

MONTÉRÉGIE-CENTRE ●

Thrive Guide



Tips on Stretching Your Budget, Using Community Resources and Living Better in a Challenging Economy



With the financial support of:

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Québec 

ARC



Table of Contents

- Saving on Health Services 2
- Saving on Material Goods 12
- Saving on Groceries 23
- Saving on Housing 48
- Saving on Activities 61
- Saving on Judicial Advice 64
- Saving Online 66

Saving on Health Services

Cégep Edouard-Montpetit - Dental Hygiene Clinic

A variety of services is offered at reduced prices by 2nd and 3rd year dental students under the supervision of their professors.

945 Chambly Rd., local B-223, Longueuil J4H 3M6

Telephone: (450) 679-2631 ext 2523, option 4

Website:

www.cegepmontpetit.ca/cegep/communaute/cliniques/hygiene-dentaire

Cégep Edouard-Montpetit - Dental Clinic

Creation of complete or partial dentures offered by dental school students under the supervision of their professors.

945 Chambly Rd., local A-220, Longueuil J4H 3M6

Telephone: (450) 679-2631 ext. 2511

Email: clinique.denturologie@cegepmontpetit.ca

Website:

www.cegepmontpetit.ca/cegep/communaute/cliniques/denturologie

Cégep Edouard-Montpetit - Health Clinic

A variety of health services offered to residents of Longueuil and care provided by nursing students under the supervision of a Nurse Practitioner.

Services include: Blood testing, health evaluation, urinalysis, blood glucose testing, vaccination, ear cleaning, wound care and blood pressure monitoring. Prenatal classes and youth clinic offered.

945 Chambly Rd., local A-3, Longueuil J4H 3M6

Telephone: (450) 679-2631 ext. 2636

Website:

www.cegepmontpetit.ca/cegep/communaute/cliniques/clinique-de-la-sante



Cégep Edouard-Montpetit -Optometry Clinic

Clinic that offers visual exams and low-cost contact lenses and glasses.

945 Chambly Rd., local A-225-6, Longueuil J4H 3M6

Telephone: (450) 679-2631 ext. 2561

Email: lentillescommunications@cegepmontpetit.ca

Website:

www.cegepmontpetit.ca/cegep/communaute/cliniques/lunetterie-clinique-de

Emissaire

Organization that serves people ages 16-29 who are living with HIV-AIDS, people attending youth employment clinics, female sexual violence victims, female sex workers and their families by providing information, referrals, sexual health workshops, support and individual support.

1005 Curé-Poirier Blvd. W., office 101, Longueuil J4K 2E2

Telephone: (450) 651-9229

Email: sylvain.gauthier@emissaire.ca

Moms for Milk

A community organization that provides education, perinatal support, prenatal classes and references for parents expecting a baby, breastfeeding parents and young children. They also offer postpartum support with doulas and certified IBCLC lactation consultants.

415 Mercille Ave., Saint-Lambert J4P 1A4

Telephone: (514) 418-2288

Email: info@lamereaboire.org



L'Etoile Social Pediatric Clinic of Haut-Richelieu

Clinic for children ages 0-18 living in vulnerable situations in the MRC of Haut-Richelieu who need medical, social and judicial support and who do not have a family physician.

212 Saint-Jacques St., Saint-Jean-sur-Richelieu J3B 2K7

Telephone: (450) 346-7288

Email: info@letoilehr.ca

Website: letoilehr.org

Aire ouverte

Clinic attached to the CLSC that is designed to provide easier access to the healthcare system for people 12-25 years old. Services available by appointment and by drop-in for psychosocial services, addiction prevention and general health services.

Saint-Jean-sur-Richelieu

185 Champlain St., Saint-Jean-sur-Richelieu J3B 6V5

Drop-in services: Tuesday and Thursday 1:00- 8:00 p.m.

By appointment from Monday to Friday.

Telephone: (450) 358-8922 ext. 3083

Email: aireouverte.hrr.ciSSSMC16@SSSS.gouv.qc.ca

Brossard

5811 Taschereau Blvd., local 30, Brossard J4Z 1A5

Drop in services: Tuesday and Thursday 1:00- 8:00 p.m.

By appointment from Monday to Friday.

Telephone: (450) 445-4474

Email: aireouverte.cclm.ciSSSMC16@SSSS.gouv.qc.ca



Loan of Orthopedic equipment

Bonhomme à Lunettes

A group of opticians have created a community health model of optometry. Services are available in a variety of community organizations, with or without appointment, where you bring your prescription to the optometrists and pick out a low-cost frame and get your lenses made.

Longueuil | ACEF Rive-Sud

- 2010 Chambly Rd.
- No appointment necessary
- Thursdays 5:00-8:00 p.m. and Fridays 9:00 a.m.-12:00 p.m.; 1:30-4:00 p.m.

Longueuil | Partage Saint-Francois-de-Sales

- 1800 Vianney St.
- No appointment necessary
- Wednesday 9:30-11:30 a.m.

Longueuil (LeMoyne) | La Mosaïque

- 1650 de L'Eglise Ave.
- By appointment. Call: (450) 465-1803
- Monday 9:00 a.m.-12:00 p.m.; 1:00-4:00 p.m.

Centre d'Action Bénévole de Saint-Hubert

- 3339 Grande-Allée Blvd. (important: ring the bell)
- By appointment. Call: (514) 303-4315
- Thursday 10:00 a.m.-3:30 p.m.

Brossard | Mission Nouvelle Génération

- 1423 Provencher Blvd.
- No appointment necessary
- Wednesday 1:00-4:00 p.m



Saint-Jean-sur-Richelieu | Centre d'Action Bénévole d'Iberville

- 290 des Conseillers Ave.
- By appointment. Call: (450) 347-1172
- Thursday 9:00-11:30 a.m.; 1:30-4:00 p.m.

Aux Sources du Bassin de Chambly

- 1369 Bourgogne Ave.
- No appointment necessary
- Monday 9:00 a.m.-1:00 p.m.

The See Better to Succeed Program for Kids

Quebec government program for children 17 and under with a valid health card. It provides a \$300 reimbursement every two years. Le Bonhomme à Lunette offers up to three pairs of glasses for the amount reimbursed.

- Visit them with your child at one of their service points.
- Choose three pairs to their liking among their selection of kids frames
- Fill out the reimbursement form available on the RAMQ website (you will need the QST number to complete the form: #1222377842 TQ0001). Allow about three weeks for delivery.
- Pick up the glasses when they're ready and let someone from their team make the necessary adjustments for maximum comfort.

Website: <https://formulaires.ramq.gouv.qc.ca/lunettes>



Glasses Starting at \$10 for Social Assistance Recipients

This Quebec government program is for all social assistance recipients, whether newcomers, long-time residents or native-born. It offers a lump-sum payment for the purchase of eyeglasses (similar to the provincial government's program mentioned above) once every two years. To be eligible, however, you need to have been a claimant for more than six months (one year for the free eye exam).

Procedure:

1. Take an eye exam.

Your monthly medical slip indicates if the eye exam is covered (usually, after one year of benefits). By presenting your slip and health insurance card to the optometrist, the consultation is free. After the exam, request a copy of your prescription. This is very important!

2. Request the glasses form.

Call 1-877-767-8773 and request the glasses form. Usually, you are eligible for it after 6 months of benefits and once every two years. There's an exception if you break or lose your glasses.

3. Make an appointment with Bonhomme à Lunette.

Check out the schedule and pick your preferred service point. Don't forget to bring:

- Your prescription
- Your form

4. Make your selection.

- If you stick to basic options, the price for adults is \$10 more than the amount reimbursed with the form. They ask you to bring the form and \$10 when you visit them.

5. Pick up your selection.

- As soon as the glasses are ready, you will be contacted and small adjustments will be made if needed for your visual comfort.



Loan of Orthopedic Equipment

L'Entraide Chez Nous

Depending on availability, this organization can loan, free of charge, with no deposit or time limit on use, crutches, wheelchairs, support bars, canes, bath chairs and walkers.

155 Brodeur St., Longueuil J4J 2S3
Telephone: (450) 468-1726
Email: info@entraidecheznous.org
Website: www.entraidecheznous.org

Royal Canadian Legion Branch 94

Offers the loan of walkers, wheelchairs and any orthopedic equipment they have available.

205 Empire Ave., Greenfield Park J4V 1T9
Telephone: (450) 466-0308
Email: info@legion94.ca

Centre d'Action Bénévole de Saint-Hubert

Offers a free loan of walkers, wheelchairs, canes and crutches for a period of three months with a \$20 deposit.

3339 Grande-Allée, Saint-Hubert J4T 2S9
Telephone: (450) 656-9110



Centre d'Action Bénévole d'Iberville

The CAB lends, to any person in need regardless of where they live, a variety of orthopedic support material such as crutches, wheelchairs and walkers. The loan is for an unlimited period of time for a refundable deposit of \$5.

290 Conseillers Ave., Saint-Jean-sur-Richelieu J2X 1Z8

Telephone: (450) 347-1172

Website: www.cabiberville.org

Centre d'Action Bénévole Henryville

Offers free loans of equipment such as crutches, walkers, shower chairs, wheelchairs and bedside commodes for those with a temporary functional limitation.

791 Saint-Jean-Baptiste St., Henryville J0J 1E0

Telephone: (450) 299-1117 ext. 1 or 2

Email: cerh.henryville@gmail.com

Website: www.centreentraidehenryville.com

Centre d'Action Bénévole de la Frontière

Offers free loans of medical equipment to help improve the daily lives of the elderly, sick or disabled residents of Lacolle, Saint-Bernard-de-Lacolle, Saint-Paul-de-l'Île-aux-Noix and Saint-Valentin.

Monday to Friday 7:00 a.m.-4:00 p.m.

12 Ste-Marie St., Lacolle J0J 1J0

Telephone: (450) 246-2016



Personal Hygiene Products

Longueuil Women's Centre

The City of Longueuil has mandated this organization to manage the "cycle change" program, which reimburses residents for the purchase of reusable menstrual products including cups, washable pads, washable liners, menstrual underwear and reusable tampon applicator. To be eligible for the financial aide, the person must

- Be a resident of Greater Longueuil
- Have purchased qualified menstrual products after October 1, 2023
- Present a receipt for eligible purchases that are more than \$50
- Submit the request for financing within 6 months of purchase of the products
- Submit the documents required

Go to the website of the Centre des femmes de Longueuil to find the required document to submit and the methods of submission.

1529 Lafayette Blvd., Longueuil J4K 3B6

Telephone: (450) 670-0111

Email: info@centredefemmeslongueuil.org

Website: www.centredefemmeslongueuil.org

Action Nouvelle Vie

The boutique have a supply of female hygiene products, adult incontinence products and paper products, at a lower than retail cost.

Hours of operation of the boutique:

Tuesday: 10:00 a.m.-5:45 p.m.

Wednesday and Thursday: 10:00 a.m.-3:45 p.m.

740 Saint-Charles St. E., Longueuil J4H 1C2

Telephone: (450) 646-5815



Boom Liquidation

Surplus store that maintains a wide stock of lower cost hygiene products and home cleaning materials.

3571 Taschereau Blvd., Saint-Hubert J4T 2G2

Telephone: (450) 445-6565

755 Saint-Jacques St., Saint-Jean-sur-Richelieu J3B 2M9

Telephone: (450) 346-9561

Moms for Milk

A community organization that provides education, support and references for parents expecting a baby, breastfeeding parents and young children. There is a supply of infant diapers for families in need.

415 Mercille Ave., Saint-Lambert J4P 1A4

Telephone: (514) 418-2288

Email: info@lamereaboire.org



Saving on Material Goods

School Supplies

Action Nouvelle Vie

Holds a yearly school supply distribution event that offers over 1000 backpacks filled with school supplies as well as clothing and shoes each August.

740 Saint-Charles St. E., Longueuil J4H 1C2

Telephone: (450) 646-5815

Email: info@actionnv.com

Website: www.actionnv.com

Provisions Communautaires

Distributes 1000 backpacks, school supplies and clothing yearly, in August.

2550 Jensens St., Saint-Hubert J3Y 3W3

Telephone: (450) 445-3511

Email: info@provisions.org

Website: www.provisions.org

La Mosaïque, Community and Volunteer Action Centre

Offers emergency payment of school fees for low-income primary and secondary students from Brossard, Greenfield Park, Saint-Lambert and LeMoynes. Offers payment of sports and arts activities for low-income families from the same areas of residence. Please call for an appointment prior to going to the centre.

Hours: Monday to Thursday 9:00 a.m.-12:00 p.m. and 1:00-3:30 p.m.

Friday 9:00 a.m.-12:00 p.m.

1650 de l'Église Ave., Longueuil J4P 2C8

Telephone: (450) 465-1803

Email: info@lamosaique.qc.ca

Website: www.lamosaique.org

Salvation Army South Shore Community Church

Offers school material distribution for low-income families in the Montérégie.

335 Springfield St., Longueuil J4V 1X7
Email: aida.munoz-perez@armedusalut.ca

Mission Nouvelle Generation

Offers low price sale of school supplies for registered members. Registration begins early June.

1423 Provencher Blvd., Brossard J4W 1Z3
Telephone: (450) 486-7667
Email: info@missionnouvellegeneration.org
Website: www.missionnouvellegeneration.org

Centre d'Action Bénévole d'Iberville

Offers a backpack with elementary school supplies for families in need from the neighbourhoods of Iberville and Saint-Athanase as well as the municipality of Mont-Saint-Gregoire.

290 Conseillers Ave., Saint-Jean-sur-Richelieu J2X 1Z8
Telephone: (450) 347-1172
Website: www.cabiberville.org

Centre d'Action Bénévole Henryville

Offers financial support for school fees and supplies for low-income families in Henryville, Sainte-Anne-de-Sabrevois, Saint-Alexandre, Saint-Sebastien and Venise-en-Quebec. Offered from August to September.

791 Saint-Jean-Baptiste St., Henryville J0J 1E0
Telephone: (450) 299-1117 ext. 1
Email: cerh.henryville@gmail.com
Website: www.centreentraidehenryville.com



OPEQ (Computers for Schools – Quebec)

OPEQ was created in 1998 to manage the Computers for Schools Program in Québec. Computers for Schools is a national program that refurbishes devices donated by governments, private businesses and individuals for use by schools, libraries, registered not-for-profit organizations, Indigenous communities and eligible low-income individuals. The program CLIC-OPEC allows schools and community organizations that work directly with low-income families to apply for computers on behalf of the low-income person.

Phone: 1 877 617-6737, option 2, 2

E-mail: demande@opeq.qc.ca

Website: www.OPEC.qc.ca

Opération Bonne Mine

A Quebec-wide project that supports the distribution of school goods with many community organizations but with whom you can make direct requests for aid in order to prevent drop-out.

Email: info@operationbonnemine.com



Thrift Stores

Provisions Communautaires

A boutique that sells new and used clothing as well as home goods.

Hours of operation:

Monday: 8:00-11:45 a.m.

Tuesday, Wednesday and Friday 8:00 a.m.-4:00 p.m.

Thursday 8:00 a.m.-5:00 p.m.

2550 Jensens St., Saint-Hubert J3Y 3W3

Telephone: (450) 445-3511

Email: info@provisions.org

Website: www.provisions.org

Mission Nouvelle Génération

Offers a boutique of new and used clothing and household goods.

Hours of operation:

Monday and Wednesday 10:00 a.m.-3:00 p.m.

Tuesday and Thursday 10:00 a.m.-6:00 p.m.

1423 Provencher Blvd., Brossard J4W 1Z3

Telephone: (450) 486-7667

Email: info@missionnouvellegeneration.org

Website: www.missionnouvellegeneration.org

La Mosaïque, Community and Volunteer Action Centre

Offers a boutique of clothing, books and home goods for the whole family.

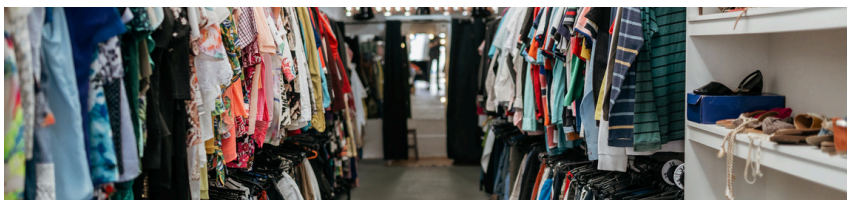
Hours of operation: Tuesday to Saturday 10:00 a.m.-5:00 p.m.

1650 de l'Église Ave., Longueuil J4P 2C8

Telephone: (450) 465-1803

Email: info@lamosaique.qc.ca

Website: www.lamosaique.org



La Croisée

A boutique that offers clothing for the whole family as well as kitchen supplies, toys, books, DVDs and shoes for all ages.

Hours of operation:

Monday - Thursday 9:00 a.m.-3:30 p.m.; Friday 9:00 a.m.-12:00 p.m.

1230 Green St., Longueuil J4K 4Z5

Telephone: (450) 677-8918 ext. 230

Email: lacroisee@lacroiseedelongueuil.qc.ca

Website: www.lacroiseedelongueuil.qc.ca

Action Nouvelle Vie

Operates a thrift shop that offers new and used clothing as well as shoes, kitchen supplies, toys and household goods.

Hours of operation:

Tuesday: 10:00 a.m.-5:45 p.m.

Wednesday and Thursday: 10:00 a.m.-3:45 p.m.

740 Saint-Charles St. E., Longueuil J4H 1C2

Telephone: (450) 646-5815

Email: info@actionnv.com

Website: www.actionnv.com

Maison d'Entraide Saint-Alphonse

Operates a community thrift store and food bank.

Hours of operation: Friday 1:00-8:30 p.m.

2190 André St., Brossard J4Z 2Z8

Telephone: (450) 676-3712

Email: depannagemesa@hotmail.com



Friperie de la Maison de la Famille Le Cavalier

Thrift store that offers clothing and home goods for the whole family.

Hours of operation:

Monday to Wednesday: 9:00-11:30 a.m.; 1:00-3:30 p.m.

Thursday: 1:00-3:30 p.m.

2027 Daniel St., Longueuil J4J 5M1

Telephone: (450) 646-8817

Email: equipervicesvp1@hotmail.com

Website: www.equipervicesvp.com

The Boutik de la Fabrik - Saint-Jean XXIII Parish

Boutique that offers clothing, household goods and furniture at low prices.

Hours of operation:

Tuesday: 12:00-4:00 p.m. and Thursday 12:00-5:00 p.m.

4990 Redmond St., Longueuil J3Y 2C2

Telephone: (450) 812-9486

Email: sj23.cascretariat@paroissejeanxxiii.org



Le Castor Qui Donne

Thrift and community grocery store.

Hours of operation:

Tuesday to Thursday: 10:00 a.m.-3:00 p.m.

Saturday: 10:00 a.m.-1:00 p.m.

5430 Cousineau Blvd., local 102, Longueuil J3Y 7J8

Telephone: (438) 836-1317

Email: lecastorquidonne@gmail.com

Saint-Vincent-de-Paul Society of Saint-Jean-sur-Richelieu

A thrift store that offers clothing and home goods for the whole family.

Hours of operation:

Tuesday, Wednesday and Friday: 10:00 a.m.-4:00 p.m.

Thursday: 10:00 a.m.-8:00 p.m.

Saturday: 10:00 a.m.-1:00 p.m.

747 Saint-Jacques St., Saint-Jean-sur-Richelieu J3B 2M9

Telephone: (450) 376-2062

Centre de Partage Communautaire Johannais

Community centre that includes a clothing thrift store and furniture store.

280 Mercier St., Saint-Jean-sur-Richelieu J3B 6H4

Telephone: (450) 347-6711

Email: info@cpcjohannais.com



Centre d'Action Bénévole Henryville

Operates a thrift store with clothing and home goods for the whole family.

Hours of operation:

Monday to Wednesday: 9:00 a.m.-3:30 p.m.

Thursday: 9:00 a.m. - 6:00 p.m.

Friday: 9:00 a.m.- 12:00 p.m.

791 Saint-Jean-Baptiste St., Henryville J0J 1E0

Email: cerh.henryville@gmail.com

Website: www.centreentraidehenryville.com

Grenier au Trouvailles

Thrift store that offers clothing and home goods for the whole family.

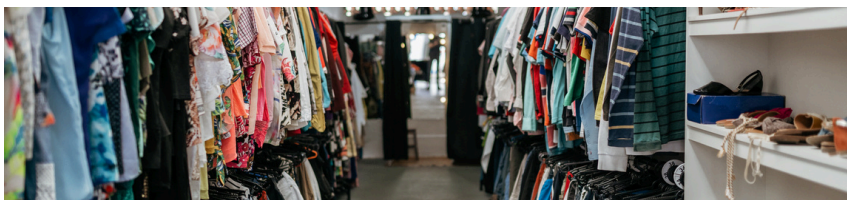
Hours of operation:

Wednesday to Friday: 10:00 a.m.-5:00 p.m.

Saturday: 10:00 a.m.-3:00 p.m.

2 de l'Église St. S., Lacolle J0J 1J0

Telephone: (450) 246-4032



Furniture and Appliances

La Croisée

A boutique that offers furniture and small appliances as well as a pick up service for furniture that you want to donate.

Hours of operation:

Monday to Thursday: 9:00 a.m.-3:30 p.m.

Friday: 9:00 a.m.-12:00 p.m.

1230 Green St., Longueuil J4K 4Z5

Telephone: (450) 677-8918 ext. 230

Email: lacroisee@lacroiseedelongueuil.qc.ca

Website: www.lacroiseedelongueuil.qc.ca

Maison du Père l'Espoir

Offers low cost furniture and appliances as well as delivery and recovery of old appliances.

Hours of operation:

Wednesday to Saturday from 9:00 a.m.-3:00 p.m.

470 Coteau-Rouge Blvd., Longueuil J4J 1Y2

Telephone: (450) 396-9833

Aux Sources du Bassin de Chambly

Has a boutique that offers clothing, shoes, books and kitchen supplies for the whole family. Organization will also respond during situations of crisis such as separation and divorce, returning home from incarceration or rehabilitation and conjugal violence. Donation of materials such as clothing, furniture, bedding and home goods is made under these circumstances.

1369 Bourgogne Ave., Chambly J3L 1Y4

Telephone: (450) 658-1568

Website: www.as-bc.org



Grenier des Aubaines

Thrift store that offers clothing, household goods, furniture, appliances as well as delivery.

Hours of operation:

Monday, Wednesday and Friday: 12:00-4:30 p.m.

Saturday: 9:00 a.m.-1:00 p.m.

61 Montbrun St., Boucherville J4B 7H4

Telephone: (450) 655-6944

Centre de Partage Communautaire Johannais

Community centre that includes a clothing thrift store and furniture store.

Furniture store:

150 Foch St., Saint-Jean-sur-Richelieu J3B 2A8

Hours of operation:

Tuesday to Saturday: 10:00 a.m.-5:00 p.m.

EcoDepot Montreal

Vintage and thrift store with a wide variety of furniture, appliances, household goods and clothing.

Hours of operation:

Monday to Wednesday: 10:00 a.m.-5:30 p.m.

Thursday and Friday: 10:00 a.m.-8:00 p.m.

Saturday and Sunday: 10:00 a.m.-6:00 p.m.

187 Richer St., Lachine H8R 1R4

Telephone: (514) 947-6787

Website: ecodepotmontreal.com



Sports Equipment

Action Nouvelle Vie

Offers a bike distribution service for children and adolescents of families registered with the food distribution service in order to promote physical activity and provide a means of transportation.

740 Saint-Charles St. E., Longueuil J4H 1C2

Telephone: (450) 646-5815

Email: info@actionnv.com

Website: www.actionnv.com

Mission Nouvelle Génération

Bike Workshop - 200 bikes per year.

Provides a bicycle workshop that recycles and repairs old bicycles to assist families in need.

1423 Provencher Blvd., Brossard J4W 1Z3

Telephone: (450) 486-7667

Email: info@missionnouvellegeneration.org

Website: www.missionnouvellegeneration.org

Paroisse Saint-Thomas-d'Aquin

Collaborates with the Saint-Lambert Soccer Association to help fund the registration of youth ages 4-18 and assist with the equipment costs. The organization also fixes, adjusts and regifts bicycles that have been donated to the parish.

311 Saint-Thomas St., Saint-Lambert J4R 1Y2

Telephone: (450) 671-5721

Email: entraide.saintlambert@gmail.com



Saving on Groceries

Shopping Habits

Shop the bulk bins

Buying in bulk doesn't mean buying huge amounts. At specialized stores, like Bulk Barn, you can buy as much... or as little... as you need – at much cheaper prices than buying packaged food.

Some of the things that are good choices at bulk stores or the bulk bin section of your grocery stores include:

- Spices - ground spices lose their fragrance and flavour quickly so just buy what you can use in a month or two.
- Nuts and seeds (pecans/walnuts, almonds, chia, pumpkin, sunflower etc).
- Less frequently used grains and pastas or a grain or pasta you want to try for a specific recipe before you buy a big bag of it.
- Baking supplies – if you don't bake often, you can buy small quantities of flour, baking powder/soda, brown sugar etc., for much less than a small package at the grocery store.
- Lentils.
- Dried fruit.

Team up with others

Another great way to save on groceries is to team up with a few single friends or small family households near you. This allows you to bulk-buy those large Costco-size packages. Split them up and save! Make a list of the things you all like and would be interested in splitting – it could be meat, veggies, snacks, pasta – and check in with each other on a regular basis to see who needs what and take turns doing a Costco run.

Form a text message group or a Facebook message group to keep in touch and let the group know if you spot a really good deal. This can also work if you have dietary restrictions – find a few others who are in the same boat.



Watch for sales cycles

When you watch the apps and flyers long enough, you start to pick up on patterns. Once you get a handle on when the products you buy regularly go on sale, you can stock up.

Some items will also go on sale once or twice a year for a really hot price – watch for those and stock up where you can – or split them with friends.

Surplus stores can help you save on groceries

These are stores that sell overstock or shelf-stable groceries that are close to their best before dates, usually at a heavily discounted price. Here are a few in Montérégie-Centre:

- Les Escomptes Saint-Jean: 429 Saint-Jacques St., Saint-Jean-sur-Richelieu J3B 2M1
- Boom Liquidation Saint-Jean: 755 Saint-Jacques St., Saint-Jean-sur-Richelieu J3B 2M9
- Boulangerie St-Méthode: 1313 Volta St., Boucherville J6B 6G6
- Boom Liquidation Saint-Hubert: 3571 Taschereau Blvd., Saint-Hubert J4T 2G2

Just be sure to buy things you know you like and will eat before they're past their best before date.

Shop at discount stores, like Dollarama

Canned and dry food (many the same as brand names with Dollarama labels), snacks, drinks and other household items at greatly discounted prices.

Go global

Your local ethnic markets often offer a large variety of vegetables and fruits at low prices. It is worth a trip to see what is available and expand your produce selection.

Meal plan around seasons and sales

Plan how you eat around the seasons and what's on sale for a great price. Items that aren't in season are almost always more expensive.



Shop the source

You might not have the resources or space to can and freeze but the strategy is the same – go to the source. Farm gate sales and farmer's markets are usually much cheaper than the grocery store and you don't have to buy huge quantities.

Grow your own vegetables

In a small space you can grow vegetables such as tomatoes, herbs and strawberries in containers. If you have the time and energy for a larger garden but don't have a backyard, look into community gardens where you can rent a plot of land.

To get you started, you can visit the collective garden from La Croisée de Longueuil and purchase your seedlings and starter plants.

2640 Tremblay Rd., Longueuil J4N 1A8

Telephone: (450) 677-8918

The community gardens in Longueuil are located in the Michel Chartrand Regional Park.

1798 du Lac Rd., stake 3-25 Longueuil J4J 4V5

Telephone: (450) 646-7181

Email: www.jardinsdelongueuil.org

The community garden in Brossard.

3310 Bernard Ave., Brossard

Telephone: (450) 671-8019

Email: jardinspotagersbrossard@gmail.com

A community garden is sponsored by the Saint-Jean-sur-Richelieu Women's Centre.

40 Frontenac St., Saint-Jean-sur-Richelieu J3B 2Y2

Telephone: (450) 346-0662



Food Preparation

1. Embrace the prepped freezer meal in as large quantities as your family needs.
2. Freeze individual ingredients so you can vary what you eat each night. Write the date on the containers with a marker so you make sure to eat items while they are still safe.
3. Prep enough vegetables on Sunday that you can eat freshly roasted sheet pan dinners every night of the week.
4. While you're at it, chop extra vegetables to freeze for meals later down the line.
5. Fall in love with the incredible edible: eggs! There are hundreds of ways to cook them.
6. Buy the big bags of frozen chicken on sale to pair with all of those frozen vegetables you have on hand.
7. Rescue produce on the edge of going bad and use it to make future meals so much better.
 - Cucumbers, peppers, garlic and onions can all be fridge-pickled, even if you don't seal the jar. Just make sure to eat them within a few weeks.
 - Berries: strawberries, apples, raspberries etc. can all be cooked with a bit of water and sugar on the stove-top into a delicious jam sauce for ice cream or pancakes. Swap in or add maple syrup, vanilla, cardamom pods or your favourite sweet liqueur like orange or elderflower to customize.
 - Herbs can be frozen into ice cube trays with olive oil to use next time you need to fry an egg. Avocados and about-to-expire Greek yogurt benefit from the ice cube treatment too.
8. When your whole fruits start to go a little soft, bake them for breakfast or dessert.
9. Prepare a weekly meal plan that call for the same ingredients, to minimize the amount of prep and cooking throughout the week.



Freezer Safety

Fruit

Batches of fruit can be stored in airtight containers or freezer bags. You may want to try individually freezing fruit pieces for dessert toppings, smoothies and cool summer snacks. Berries and grapes can be frozen whole, and you can slice up larger fruits like nectarines, peaches, pineapple and melon. Spread the fruit out on a cookie sheet covered with plastic wrap, foil or waxed paper and lay flat in the freezer. Once the food is solid it can be packaged up for storage.

Vegetables

Vegetables may need to be blanched to preserve their nutrients. Onions, peppers and herbs do not need to be blanched. Squash, sweet potatoes and pumpkin should be fully cooked before freezing. All other vegetables should be blanched. To blanch by boiling, use at least 4 litres of water per pound of vegetables. Put the vegetables in a wire basket, submerge them completely in the boiling water. Cover the pot and begin timing as soon as steam starts to escape from under the lid. Shake the basket a couple of times to ensure that all vegetable surfaces are exposed to the heat. After the allotted time, remove the basket and plunge the vegetables into a bowl of ice water to stop the cooking. Once cool, remove them, drain thoroughly, dry and package for freezing.

Refer to the vegetable blanching times chart from the National Centre for Home Food Preservation for the amount of time that is needed for each vegetable that you would like to blanch.

Most fruits and vegetables will last eight to 12 months in the freezer.

Raw Meat

Single serving foods like pre-frozen chicken or fish are convenient when you only want one or two of something, but they often have extra water and salt added. Make your own by buying packages of fresh meat and fish and freezing them using the same cookie sheet method as described for the fruit. To prevent cross contamination, you may want to keep aside a separate sheet for meat only. Most raw meats can be stored in the freezer for 3-4 months.

Cooked meats

Cut up cooked meats into strips and freeze in single portions. They're a great addition to soups, casseroles and stir fries.

Sauces and soups

Nothing beats a pot of chicken soup or homemade tomato sauce. Rather than scaling down your recipe, make the normal amount and freeze in small portions.

Baked goods

Breads freeze well, but so do pitas, wraps, muffins and bagels.

Casseroles and other dishes

Cabbage rolls, stews, perogies, tomato-based pastas and curries freeze particularly well and can be stored up to three months.

What you shouldn't freeze

Eggs, canned foods and prepared salads. Some foods such as cream sauces, mayonnaise, cottage cheese and lettuce can be frozen safely, but do affect the texture and quality.



Budget Recipes

Ham and Potato Frittata

Ingredients

- 2 tablespoons olive oil
- 2 pounds potatoes
- 1 bunch green onions
- 4.5 oz. (half of a 9 oz. package) deli ham
- salt & pepper to taste
- 8 large eggs
- 1/2 cup milk
- 1/4 cup grated parmesan cheese

Instructions

- Wash, peel and slice the potatoes into thin, 1/8" thick slices. Heat the olive oil in a large oven-safe skillet over medium heat. Once the skillet is hot, add the potatoes and season with salt and pepper.
- Cook the potatoes for about 10 minutes, stirring only occasionally so that the bottom layer has a chance to brown. Preheat the oven to 400 degrees.
- While the potatoes are cooking, slice both the green and white ends of the green onions. Add the white ends to the skillet with the potatoes as they cook. Also roughly chop the deli ham and add it to the skillet as the potatoes cook.
- In a large bowl, whisk together the eggs, milk and parmesan cheese. Once the mixture is fairly smooth, stir in the remainder of the sliced green onions (the green ends).
- Once the potatoes are tender, but not falling apart (about 10 minutes of cooking), pour the egg mixture into the skillet, making sure to cover all areas. Continue to cook the mixture in the skillet without stirring for 1-2 minutes or until the edges are set.
- Transfer the skillet to the oven and continue cooking for about 20 minutes, or until the egg has puffed up and eggs are set (firm, but still moist). The center of the skillet will firm up last, so test the center for doneness. Allow the frittata to sit for five minutes before slicing and serving.



Coconut Chickpea Curry

Ingredients

- 1 tablespoon coconut oil (or canola or olive oil)
- 1 large onion (finely diced)
- 4 garlic cloves (minced)
- 1 medium knob fresh ginger (grated and minced)
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 to 1 1/2 tablespoons curry powder
- 1 (14.5 oz.) can full-fat coconut milk (may use lite)
- 1 (14.5 oz.) can crushed tomatoes
- 1 (14.5 oz.) can chickpeas (aka. garbanzo beans, drained and rinsed)
- 1-2 fresh lime juice
- Fresh cilantro (chopped)
- Basmati rice or naan bread

Instructions

- Heat a large skillet or pot over medium-high heat. Add oil and let sizzle. Add onions and let cook for about 8 minutes, stirring often. Stir in garlic and ginger and cook for 1 minute longer. Stir in salt, pepper and curry powder.
- Add coconut milk and crushed tomatoes. Turn down heat to medium-low and let simmer for 15-20 minutes. Stir in chickpeas and continue to cook for 5 minutes longer, stirring often.
- Remove from heat and sprinkle with lime juice. Serve with basmati rice and sprinkle with fresh cilantro.



Tuna Fritters

Ingredients

- 1 onion finely chopped
- 2 stalks of celery, finely chopped
- 1-2 tablespoons of butter or margarine
- 2 cans of tuna, drained and flaked
- 1 package of stuffing mix
- 2 eggs

Instructions

- Melt butter or margarine in a frying pan.
- Add to the pan the onion and celery when the butter is melted and cook till the onions are transparent. When cooked, add the mixture to a medium size mixing bowl and let cool.
- When vegetables are cool, add in the tuna, stuffing and egg. Mix together till the stuffing is hydrated.
- Form small patties of the mixture and fry in the fat of your choice till browned on both sides.
- Serve with a green salad or other vegetable of your choice.



Broccoli and Spinach Shakshuka

Ingredients

- 2 tablespoons olive oil
- 2 onions, diced
- 2 garlic cloves, minced
- ½ head of broccoli, bite-sized pieces
- ½ cup spinach
- 2 bell peppers, diced
- 3 tomatoes, diced
- 3 tablespoons tomato paste
- 1 (15 oz) can tomato sauce
- 2 teaspoons cumin
- 2 teaspoons chili powder
- Pinch of sugar
- 2 teaspoons salt
- 1 teaspoon pepper
- 6 eggs
- ½ cup fresh parsley or coriander, chopped

Instructions

- Preheat oven to 375F.
- Start by half-cooking your broccoli. In a large bowl, pour boiling water to cover and cover the bowl. Leave to cook for 3-5 min. You want it soft with a bit of crunch. Drain and put aside.
- In a large pot or saucepan over medium-heat, sauté onions for 2-3 minutes or until onions soften. Add garlic and continue to sauté until mixture is fragrant.
- Add spices, salt and pepper and sauté for another minute.
- Add the broccoli and bell peppers and sauté for 5-7 mins, until softened.
- Add tomatoes and tomato paste. Stir until blended
- Next, add spinach, and cover for 2-3 mins until it wilts down.



Broccoli and Spinach Shakshuka

Instructions continued...

- Stir and allow mixture to simmer over medium heat for 5-7 minutes until it starts to reduce.
- Adjust seasonings according to your preferences. Transfer mixture to a pan or casserole.
- Crack the eggs, one at a time, directly over the tomato mixture, making sure to space them evenly over the sauce. The eggs will cook “over easy” style on top of the tomato sauce.
- Cover the pan and allow the mixture to simmer for 10-15 minutes, or until the eggs are cooked and the sauce has slightly reduced. Make sure the sauce hasn’t completely reduced.
- Serve with warm bread or pita bread.



Frozen Lemonade Pie

Ingredients

- 1 pre-made graham cracker crust
- 1 (14 oz.) can sweetened condensed milk, chilled
- 1 (12 oz.) container frozen whipped topping, thawed
- 1 cup frozen lemonade concentrate, thawed
- Lemon slices for garnish

Instructions

- In a large mixing bowl, fold the sweetened condensed milk and whipped topping until well combined, being careful to keep the mixture light and fluffy. Add the lemonade concentrate and continue to gently fold. Pour the filling into the pie crust. Place in the freezer to chill at least 8 hours or overnight.
- Just before serving, garnish with fresh lemon slices.



Food Banks

Maison du Père l'Espoir

Food baskets for all at a cost of \$32.00. Baskets are available Wednesday through Saturday by appointment. Book appointments online.

470 Coteau-Rouge Blvd., Longueuil J4J 1Y2

Telephone: (450) 396-9833

Website: www.gorendezvous.com/en/lamaisondupere

Provisions Communautaires

Provides food baskets to 1400 families per week.

Distribution schedule

Tuesday, Wednesday and Friday: 12:30-4:00 p.m.

Thursday: 12:30-5:00 p.m.

2550 Jensen St., Saint-Hubert J3Y 3W3

Telephone: (450) 445-3511

Email: info@provisions.org

Website: www.provisions.org

Mission Nouvelle Génération

There is a small membership and very reasonable fee per basket. The baskets include fruits and vegetables, dairy products, bread, pastries and various other products. The content varies weekly.

Pick up Service: Tuesday and Thursday 1:00-6:00 p.m.

1423 Provencher Blvd., Brossard J4W 1Z3

Telephone: (450) 486-7667

Email: info@missionnouvellegeneration.org

Website: www.missionnouvellegeneration.org



Action Nouvelle Vie

Provides tangible assistance to families and individuals who are struggling with poverty while placing a specific emphasis on the children.

740 Saint-Charles St. E., Longueuil J4H 1C2
Telephone: (450) 646-5815
Email: info@actionnv.com
Website: www.actionnv.com

La Croisée

La Croisée de Longueuil offers three distinct food safety programs: La Petite Cuillère, which offers menus at affordable prices, Les Cuisines Collectives, for those who want to improve the quality of their food while saving money, and a food assistance program reserved for residents of the following neighbourhoods only:

- Saint-Georges, Notre-Dame-de-la-Garde, Saint-Jude, Sainte-Louise-de-Marillac, Saint-Antoine-de-Padoue.

1230 Green St., Longueuil J4K 4Z5
Telephone: (450) 677-8918
Email: lacroisee@lacroiseedelongueuil.qc.ca
Website: www.lacroiseedelongueuil.qc.ca

Le Frigo du Coin

Community food security and education project that has a community fridge and hosts organized activities.

165 René-Philippe St., LeMoyne J4R 2J9
Telephone: (438) 372-6732



La Mosaïque, Community and Volunteer Action Centre

Emergency food assistance (food baskets) offered to residents of Brossard, Greenfield Park, LeMoyne and Saint-Lambert. The organization also offers telephone referrals to other resources in the territory.

Monday to Thursday: 9:00 a.m.-12:00 p.m. and 1:00-3:30 p.m.

Friday: 9:00 a.m.- 12:00 p.m.

Please call for appointment prior to going to the Centre.

1650 de l'Église Ave., Longueuil J4P 2C8

Telephone: (450) 465-1803

Email: info@lamosaique.qc.ca

Website: www.lamosaique.org

Centre d'Action Populaire LeMoyne

Food distribution service every Monday for residents of Greenfield Park, Saint-Lambert and LeMoyne. Distribution: Mondays from 2:00-6:00 p.m. A low-cost fruit and vegetable basket is also available weekly alternatively in LeMoyne and Greenfield Park on Wednesdays.

1058 Bernard-Darche St., LeMoyne J4R 1T5

Telephone: (450) 486-1400

Email: capl.infos@gmail.com

Website: www.caplemoyne.org

L'Entraide Chez Nous

Offers food aide and social grocery store to residents of the Sacre-Coeur and Saint Pie-X neighbourhoods of Longueuil.

155 Brodeur St., Longueuil J4J 2S3

Telephone: (450) 468-1726

Email: info@entraidecheznous.org

Website: www.entraidecheznous.org



Le Castor Qui Donne (community refrigerator)

Organization that provides food assistance as well as a community grocery store for residents of Saint-Hubert.

5430 Cousineau Blvd., local 102, Longueuil J3Y 7J8

Telephone: (438) 836-1317

Email: lecastorquidonne@gmail.com

Cuisines de l'Amitié — Centre communautaire Nathalie-Croteau

Services: Sale of frozen meals, soup and dessert. Please call to place your order prior to going to the centre. Delivery service is available for seniors, people with disabilities and members only.

Opening hours: Monday, Tuesday, Wednesday and Friday from 9:00 a.m.-3:00 p.m. and Thursday 1:00-4:00 p.m.

2210 Andre St., Brossard J4Z 2Z8

Telephone: (450) 443-6670

Email: info@cuisinesdelamitie.org

Website: www.cuisinesdelamitie.org

Maison Tournesol

Delivers five complete meals (each comprised of a soup, main entree and dessert) to the homes of seniors living in the greater Longueuil, Saint-Lambert or Brossard. The cost of the 5 meals is \$30 a week with a \$20 yearly membership fee.

1720 de Gaulle St., Saint-Hubert J4T 1M9

Telephone: (450) 445-9290

Email: info@maisontournesol.org



L'Ami Aide Alimentaire

Provides weekly and emergency food baskets as well as collective cooking classes and personalized budget advice to residents of the MRC Haut-Richelieu.

345 6th Ave., Saint-Jean-sur-Richelieu J2X 1R1

Telephone: (438) 523-6881

Email: lamiaide.alimentaire@gmail.com

Centre d'Action Bénévole de Saint-Jean-sur-Richelieu

Provides one-time emergency food baskets to residents of Saint-Jean as well as a delivery of a pre-made meal.

640 Dorchester St., local 301, Saint-Jean-sur-Richelieu J3B 5A4

Telephone: (450) 347-7527

Website: www.cabstjean.org

Le Grenier aux Trouvailles – partage sans faim

Organization that provides food baskets, emergency food assistance and collective cooking courses for seniors and children in the municipalities around Lacolle.

2 de l'Église St. S., Lacolle J0J 1J0

Telephone: (450) 246-4032

Email: info@grenierauxtrouvailles.org

Website: grenierauxtrouvailles.org



Comité de Dépannage de L'Acadie

Organization that provides food assistance, community gardens and collective cooking courses to residents of the Acadie sector of Saint-Jean.

1322 du Clocher Rd., Saint-Jean-sur-Richelieu J2Y 1A4

Telephone: (450) 357-2386

Email: info@lacadiehautrichelieu.com

Website: www.lacadiehautrichelieu.com

Saint-Vincent-de-Paul

Provides emergency food vouchers and material assistance to residents of the Saint-Luc and Sainte-Marie-de-la-Visitation sectors of Saint-Jean.

55 Échevins St., Saint-Jean-sur-Richelieu J2W 2N6

Telephone: (450) 349-1553

Email: ssvpluc@gmail.com

Website: www.ssvp-st-luc.org

City of Saint-Jean-sur-Richelieu

150 Laurier St., Saint-Jean-sur-Richelieu J3B 6K3

Telephone: (450) 358-1222 ext. 104

Email: ssvpstjean.orgdirection@ssvpstjean.org

Carrefour Dignité

Food bank that provides food assistance to low-income families.

939-D, Séminaire Blvd. N., Saint-Jean-sur-Richelieu J3A 1B6

Telephone: (450) 359-9525

Website: www.carrefourdignite-stjean.org



Centre d'Action Bénévole Henryville

Provides food assistance, meal delivery, cooking courses and community dinners for residents of Henryville, Sabrevois, Saint-Alexandre, Saint-Sébastien, Venise-en-Québec. There is also a community fridge located in Henryville and Saint-Alexandre.

791 Saint-Jean-Baptiste St., Henryville J0J 1E0

Telephone: (450) 299-1117

Email: cerh.henryville@gmail.com

Website: www.centreentraidehenryville.com

Centre d'Action de Bénévole Interaction

Provides emergency food aid and food baskets.

100 Principal St., Clarenceville J0J 1B0

Telephone: (450) 294-2646

Website: www.cabinteraction.ca

Aux Sources du Bassin de Chambly

Provides weekly food basket distribution on Thursdays as well as a cooperative low-cost grocery store.

1369 Bourgogne Ave., Chambly J3L 1Y4

Telephone: (450) 658-1568

Website: www.as-bc.org

Centre d'Action Bénévole d'Iberville

Provides low cost groceries through a social grocery store as well as food baskets, community gardens and collective cooking courses to residents of Saint-Athanase, Iberville and Mont Saint-Gregoire. Budgeting and economic planning also offered.

290 des Conseillers Ave., Saint-Jean-sur-Richelieu J2X 1Z8

Telephone: (450) 347-1172

Email: depannage@cabiberville.org

Website: cabiberville.org

Centre d'Action Bénévole de la Rive-Sud

Services: Orders taken by phone, prepared and delivered to seniors aged 65+ or persons who are ill or living with a physical or intellectual disability. \$6 per meal.

1410 De Salaberry Ave., Chambly J3L 1R7

Telephone: (450) 658-4325

Email: information@benevolatrivesud.ca

Website: www.benevolatrivesud.qc.ca

Alternative Alimen-Terre

Alternative Aliment-Terre is a circular social economy company with the mission of breaking social isolation while raising awareness about reducing waste and food insecurity. In collaboration with local farmers with the help of volunteers, Alternative Aliment-Terre allows consumers to get delicious fruits and vegetables frozen and ready to eat cook all year round!

Sale of the produce is sold at the following locations:

- Entraide maternelle du Richelieu. 1117 du Pont St., Marieville J3M 1N9
- La Cabotine. 220 Ouellette St., Marieville J3M 1A5
- La friperie de Sainte-Angèle-de-Monnoir. 1C des Loisirs St., Sainte-Angèle-de-Monnoir J0L 1P0
- Centre des femmes Ainsi soit-elle. 1224 Notre-Dame St., Chambly J3L 1K3
- Friperie La Fouinerie. 3 du Pont St., Saint-Césaire J0L 1T0
- Hôtel de Ville de Saint-Blaise. 795 des Loisirs St., Saint-Blaise-sur-Richelieu J0J 1W0
- Le Grenier aux Trouvailles (Partage sans faim). 2 de l'Église St. S., Lacolle J0J 1J0

146 Ruisseau-Barré Lane, Marieville J3M 1P2

Email: coordination@aliment-terre.org

Telephone: (438) 521-9136

www.aliment-terre.org



Meals on Wheels and Frozen Meal Distribution

St. Paul's Frozen Meals

Services: Meals, apple pies and tourtières are available if anyone needs them. A healthy alternative to the supermarket. There is a small fee for each meal which helps to fund other programs.

321 Empire St., Greenfield Park J4V 1V4

Telephone: (450)671-6000 (leave a message and your call will be returned).

Email: stpaulsgpk@gmail.com

Centre d'Action Bénévole Saint-Hubert

A delivery service of fresh and frozen meals is available to residents of Saint-Hubert who are 65+, chronically ill with a doctor's referral, a new mother or a person in convalescence.

3339 Grande Allée, Saint-Hubert J4T 2S9

Telephone: (450) 656-9110

Email: info@cab-saint-hubert.org

Centre Communautaire l'Entraide Plus

Provides a large variety of frozen meals and serves breakfast and lunch at low cost from Monday to Friday.

2437 Bourgogne Ave., Chambly J3L 2A5

Telephone: (450) 658-4469

Website: www.entraideplus.org



Centre d'Action Bénévole Henryville

Offers free hot meal delivery (soup, entree and dessert) on Tuesdays and Thursdays for \$7 to residents of Sabrevois, Venise en Québec, Henryville, Saint-Sébastien et Saint-Alexandre who are 60+, in convalescence or pregnant without support. There is also a frozen meal distribution available.

791 Saint-Jean-Baptiste St., Henryville J0J 1E0

Telephone: (450) 299-1117 ext. 2.

Email: cerh.henryville@gmail.com

Website: www.centreentraidehenryville.com

The Comité Popote Roulante de Farnham

Offers meal distribution to the elderly, people in convalescence or those with a loss of autonomy in Farnham.

406 Principale St. E., Farnham J2N 1L8

Telephone: (450) 293-8333

Email: popotefarnham@hotmail.com

Centre d'Action Bénévole de Saint-Jean-sur-Richelieu

Offers a home delivery service of frozen and fresh meals to residents of Saint-Jean-sur-Richelieu, Saint-Blaise-sur-Richelieu, Saint-Paul-de-l'Île-aux-Noix, once a week.

640 Dorchester St., local 301, Saint-Jean-sur-Richelieu J3B 5A4

Telephone: (450) 347-7527 ext. 25

Email: servicealimentaire@cabstjean.org



Christmas Baskets

Maison d'Entraide Saint-Alphonse

Provides Christmas baskets to people in need in Brossard.
Registration by phone on Wednesdays from 9:00 a.m.-3:00 p.m.

2190 André St., Brossard J4Z 2Z8
Telephone: (450) 676-3712
Email: depannagemesa@hotmail.com

Greenfield Park Christmas Basket Association

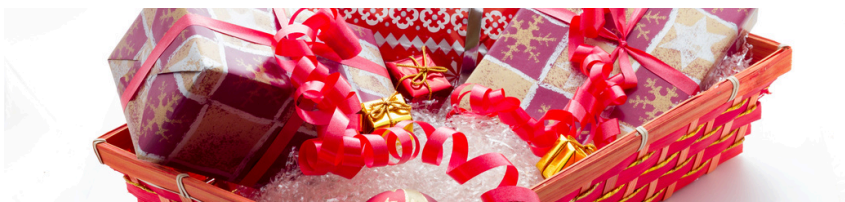
Provides Christmas baskets for residents of Greenfield Park.
Registration takes place at Cynthia-Coull Arena from October to December. Bring proof of Greenfield Park residency, income statement (T4s, social assistance forms and at least 2 pay stubs) and expense report (rental amount, bills), children's age, gender and RAMQ card(s). Delivery to your home.

Website: gpkchristmasbaskets.ca/index.php
Telephone: (450) 463-7100 ext. 2327

Centre d'Action Populaire LeMoyne

Provides Christmas baskets to people in need living in LeMoyne.
Registration is required and pick up occurs at 160 Charron St., LeMoyne.

Telephone: (450) 486-1400
Email: capl.infos@gmail.com
Website: www.caplemoyne.org



Mission Nouvelle Génération

Distributes Christmas baskets to members for a low price.
Registration starts in November.

1423 Provencher Blvd., Brossard J4W 1Z3
Telephone: (450) 486-7667
Email: info@missionnouvellegeneration.org
Website: www.missionnouvellegeneration.org

Action Nouvelle Vie

Provides a special holiday basket for up to 2000 families and gifts for children.

740 Saint-Charles St. E., Longueuil J4H 1C2
Telephone: (450) 646-5815
Email: info@actionnv.com
Website: www.actionnv.com

Centre d'Action Bénévole de la Frontière

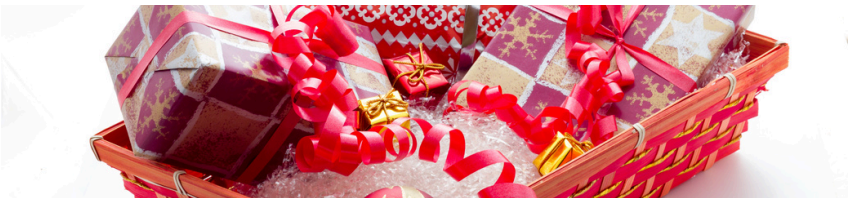
Offers Christmas baskets to people in need in the communities of Lacolle, Saint-Paul-de-l'Île-aux-Noix and Saint-Valentin.

12 Ste-Marie St., Lacolle. J0J1J0
Telephone: (450) 246-2016

Centre d'Action Bénévole Interaction

Provides Christmas baskets for people in need in the communities of Noyan, Saint-Georges-de-Clarenceville and the north end of Henryville.

100 Principale St., Saint-Georges-de-Clarenceville J0J 1B0
Telephone: (450) 294-2646
Website: www.cabinteraction.ca



Centre d'Action Bénévole Henryville

Provides Christmas baskets to people in need in the communities of Henryville, Sabrevois, Saint-Alexandre, Saint-Sébastien, Venise-en-Québec.

791 Saint-Jean-Baptiste St., Henryville J0J 1E0

Telephone: (450) 299-1117 ext. 2.

Website: www.centrentraidehenryville.com

Centre d'Action Bénévole Farnam

Provides Christmas baskets for people in need in Farnham.

1810 Principal St. E., Farnham J2N 1N4

Telephone: (450) 293-3265

Email: direction@cabfarnham.com

Centre d'Action Bénévole d'Iberville

Provides Christmas baskets to people in need in the communities of Saint-Athanase, Iberville and Mont Saint-Gregoire. Registrations are from September to December.

290 des Conseillers Ave., Saint-Jean-sur-Richelieu J2X 1Z8

Telephone: (450) 347-1172

Website: cabiberville.org

Aux Sources du Bassin de Chambly

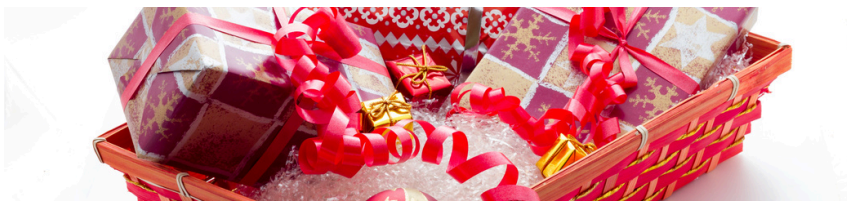
Provides Christmas baskets to people in need in the communities of Chambly and Carignan. Registration starts in November.

1369 Bourgogne Ave., Chambly J3L 1Y4

Telephone: (450) 658-1568

Website: www.as-bc.org

Email: direction@cabiberville.org



Saving on Housing

Your home will be your largest expense but you should evaluate your situation if you are paying more than 30% of your salary in housing expenses. If possible, move to a city with lower costs or consider renting out rooms. Be sure to factor in transport costs if you move farther away from your work and cannot work from home.

Smaller changes that you can make in your home can help reduce costs as well:

- Make your own cleaning supplies by mixing water, vinegar and essential oils.
- Throw a dry towel in the dryer to cut down on drying time. The towel will absorb the moisture from your clothes and help them dry faster, so you won't have to use as much energy.
- Install weatherstripping to lower utility bills. If you can see light beneath exterior doors, air is also escaping. Grab a few packages of self-adhesive rubber foam weather stripping and seal all doors that lead outside.
- Update your appliances. Using older appliances can consume up to 66% more energy than newer models.
- Change old lights. Switch incandescent lights around your home with LED bulbs. LED bulbs only consume about 10 to 15 watts, while incandescent light bulbs use about 60 watts of electricity.
- Replace your showerhead. Another way to save money at home is to swap out your old showerhead with a newer model. This will cut down wastewater without compromising your shower experience.
- Have your HVAC (Heating, Ventilation and Air Conditioning) serviced. Hire a professional to check your HVAC system regularly or learn how to complete the process yourself. This ensures the efficiency of your HVAC system at home and prevents minor issues from causing higher utility bills.



- Repair leaks. Once you notice a leak at home, whether it's in the faucet, dishwasher or toilet, have a professionals repair it immediately. The average household leak can account for nearly 10,000 gallons of water wasted annually.
- Install solar panels. If you're looking for a brilliant way to save money long-term, invest in solar panels. Using solar panels to power your home could save you as much as 90% or more on your utility bills.
- Rent tools. Many DIY projects require a special tool that can be quite expensive to purchase. You can rent a tool far cheaper than you can purchase it. Common tools you can rent by the hour or day include pressure washers, jackhammers, hammer drills and carpet cleaners.
- Re-purpose used furniture. Many older furniture pieces were manufactured using higher quality materials than today's offerings. Whether you plan to refurbish it or break down the piece for materials, this practice can really provide you with an opportunity to save a few dollars.
- Grow your own vegetables. Growing vegetables at home can be a great activity that is fun for the entire family. You don't have to rent a plow and tractor to grow a few tomatoes in your backyard. Many vegetables (tomatoes, squash, radishes, etc.) are easy to grow in containers.



If you need help finding housing or help advocating for your rights, contact the organizations listed below:

Société d'Habitation du Québec (SHQ)

Services: Offers low-rent and a range of affordable housing. A range of programs supporting residential construction, renovation/adaptation and home ownership. Housing information and support services.

500 René-Lévesque Blvd. W., 5th Floor, Montreal H2Z 1W7

Telephone: 1 (800) 463-4315

Email: SHQ-reseau@shq.gouv.qc.ca

Website: www.habitation.gouv.qc.ca

Rental Board

Assistance to tenants who wish to cancel their lease or have questions about their rights as tenants.

Telephone: 1 (800) 683-2245

Website: www.tal.gouv.qc.ca/en

Revenu Québec — Housing Allowance

The shelter allowance program is for low-income individuals and families who spend too much of their budget on housing. It is open to homeowners, tenants and boarders.

For the period from October 1, 2024, to September 30, 2025, the program provides up to \$170 in financial assistance per month.

Telephone: 1 (800) 267-6299

Website: www.revenuquebec.ca

Revenu Québec—Housing Allowance for the Hearing Impaired

Financial help for low-income households

Telephone: 1 (800) 361-3795

Website: www.revenuquebec.ca

Municipal Housing Office Longueuil

Subsidized housing for singles, seniors and families in Longueuil as well as aid in the search for housing for at-risk individuals.

445 Labonté St., Longueuil J4H 2P8

Telephone: (450) 670-2733

Email: ohl@ohlongueuil.com

Association Coopérative d'Économie Familiale

Organization that will help you make a budget, learn how to get out of debt, related legal problems and may give small loans.

2010 Chambly Rd., Longueuil J4J 3Y2

Telephone: (450) 677-6394

Toll Free: 1 (877) 677-6394

Website: www.acefrsm.com

Reseau Habitation Chez Soi

Provides personalized assistance to low-income adults with mental illness and/or who are at risk of homelessness in order to find housing that supports the individual on a long-term basis.

3115 Montée Saint-Hubert, Saint-Hubert J3Y 4J2

Telephone: (450) 676-8940

Email: rhcs@videotron.ca

Our Harbour

Provides long term, caring, supported housing for people with mental illness.

440 Notre-Dame Ave., Saint-Lambert J4P 2K4

Telephone: (450) 671-9160

Email: info@ourharbour.org



CAAP (Centre d'Assistance et d'Accompagnement aux Plaintes Montérégie)

The mission of the CAAP is to provide assistance and advice to citizens relative to their right to quality services particularly in the field of health and social services.

Services include accompaniment of individuals during the complaint process, in meetings with Complaints Commissioner or the Ombudsman; file preparation and writing the letter of complaint; presentation on the rights of the users (free service); informing consumers of their rights and the complaint process. Offers support through each level of the complaint process.

Contact Longueuil:

150 Grant St., Suite 121, Longueuil J4H 3H6

Telephone: (450) 928-3223

Contact Saint-Jean-sur-Richelieu :

125 Saint-Charles St., Saint-Jean-sur-Richelieu J3B 2C4

Telephone: (450) 347-0670

Toll Free: 1 (800) 263-0670

Email: caap@caapmonteregie.ca

Website: www.caapmonteregie.ca/en/home

Municipal Housing Office St-Jean-sur-Richelieu

Subsidized housing for low-income singles, seniors and families in Saint-Jean-sur-Richelieu as well as aid in the search for housing for at-risk individuals.

Contact:

145 Latour St., Suite 100, Saint-Jean-sur-Richelieu J3B 7T8

Telephone: (450) 348-3831



Municipal Housing office for Chambly Bassin

Subsidized apartments for singles, seniors and families in Chambly, Saint-Mathias and Richelieu as well as aid in the search for housing for at-risk individuals.

30 Lafontaine St., Office 211, Chambly J3L 3K1

Telephone: (450) 658-0248

Email: info@omhbdc.ca

Website: www.omhbdc.ca

Housing Cooperatives

A housing cooperative is a group of people who have a desire to help facilitate access to housing that form a non-profit organization that responds to the needs of the members of the cooperative. There are 136 cooperatives for seniors, families and single lower-income people in the Montérégie.

Website: cooperativehabitation.coop



Emergency Housing

There are many options for people who need housing on a temporary basis to help during a moment of personal crisis such as leaving a domestic violence situation or during a period of being unhoused. Here are the options in the region:

L'Envol program for young mothers

Support service for mothers under the age of 25 that provides housing, transportation, education, food assistance, drop-in daycare and psychosocial support.

1660 de l'Église St., Longueuil J4P 2C8

Telephone: (450) 465-2584 ext. 221

Email: info@lenvol.org

Website: lenvol.org

Pavillon Marguerite de Champlain

Shelter for women victims of conjugal violence and their children. Confidential, free, bilingual. Services: 24-hour telephone service, 7 days a week (consultation, active listening, reference), shelter, crisis intervention, intake and evaluation, information.

Telephone: (450) 656-1946

Email: info@pavillonmarguerite.com

Website: www.pavillonmarguerite.com

Chambre Chez Lise

Private room rentals in Longueuil for men over the age of 18 who have experienced homelessness and/or mental illness. Services provided includes meals, laundry and room cleaning.

470 Chambly Rd., Longueuil J4H 3L7

Telephone: (450) 677-5201



Abri de la Rive Sud

A mixed accommodation organization for people in difficulty. They house, support and refer homeless men and women to get them off the streets.

Services: Accommodation, day service, postal shelter, help and support.

459 Sainte-Foy Blvd., Longueuil J4J 1X9

Telephone: (450) 646-7809

Email: admin@abri-rive-sud.org

Website: www.abri-rive-sud.org

Hébergement la Casa Bernard-Hubert

A non-profit organization dedicated to the social reintegration of men experiencing difficulty and homelessness. La Casa can accommodate 20 men aged 18 and over. The length of stay is determined according to the intervention plan and cannot exceed 6 months. Certain criteria must be met prior to acceptance.

1215, Coteau-Rouge Lane, Longueuil J4K1X4

Telephone: (450) 442-4777

Email: hebergement@lacasabernardhubert.org

Website: www.lacasabernardhubert.org

Maison Simone-Monet-Chartrand

Services include support and emergency shelter for women experiencing intimate partner violence. The home is located in Chambly.

Telephone: (450) 658-9780

Website: www.maisonsmc.org



Mère en action

Organization that supports low-income mothers and their children in the effort to create a better life. Services include workshops, drop-in daycare, transitional housing for mothers registered in an educational program and individual support.

145 Laurier St., Saint-Jean-sur-Richelieu J3B 6K4

Telephone: (450) 348-4330

Website: www.mereenaction.ca

Email: info@mereenaction.ca

Maison Oxygène Haut-Richelieu

Transitional housing for fathers and their children experiencing personal difficulties such as family or conjugal violence and who are or are at risk of becoming homeless in the MRC Haut-Richelieu.

Telephone: (450) 529-0118

Email: info@maisonoxygenehautrichelieu.com

Website: maisonoxygenehautrichelieu.com

La Maison Hina

Emergency shelter in Saint-Jean-sur-Richelieu that offers free support 24/7 for women experiencing intimate partner violence. Maison Hina offers a telephone line, community support and emergency shelter.

Telephone: (450) 346-1645

Website: www.maisonhina.com



Action Dépendance – Saint-Jean-sur-Richelieu

Temporary emergency housing for adults 18 years old and over, experiencing chronic or sporadic homelessness. The stay is around 30 days.

Telephone: (450) 348-3821, ext. 132

Website: www.actionsdependances.org



Low-Income Tax Preparation Clinic

Centre d'Action Bénévole de Saint-Hubert

No appointment necessary. Mondays, Wednesdays and Fridays during the months of March and April. 9:00-11:30 a.m.; 1:00-3:30 p.m. except the Easter break.

3339 Grande-Allée, Saint-Hubert J4T 2S9
Entrance door A rear, street parking
Telephone: (450) 656-9110
Email: Richard Roy - secretariat@cab-saint-hubert.org

Saint-Hubert Parish

No appointment necessary. Thursdays only from 9:00-11:00 a.m.

Eligibility criteria: Must be a resident of Saint-Hubert. Income not exceeding \$30,000 for a single person, \$40,000 for a couple or an adult with one child (+\$2,500 for each additional child or dependent). Not accepted: capital gains income, rental income, business income and expenses, bankruptcy cases, declarations for deceased persons, self-employed persons, years prior to 2021.

5310 Chambly Rd., Saint-Hubert J3Y 3N7
Email: Richard Roy - secretariat@cab-saint-hubert.org

La Mosaïque

By appointment only. Cost: \$10/person/tax year
Eligibility criteria: No residency requirement, but income cannot exceed \$35,000 for a single person (+\$2,500 per additional dependent), \$45,000 for a couple (+\$2,500 per additional dependent).

1650 de l'Église Ave., LeMoyne J4P 2C8
Telephone: (450) 465-1803



Centre de Bénévolat de la Rive-Sud | Saint-Lambert

By appointment only. Cost \$10/tax year.

Eligibility criteria: Open to residents of Brossard, Greenfield Park, Saint-Lambert or LeMoyne. Income not exceeding \$30,000 for a single person, \$35,000 for a single adult with one child (+\$2,000 per additional child or dependent) \$40,000 for a couple (+\$2,000 per additional child or dependent).

45 Argyle St., Saint-Lambert J4P 2H2

Telephone: (450) 465-6130

Centre de Bénévolat de la Rive-Sud - Longueuil

By appointment only. Contribution \$10/tax year.

Eligibility criteria: Resident of the borough of Vieux-Longueuil, aged 45 years or older. Income not exceeding \$30,000 for a single person, \$40,000 for a couple (+\$2,000 per additional child or dependent).

16 Montcalm St., Longueuil J4J 2K6

Telephone: (450) 677-5281

Maison de la famille de Brossard

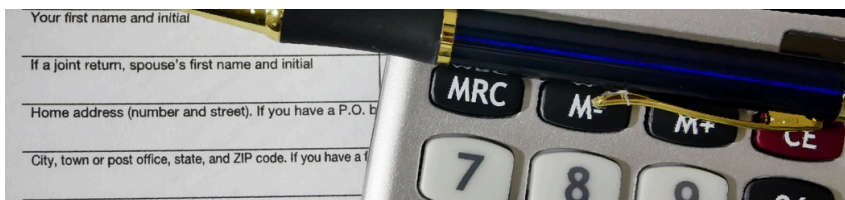
By appointment only. Open year-round. Free, but with voluntary donation encouraged.

Eligibility criteria: Open to everyone with income not exceeding \$35,000 for a single person, \$45,000 for a couple or an adult with one child (+\$2,500 per additional dependent).

Not accepted: capital gains income, rental income, business income and expenses.

2210 André St., Brossard J4Z 2Z8

Telephone: (450) 678-5222, ext. 1



Centre d'Action Bénévole de Saint-Jean-sur-Richelieu

A tax declaration service available by appointment from May to December each year for low-income individuals of Saint-Jean-sur-Richelieu. Eligibility criteria: Income not exceeding \$35,000 for a single person, \$45,000 for a couple (+\$2,500 per additional child or dependent).

640 Dorchester St., local 301, Saint-Jean-sur-Richelieu J3B 5A4
 Telephone: (450) 347-7527
 Website: www.cabstjean.org

Carrefour Dignité

Organization that works to relieve the effects of poverty for families in the Montérégie. Provides food support, tax preparation clinics and recreation activities for low-income families living in municipalities in the MRC Haut-Richelieu-Rouville.

Service point:

480 1st St., Saint-Jean-sur-Richelieu J2X 3C8

Office:

939-D, Séminaire Blvd. N., Saint-Jean-sur-Richelieu J3A 1B6

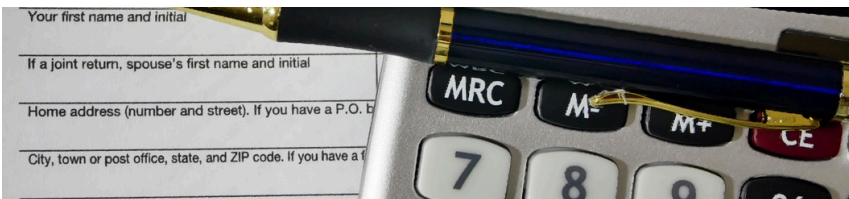
Telephone: (450) 359-9525

Website: www.carrefourdignite-stjean.org

Centre d'Action Bénévolat d'Iberville

A tax preparation service is available for low-income individuals of Iberville, Saint-Athanase as well as the municipality of Mont-Saint-Grégoire for a fee of \$5 during the months of March and April and \$10 for the rest of the year.

290 des Conseillers Ave., Saint-Jean-sur-Richelieu J2X 1Z8
 Telephone: (450) 347-1172



Saving on Activities

In general, the closer to home that you can go for your activities, the less it will cost. Look in your local area for sporting associations, library-hosted classes and city sponsored activities. Here are some local associations to help you start your search:

Premier Pas Champlain/ Home Start Champlain

Offers accompaniment and activities for families with children 0-12 living in Brossard, Greenfield Park, Saint-Hubert, Saint-Lambert and LeMoyne.

78 Saint-Louis St., LeMoyne J4R 2L4
Telephone: (450) 923-4138
Email: jumelage@premierspaschamplain.org

Joujouthèque de Saint-Hubert

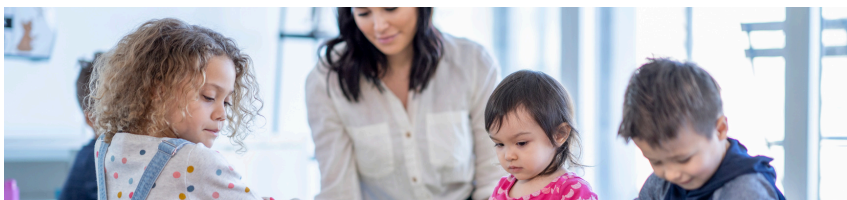
Organization that allows members to take toys and games out on loan.

3625 Montée Saint-Hubert, Longueuil J3Y 4J8
Telephone: (450) 678-6038
Email: joujouthequeconseil2017@hotmail.com

Maison de la Famille la Parentr'aide

Offers activities, workshops and drop-in day care for families with children 0-17 years of age living in Greenfield Park, Longueuil, LeMoyne and Saint-Hubert.

2060 Holmes St., Longueuil J4T 1R8
Telephone : (450) 923-9333



Maison de la Famille de Brossard

Offers activities and support to families with children 0-12 years of age.

2210 André St., Brossard J4Z 2Z8
Telephone: (450) 678-5222

Mums and Tots of Brossard

Group offering activities and meetings for parents with children less than 5 years old. Wednesdays and Fridays from 10:00 a.m.-12:00 p.m.

3310 Bernard Ave., Brossard J4Z 2B6
Telephone: (514) 702-9744
Email: mumsandtotsbrossard@gmail.com

Mother Goose Pre-Literacy Program

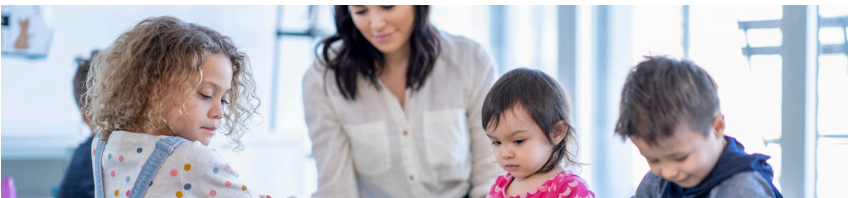
A weekly gathering of parents and children (ages 0-4) to share the joys of language through songs, rhymes, story and circle games. This program is offered free of charge in 5 different locations with 8 sessions a week.

Telephone: (450) 671-4375
Email: info@southshoreliteracy.org

Maison de la Famille LeMoyne

Offers low-cost activities for families living in LeMoyne.

1855 Saint-Pierre St., LeMoyne J4P 3K3
Telephone: (450) 465-3571
Email: info@maisondefamillelemoyne.org



Carrefour Familiale du Richelieu

Offers low-cost activities for children 0-5 years of age and their parents living in the MRC Rouville.

856 Grand Blvd., Chambly J3L 1V9

Telephone: (450) 447-9969

Toll Free: 1 (800) 508-9969

Email: accueil@carrefourfamilial.org

Website: www.carrefourfamilial.org

Famille à Cœur

Offers parent-child courses such as Zumba and massage, support for pregnant mothers, resources for fathers and respite for parents on alternate Saturdays. For families who live in the region of Haut-Richelieu.

130 Saint-Georges St., Saint-Jean-sur-Richelieu J3B 2S8

Telephone: (450) 346-1734

Email: familleacoeur@familleacoeur.qc.ca

Website: www.familleacoeur.qc.ca

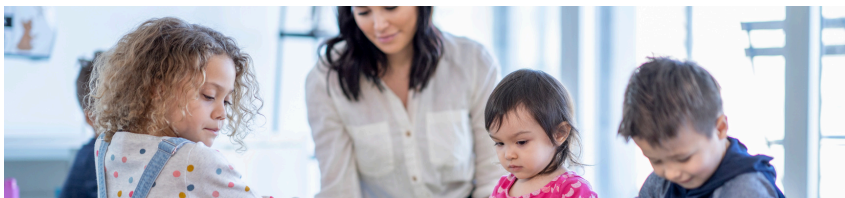
Youth Centre de Beaujeu

An organization that welcomes youth ages 12-17 in an effort to break isolation, support their education and personal development for youth from Lacolle, Saint-Bernard-de-Lacolle, Saint-Valentin and Noyan. Open Monday to Friday 3:00-8:00 p.m.

89 de l'Église St. N., Lacolle J0J 1J0

Telephone: (450) 246-8764

Email: mdjbeaujeu@gmail.com



Saving on Judicial Needs

Inform'Elle

Community organization that provides free information on family law topics and a free law information telephone hotline.

2068 Édouard Blvd., Saint-Hubert J4T 2A1

Telephone: (450) 443-3442

Email: droitpourelle@informelle.org

Legal information line: (450) 443-8221 or 1 877 443-8221 (toll free)

Le Palier Juridique

A law firm that offers services in different fields of law with fees that are flexible based on the income of the person requesting representation.

1079 Chambly Rd., local 207, Longueuil J4H 3M7

Telephone: (450) 396-7737

Fax: (450) 396-7837

Email: avocats.longueuil@lepalierjuridique.com

Ainsi soit-elle

A community organization that offers free meetings with lawyers on topics such as family law, wills, power of attorney, housing law and labour laws. The organization also offers informational clinics, computer access and accompaniment in your judicial needs.

1224 Notre-Dame St., Chambly J3L 1K3

Telephone: (450) 447-3576

Email: info@ainsisoitellecdf.ca



Rebatir

Free Legal Advice for people who have experienced sexual assault, sexual violence or conjugal violence.

Telephone: 1-833-REBATIR

Email: projet@rebatir.ca

Legal Aid Saint-Jean-sur-Richelieu

Legal representation on a free or sliding scale depending on the personal financial situation of the person for a variety of legal needs. Areas of law covered include: Civil, administrative and social law, family law, criminal and penal law, child and youth law, law of persons and mental health, and legal consultation for victims of sexual abuse and domestic violence.

232 Longueuil St., local 100, Saint-Jean-sur-Richelieu J3B 6P4

Telephone: (450) 347-5000

Email: stjean@ccjrs.com

Centre des Femmes du Haut-Richelieu

The community organization offers legal clinics on subjects in family law, legal, wills, housing and immigration. A former member of the Quebec Bar Association offers commissioner of oaths and mediation services.

390 Georges-Phaneuf St., Saint-Jean-sur-Richelieu J3B 1K2

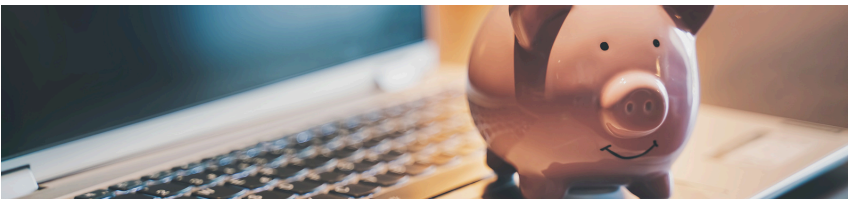
Telephone: (450) 346-0662



Saving Online

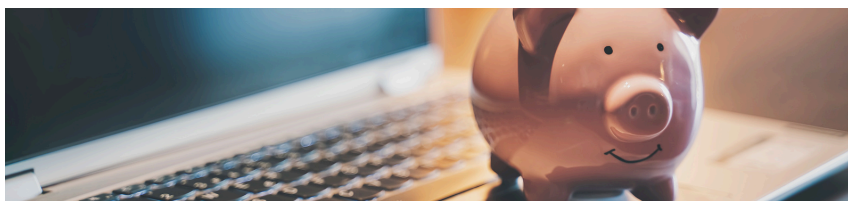
Websites

- www.supermarches.ca is an online catalogue of best deals available each week at the different grocery stores in Quebec.
- Glouton is an application that, for a fee, will collate the store flyers and create a meal plan and grocery list using ingredients on sale. There is also a free app that offers a more basic version of the paid service.
- Flipp is an application that digitizes a large array of store flyers.
- RetailMeNot. Download the plugin or search through their website to find coupons and promo codes to help save you money.
- Great Canadian Rebates (GCR) is the homegrown version of Rakuten. You get a certain percentage of cash back (which varies by vendor) from items that you would purchase online normally, and once a month you'll get the cash back on the purchases you made. It is affiliated with more than 700 merchants, including U.S. retailers that ship to Canadian addresses. How it works: Join Great Canadian Rebates and receive a \$3 welcome bonus. Visit GCR before making any online purchase to search for your favourite store and click through to their website.
- GasBuddy.com helps you find the cheapest gas in your area.



Extra Tips to Save Money While Shopping Online

- Leaving the site before checking out could get you a discount. Just make sure that you're signed in to the website you're shopping with and then leave the site without purchasing your items. Some retailers are so keen for you to complete the purchase that they will send you a little incentive in the form of an email with a coupon code for a discount or free delivery within a few days. While this may not work every time, it's definitely worth a try if you're not in a rush to buy. In addition, abandoning your basket for a day or even just for a few hours can give you time to really think about whether you really need those items. After leaving your cart for a while, you may forget what items you added to it in the first place—which is a sign that perhaps you don't need them all.
- Follow your favourite brands on Instagram, Twitter, Facebook and other social accounts you have. Plus, you'll also have the opportunity to enter contests and giveaways on social media, allowing you to get some of your favourite products for free. The weeks leading up to special holidays such as Christmas, Thanksgiving and Easter are a great time to check for deals, as brands increase their social media presence in the run-up to the holidays. Be careful though, as fraudsters can often use social media to send messages claiming you have won a prize or offer you a special deal to get their hands on your sensitive information. Make sure any social media posts you interact with or communication you receive is really from a brand's official social media page.
- Get discounts on items you buy regularly. Many online retailers offer a subscribe and save option for items that people usually reorder, such as beauty products, medicines and more. You can save up to 25% by subscribing to regular product deliveries and you won't have to worry about running out.



Online Shopping Safety

When in doubt, look for the lock

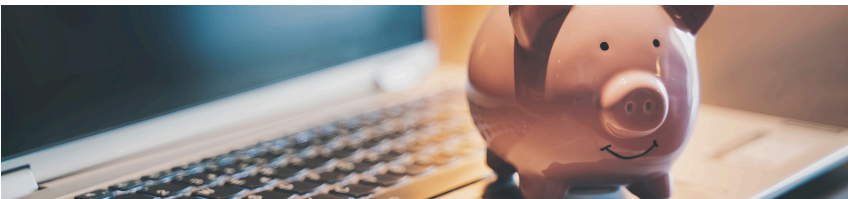
If you're unsure if the site you're buying from is legit, look at your browser's address bar. Never buy anything online from a site that doesn't display a lock icon near the web site address and **https** in the website address, with the (s) which indicates that it is secure, (ex: <https://www.theirsite.ca>). The lock icon indicates that the site has SSL (secure sockets layer) encryption installed. This means your data transfers are more secure than they are on an unencrypted site.

Update your software

Updating your software is one of the easiest things you can do to protect your information, but many people put it off. Software updates are often released to help improve security and fight new attacks that are being developed constantly. It may seem inconvenient to have to wait for your computer (or your smartphone) to go through updates and restart, but the protective benefits are well worth it. Next time you see an alert to update your software, do it.

Be smart about shopping apps

Apps make everything more convenient, including stealing your private information. Only download shopping apps from a reliable source like the Apple App Store or Google Play. Pay attention to the permissions that the app asks for. If you see something that doesn't make sense, like the app wanting to access your contacts, do not allow it permission to do so. Checking out the comments and reviews of an app before downloading is another way to protect yourself.



Facebook Marketplace Safety

Create a separate email and phone number

Protect your primary contact details by setting up a separate email and phone number for Marketplace use. This minimizes spam and protects your main accounts from potential misuse by others. Free email services and apps that provide temporary phone numbers are available to keep your personal details private.

Buy and sell locally

When you buy and sell on Facebook Marketplace, it's wise to target areas that you are familiar with. Although the platform allows a maximum search radius of 500 miles, mail orders with strangers are a little risky since the buyer might cancel the payment while the item is being shipped.

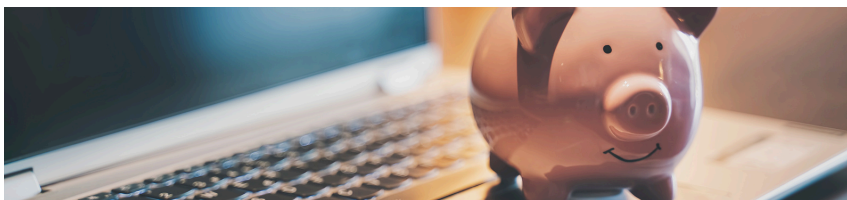
Check the seller or buyer's Facebook profile

This is an important step. Some scammers will make throwaway or fake profiles so that they can take advantage of you. Some attempt to conduct an online exchange without meeting in person so that they can get you to send the money and then not ship the item. In order to check the profile, follow these three steps:

- Click on the post of the item you want to buy
- Under "Seller Information" click the seller's name.
- Select "View Profile" to look at their profile. It will say "Joined Facebook in [year]" and avoid those whose profiles are less than a year old.

Meet in a public place

Whenever you are conducting any transaction that involves an in-person meeting with someone you met online, you should always meet in a well-lit, preferably busy area during the day. Your local city or municipality may have a designated area or allow you to meet at the police station if you call first. If that's not possible, suggest a coffee shop, mall or busy parking lot.



Notify a friend or relative that you're meeting someone

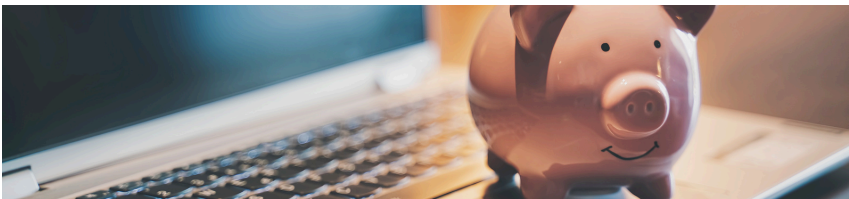
When meeting a potential buyer, you should try your best to have a friend or relative tag along with you. If this is not possible, the next best thing is to notify a friend or relative where and when you'll be meeting the buyer for the exchange of goods.

Don't accept overpayment

Some scammers will attempt to overpay you when paying for the item they want to purchase. Never accept the over-payment, it's a sign of a common scam. A scammer will overpay you so they can ask you to pay the difference. If you pay the difference, you'll see that the initial payment that the buyer sent was false and you never successfully received it – meaning you will have lost both the money you returned and the item you sold.

Don't hand the item over until you receive the payment

When it comes to selling an item, you have to be careful about handing the item over until you receive a legitimate payment. Handing over an item and walking away without checking if the payment is legitimate means you may have given an item away for free.



Disclaimer: The information in this booklet is meant as a general public service only. It is in summary form, so please check with the community group, health institution or government agencies concerned for full details. Furthermore, some of the information contained in the booklet may change with time and become out-of-date. ARC Assistance and Referral Centre assumes no responsibility for how this material is used by the public.

