



## FOOD DISTRIBUTION

### HOW DOES IT WORK ?

#### OFFERED TO WHOM ?

individuals, couples or low-income families residing in the MRC de L'Érable (except Princeville, another assistance service is present);

#### HOW DO I REGISTER ?

Call ORAPÉ at 819 362-0001 or request an appointment by visiting [www.orape.org](http://www.orape.org). We will set up an appointment to confirm your eligibility, and explain how the service works.;

#### I HAVE TO PROVIDE...

Health insurance cards for all family members. Bank statements (at least 30 days). A copy of your lease or proof of your residence or statements of tax bills (municipal and school).

### FOOD DISTRIBUTIONS

#### Regular Harvest:

Various foods / once a month

Thursday distribution

Always bring your reusable bags

*\*Isothermal bags mandatory for frozen products and chilled products*

Food comes from: Moisson Mauricie/Centre-du-Québec

#### Le Petit Plus

Dedicated to purchases of necessities at low prices

**Additional informations  
or to register  
Call : 819 362-0001  
or visit [www.orape.org](http://www.orape.org)**



## FOOD AID

### WHAT IS IT ?

THE FOOD COMPONENT OF ORAPÉ  
BRING TOGETHER SEVERAL SERVICES:

FOOD HARVEST DISTRIBUTION

EMERGENCY GROCERY VOUCHERS

FOOD PROCESSING

SALE OF PREPARED MEALS

COLLECTIVE KITCHEN WORKSHOP

BREAD: GROUP BUYING

EGGS: GROUP BUYING

POPULAR EDUCATION

COOKING WORKSHOP FOR CHILDREN

SCHOOL SNACKS

BACK TO SCHOOL HELP

CHRISTMAS BASKETS

CHRISTMAS PARTY FOR SINGLES OR COUPLES



**AN ESSENTIAL AND EFFECTIVE PRESENCE  
REQUIRED BY THE COMMUNITY**

**Additional information  
[www.orape.org](http://www.orape.org) or 819 362-0001**

Our team is French-speaking. We will do our best to serve you. Thank you for your understanding