



# We can help!

## Muskoka serving Muskoka

### Do you need help with food and medication pick-up or deliveries?

If so, **free services** are available for older adults or people of any age who have serious underlying medical conditions or who are facing other challenges.

**How does it work?** Order your groceries or medicine from your local pharmacy or grocery store. Call one of the local representatives noted below and a volunteer will pick up and deliver your order to your doorstep. Delivery times are dependent on availability.

**It's free, easy, and safe.**

**To request a delivery or to volunteer, please contact your community representative:**

<b>Municipality</b>	<b>Community Representative(s)</b>
Bracebridge	Susan (705) 644-7527 (Bracebridge Rotary)
Gravenhurst	Adam (705) 710-4542 or <a href="mailto:Gravenhurst2020@gmail.com">Gravenhurst2020@gmail.com</a> (Caretagion)
Huntsville	Krystal (705) 789-3398 (Salvation Army)
Georgian Bay	Justin (705) 528-2142 or <a href="mailto:foodbankps@gmail.com">foodbankps@gmail.com</a>
Lake of Bays	Pat (705) 644-2741
Muskoka Lakes	Kristen (705) 646-3997 or <a href="mailto:kristen@westmuskokafoodbank.org">kristen@westmuskokafoodbank.org</a>

**Thank you to all volunteers and the following community partners who are working hard to coordinate services for residents of Muskoka:**

Red Cross - Salvation Army Bracebridge/Gravenhurst - Salvation Army Huntsville - District of Muskoka  
Town of Bracebridge - Town of Gravenhurst - Town of Huntsville - Township of Georgian Bay  
Township of Lake of Bays - Township of Muskoka Lakes - Rotary Club of Bracebridge  
Rotary Club of Gravenhurst - Rotary Club of Huntsville - Muskoka Victim Services - Baxter Ward Lions Club  
The Table Food Bank - Gravenhurst Against Poverty - Caretagion