**What is a Food Bank?**

In many cases, food banks are non-profit and/or charitable organizations that provide food (fresh cooked food and/or canned items and produce) to individuals and families who may be experiencing difficulties in obtaining enough food to relieve hunger.

The resources shared below are all within the Greater Toronto Area and have no cost associated with accessing their services. However, depending on the agency, they may ask for proof of residence and/or income, or proof of I.D. This is to ensure that individuals accessing the food bank are from the areas in which they serve, otherwise they will refer you to another food bank in your local area.

*Please be advised it is highly recommended to call ahead first as most food banks do not accept drop-ins*

**Peel Region – Mississauga, Brampton, Caledon**

**Mississauga Food Bank**  
3121 Universal Drive  
Mississauga ON L4X 2E2  
905 270 5589  
https://www.themississaugafoodbank.org/  
You will receive 7+ days of nutritious food on each visit. Including both canned/packaged food and fresh food like fresh produce, or meat. Please bring proof of Mississauga address.

**The Compass Food Bank**  
310 Lakeshore Road West, Mississauga  
ON L5H 1G8  
905-274-9309  
info@thecompass.ca  
Monday 12-7:30pm,  
Wednesday 9:30-5pm, Friday 9:30-5pm  
If you need help with food, and are in postal codes codes L5E, L5H, L5G or L5J.
Seva Food Bank (2 locations)
Seva Food Bank – Malton
2832 Slough St.
Mississauga, ON
L4T 1G3 (Map)
905-361-SEVA(7382) OR

Seva Food Bank – Wolfedale
2413 Wolfedale Road, Unit 10
Mississauga, ON L5C 1V8
905-361-SEVA (7382)
Serves culturally appropriate, safe and nutritious food to low-income families living in Mississauga’s L5B, L5C, L4V, L5S, L4T, L5T and L5P postal codes

Ste. Louise Food Bank
32 Haggert Ave. North
Brampton, Ontario L6X 1Y3
905-454-2144
stelouisefoodbank85@hotmail.com
Hours:
Tuesday and Thursday 10:00 am - 1:00 pm
Saturday 10:30 am – 2:00 pm

Caledon Community Services
The Exchange
55 Healey Rd. Bolton
905-584-2300 ext 276
Food pick up by appointment. (10 a.m. - 3 p.m.) Monday, Wednesday or Friday

Knight’s Table
287 Glidden Road, Unit #4
Brampton ON L6W 1H9
905-454-8725
Wednesdays – Fridays 10:00am -4:00pm
Breakfast, Lunch & Dinner programs are available daily from 8:00am – 6:00pm using a grab & go format.
Food Bank support is available through pre-packed hampers that will be distributed to our regular service users.

6 St Joseph House
6 St Joseph St, Toronto
www.6stjoseph.ca
416-923-8836
Food hamper delivery and takeout meals available, as well as street outreach with food packages
Food hamper -- call or email to arrange delivery (income assessment may be required)
* takeout meals provided at door
Covenant House Toronto
Toronto
416-598-4898
20 Gerrard St E,
Toronto, ON, M5B 2P3
Eligibility
Age Requirements: Ages: 16 year(s) - 24 year(s);
Call or drop in
* food bank -- at initial intake assessment discussion, income and address information, and identification for household members, may be requested -- call for details

Daily Bread Food Bank
2 Locations: Saint Luke's United Church; 353 Sherbourne St, Toronto and 191 New Toronto St, Toronto
416-203-0050
www.dailybread.ca
Thu-Fri 1 pm-3:30 pm
Eligibility
Individuals or couples only
Drop in
* identification not required at time of registration, but clients will be asked for identification for household members who are not present at registration

Scott Mission
502 Spadina Ave, Toronto
www.scottmission.com
info@scottmission.com
Food bank closed but take out meals at laneway door at south end of building
Faith-based street mission, includes support and provisions such as meal programs, food bank, overnight shelter, ID clinic, men's and women's ministries, recreation programs, and child care
Food programs-- hot meals and also bag lunches

Yonge Street Mission
Administrative Office; 306 Gerrard St E, Toronto
www.ysm.ca
info@ysm.ca
416-929-9614
Emergency Food Packages for community members, no appointment required -- package contains meal supplies to be prepared at home
Food bank for registered clients, by appointment only -- bagged groceries
Ready-to-Eat Takeout -- prepared meals
No public access to building
North York

**Food Bank of York Region**
8201 Keele Street, Units 5 & 6, Concord, Ontario, Canada
L4K 1Z4
437-317-3710

**Humanity First – Vaughan**
600 Bowes Road, Unit-40
Concord, ON, L4K 4A3
Hours: Monday to Friday: 10am to 5pm
Saturday: 10am to 3pm
Contact: (416) 440.0346 ext 7

**Community Bread Main - Newmarket**
St. John Chrysostom Church
432 Ontario Street (at Main St.)
905-898-4137
Mondays 5:00 p.m. to 6:30 p.m.

**Markham Food Bank**
190 Bullock Drive, Unit 11
Markham, ON L3P 7N3
markhamfoodbank@yahoo.ca
905-472-2437
Hours: Tues. 6:30 pm – 8:30 pm
Thur. 12:30 pm – 2:30 pm
Sat. 9:00 am – 11:00 am

**Newmarket Food Pantry**
905-895-6823
171 Main St., Unit 8
Newmarket, ON L3Y 3Y9
(Back Door)
Hours: Mon. 9:30 am – 11:30 am
Wed. 9:30 am – 11:30 am
Fri. 9:30 am – 11:30 am
2nd Tues of month 6:00 pm – 7:30 pm