior Programs

View programs on the website: <https://www.cobourg.ca/parks-recreation-community/cobourg-community-centre/seniors-activity-centre/seniors-drop-in-programs/>

Location: 750 D'Arcy Street Cobourg

Contact: cccinfo@cobourg.ca or call 905 372 7371

Notes: Some programs require registration, others allow drop-in. See website for more.

Price: Non member drop in \$5.15

Cobourg Community Centre - low cost drop-in activities

<https://www.cobourg.ca/parks-recreation-community/cobourg-community-centre/adult-programs/>

1. Adult skating at the pond arena - no registration needed - Cost \$1.82 + HST
2. Adult shinny - drop in - \$7.29 + HST
3. Adult/youth pickleball - registration needed - opens 12pm on Fridays for the following week - \$3.09 + HST
4. Walking track - free

Location: Cobourg Community Centre - 750 D'Arcy Street Cobourg

YMCA Northumberland

Website rates: <https://ymcanrt.org/rates-2026/>

NFHT Gym

Patients of the NFHT can access gym facilities at the clinic in the Northumberland Mall. Ask your care provider for a referral to physiotherapy to get started!

Port Hope Skating

<https://www.porthope.ca/en/things-to-do/arena-and-skating.aspx#Adult-and-Senior-Skate>

Brighton Skating

Rates: <https://app.univerusrec.com/brightonpub/rates.asp>

Schedule: <https://app.univerusrec.com/brightonpub/calendars/facilities/index.asp>