

FOOD RESOURCES



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

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.

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 – 2:00pm

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

Toronto

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

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

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

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

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