

## Where to Start...Food Supports


Below is a list of community and food supports for those in need of food for themselves and their families. There are supports that will deliver food to your home if you are unable to pick up. These are only some of the supports available. If you are looking for more resources, please talk to your healthcare team. We are here to help you with nutrition supports as needed.



You can also ask your healthcare team about seeing one of our Oncology Dietitians or Social Workers for additional support or call 905-813-1100 ext. 4862 to book an appointment.

### Food Delivery Programs

#### No One Goes Hungry (NOGH) in Halton

**Address**  Main Office: Country Heritage Park, 8560 Tremmaine Rd., Milton, ON., L9T 2X3

#### Call or email for appointments

**Milton:** Milton Bible Church, 121 Chisholm Drive

Drive-through: Saturday 12 noon - 1 p.m.

Delivery: Tuesday 3 p.m. - 5 p.m.

**Oakville:**

Delivery Fridays 3 p.m. - 5p.m.

**Hours**



**Acton:**


Email Tuesday by 4 p.m.

Delivery: Thursday 3 p.m. - 5 p.m.

**Georgetown:** Georgetown Bread Basket 49B Mountainview Rd N  
pick up from Georgetown Bread Basket on Tuesday

**Mississauga:**

Delivery Tuesday





**Phone**  905-635-1106

**Website**  [foodforlife.ca/](http://foodforlife.ca/)

**Email**  [noghhaltanon@gmail.com](mailto:noghhaltanon@gmail.com)





Wheelchair Accessible. NOGH has partnered with Country Heritage Park and various Halton businesses to provide free warm/frozen meals. Meals can be picked up (please call to arrange), if transportation is an issue, volunteers can deliver.

## Food Bank 2 Home

|         |   |   |
|---------|---|---|
| Address |  | Mississauga   |
| Phone   |  | 905-270-5589  |
| Website |  | <a href="https://www.themississaugafoodbank.org/need-food/#food-bank-2-home">https://www.themississaugafoodbank.org/need-food/#food-bank-2-home</a> |
| Email   |  | <a href="mailto:info@themississaugafoodbank.org">info@themississaugafoodbank.org</a>  |

Apply online. This program is for residents who are unable to visit their neighbourhood food bank due to aging, disability, short or long-term illness, pregnant people, and individuals with small children. Each month delivery will provide approximately 7 days of food which will include: fruits and vegetables, protein and grains.

## Food for Seniors and Physically Disabled

|         |  |   |
|---------|--|---|
| Address |   | 31 Steinway Blvd, Etobicoke, ON M9W 6N3   |
| Phone   |   | 437-988-4422  |
| Website |   | <a href="https://saidhamfoodbank.com/food-for-seniors-and-physically-disabled/">https://saidhamfoodbank.com/food-for-seniors-and-physically-disabled/</a> |
| Email   |  | <a href="mailto:info@saidhamfoodbank.com">info@saidhamfoodbank.com</a>  |

Sai Dham Food Bank is committed to serving seniors and disabled individuals living in the **Greater Toronto and Hamilton (GTHA) area**. They provide shelf stable groceries on a monthly basis that are delivered to your doorstep at no cost. **Seniors:** individuals who are 65 and above having financial or mobility challenges preventing access to quality food. **Specially-abled individuals:** individuals of all age group having mobility challenges, currently in receipt of government benefits like ODSP. Call the helpline at the phone number listed above and a Food Bank representative will complete an application with you.

## Meals on Wheels

|         |   |  |
|---------|---|--|
| Address |  | VON – Peel: 78 William Street, Mississauga, ON, CA, L5M 1J3<br>Canadian Red Cross – Toronto Region: Unit 110, 557 Dixon Rd, Etobicoke, ON, CA, M9W |
| Phone   |  | VON-Peel: 905-821-3254<br>Etobicoke Canadian Red Cross: 416-236-3180   |
| Website |  | <a href="https://www.mealsonwheels.ca/request-meals-on-wheels#RequestMeals">https://www.mealsonwheels.ca/request-meals-on-wheels#RequestMeals</a>  |
| Email   |  | <a href="mailto:info@ocsa.on.ca">info@ocsa.on.ca</a>   |

Find the help you need. Are you a senior or a person with a disability seeking nutritious meals delivered to your door? Are you a caregiver looking to acquire this service for a client or a family member? Meals on Wheels program is in 181 communities across Ontario. There is a small cost for meals. To request Meals on Wheels visit the website or call to start the process.

## Mississauga

### The Compass

|         |   |   |
|---------|---|---|
| Address |  | 427 Lakeshore Rd East, Mississauga ON L5G 1H8   |
| Hours   |  | Monday 12 p.m. to 7 p.m.<br>Wednesday 10 a.m. to 4:30 p.m.<br>Friday 10 a.m. to 4:30 p.m. |
| Phone   |  | 905-274-9309  |
| Website |  | <a href="https://thecompass.ca/order-food-3/">https://thecompass.ca/order-food-3/</a>     |
| Email   |  | <a href="mailto:info@thecompass.ca">info@thecompass.ca</a>                                |

The Compass is a Food Bank and Outreach Centre located in and serving South Mississauga. If you need help with food, and are in postal codes L5E, L5H, L5G or L5J you can visit The Compass each week for food. You can place your food order online or over the phone. They will pack the items you select and have them ready for pickup at the date and time you select. If you are new, you can start the registration process by filling in the online form (<https://www.cognitofrms.com/TheCompass1/NewCompassClientRegistration>) You can place an order right after you have filled in the form. You can also drop by during the hours above and pick up a standard order during the hours listed above and fill in the form at The Compass.

### Eden Food For Change

#### 3 Locations:

|         |   |   |
|---------|---|---|
| Address |  | 3051 Battleford Road (Eden United Church), Mississauga<br>274 Queen Street., South (Streetsville United Church), Mississauga<br>3185 Unity Dr, Unit 2, Mississauga<br>The food bank entrance is at the rear of the building                             |
| Hours   |  | Battleford Rd.: Monday 10 a.m. to 1 p.m.<br>Thursday 2 p.m. to 4 p.m. and 5 p.m. to 7 p.m.<br>Streetsville United Church: Wednesday 2 p.m. to 5 p.m.<br>Unity Drive: Tuesday 4 p.m. to 7 p.m.<br>Wednesday 1 p.m. to 4 p.m.<br>Friday 10 a.m. to 1 p.m. |
| Website |  | 905-785-3651  |
| Email   |  | <a href="https://edenffc.org/">https://edenffc.org/</a>   |
|         |  | <a href="mailto:info@edenffc.org">info@edenffc.org</a>  |

Serves those living in the L5L, L5M, L5N postal codes

## St. Mary's Food Bank – Streetsville

|         |   |   |
|---------|---|---|
| Address |  | 6277 Mississauga Rd N, Mississauga, ON, L5N 1A7                             |
| Hours   |  | Monday 5:00 p.m. to 7:00 p.m.<br>Wednesday 12:30 p.m. to 2:30 p.m.          |
| Phone   |  | 905-286-9987  |
| Website |  | <a href="http://www.stmarysfoodbank.ca/">http://www.stmarysfoodbank.ca/</a> |

Serves those living in the L5N postal code

## Seva Food Bank - Wolfedale

|         |   |  |
|---------|---|--|
| Address |    | 10-3413 Wolfedale Rd, Mississauga, ON L5C 1V8  |
| Hours   |    | Wednesday: 4:00 p.m. to 8:00 p.m.<br>Thursday: 4:00 p.m. to 8:00 p.m.<br>Friday: 11:00 a.m. to 3:00 p.m. |
| Phone   |   | 905-361-7382 ext. 1  |
| Website |  | <a href="http://www.sevafoodbank.com/">http://www.sevafoodbank.com/</a>                                  |
| Email   |  | <a href="mailto:info@sevafoodbank.com">info@sevafoodbank.com</a>   |

Serves those living in the L5B, L5C postal codes

## Salvation Army Erin Mills Food Bank

|         |   |  |
|---------|---|--|
| Address |  | 2460 The Collegeway, Mississauga, ON L5L 1V3   |
| Hours   |  | Monday 9:00 a.m. to 12:00 p.m.<br>Monday 1:30 p.m. to 3:30 p.m.<br>Wednesday 9:00 a.m. to 12:00 p.m.<br>Friday 9:00 a.m. to 12:00 p.m. |
| Phone   |  | 905-820-6868   |
| Website |  | <a href="https://www.salvationarmyerinmills.com/">https://www.salvationarmyerinmills.com/</a>  |
| Email   |  | <a href="mailto:info@salvationarmyerinmills.ca">info@salvationarmyerinmills.ca</a>   |

Serves those living in the L5K postal code. By appointment only. Please call 905-607-2151 ext. 1 to schedule an appointment.

## Food Bank: Muslim Welfare Centre - Mississauga

|         |   |  |
|---------|---|--|
| Address |  | 3490 Mavis Rd., Mississauga, ON., L5C 1T8  |
| Hours   |  | Monday to Thursdays 1 p.m. to 4 p.m.   |
| Phone   |  | 905-281-9730 OR 1-866-754-3111   |
| Website |  | <a href="http://www.muslimwelfarecentre.com">www.muslimwelfarecentre.com</a>     |
| Email   |  | <a href="mailto:missi@muslimwelfarecentre.com">missi@muslimwelfarecentre.com</a> |

Wheelchair accessible. An appointment is required before making your way to the food bank. Provides individuals and families with non-perishable food items and halal meat. Essential household items, clothing, footwear and winter gear are provided, based on availability. Call for more information or to register. For registration you will need to provide proof of rent, proof of income, and identification for family members.

## Oakville

### Fare Share Food Bank Oakville

|         |   |  |
|---------|---|--|
| Address |    | 1240 Speers Rd. Unit 6, Oakville, ON., L6L 2X4                             |
| Hours   |   | Monday 9:30 a.m. to 2:00 p.m.<br>Thursday 2:00 p.m. to 6:45 p.m.           |
| Phone   |  | 905-847-3988   |
| Website |  | <a href="https://oakvillefoodbank.com/">https://oakvillefoodbank.com/</a>  |
| Email   |  | <a href="mailto:oakvillefoodbank@gmail.com">oakvillefoodbank@gmail.com</a> |

Wheelchair accessible. No appointment needed. We can assist with baby food, formula and diapers. Program participants are eligible to receive a food order once each month. If not a registered client, you will be required to produce a government issued photo identification for all adult family members (i.e. Driver's License, Health Card) and Health Cards or Birth Certificates for all children in the family.

### Hope Bible Church Oakville - Oakville - The Market

|         |   |  |
|---------|---|--|
| Address |  | 500 Great Lakes Blvd., Oakville, ON., L6L 6X9                                      |
| Hours   |  | Open by appointment only.<br>Church office Monday to Friday 8:30 a.m. to 5:00 p.m. |
| Phone   |  | 905-827-4888   |
| Website |  | <a href="http://hopeoakville.ca/market/">hopeoakville.ca/market/</a>               |
| Email   |  | <a href="mailto:harvestmarket@hopeoakville.ca">harvestmarket@hopeoakville.ca</a>   |

Wheelchair accessible. The Market is open by appointment. For those who are not able to visit, deliveries of Boxes of Hope are offered. If you would like to make an appointment or request a delivery, please fill out the "I Need A Box of Hope" form or call the church office at 905-827-4888. Can be accessed once a month

## Food Market - Kerr Street Mission Oakville

|         |   |  |
|---------|---|--|
| Address |  | 485 Kerr St., Oakville, ON., L6K 3C6   |
| Hours   |  | Monday 1:00 p.m. to 2:30 p.m.  |
|         |   | Tuesday 1:00 p.m. to 2:30 p.m. and 6:30 p.m. to 8 p.m.   |
|         |   | Wednesday 1:00 p.m. to 2:30 p.m. and 6:30 p.m. to 7:30 p.m.                                    |
|         |   | Thursday 10:00 a.m. to 11:30 a.m. and 6:30 p.m. to 8 p.m.                                      |
|         |   | Friday 1:00 p.m. to 2:30 p.m.  |
|         |   | Saturday 9:00 a.m. to 10:30 a.m.   |
|         |   | Phone  |
| Website |  | <a href="http://www.kerrstreet.com/kerrstreetmarket/">www.kerrstreet.com/kerrstreetmarket/</a> |
| Email   |  | <a href="mailto:intake@kerrstreet.com">intake@kerrstreet.com</a>                               |

Wheelchair accessible. Call or visit. Clients are able to pick up food once per week. A variety of food items are available: perishables, non-perishables – including bread and healthy meals in take-out containers. All clients are encouraged to register for “Choose Fresh”, so they can receive a bi-weekly supply of produce and proteins (milk, eggs, chicken or fish).






## Halton Hills Public Library – Community Fridge: Food for Life

|         |   |  |                     |                        |
|---------|---|--|---------------------|------------------------|
| Address |  | Available at both the Acton and Georgetown Branches  |                     |                        |
|         |   | 9 Church Street, Georgetown, ON L7G 2A3<br>17 River Street, Acton, ON L7J 1C2  |                     |                        |
| Hours   |  | The community fridges are accessible during Halton Hills Public Library branch location hours. Hours can vary. Check hours online or call. <a href="https://www.hhpl.on.ca/Common/LocationHours.aspx">https://www.hhpl.on.ca/Common/LocationHours.aspx</a> |                     |                        |
|         |   | Acton:   | Friday & Saturday   | 9:30 a.m. to 5 p.m.    |
|         |   |  | Sunday              | 1 p.m. to 5 p.m.       |
|         |   | Georgetown:  | Monday              | 1 p.m. to 8:30p.m.     |
|         |   |  | Tuesday to Thursday | 9:30 a.m. to 8:30 p.m. |
|         |   |  | Friday and Saturday | 9:30 a.m. to 5 p.m.    |
|         |   |  | Sunday              | 1 p.m. to 5 p.m.       |
| Phone   |  | 905-635-1106   |                     |                        |
| Email   |  | <a href="mailto:fridges@foodforlife.ca">fridges@foodforlife.ca</a>   |                     |                        |

Wheelchair Accessible. The Halton Hills Public Library has partnered with Food for Life to offer a community fridge at both library branches. Stocked with 'Good Food bags', this community fridge aims to increase everyday access to nutritious food for library patrons, neighbours, and community members. Please email [fridges@foodforlife.ca](mailto:fridges@foodforlife.ca) for details

## Etobicoke

### Trinity House of Hope

|         |   |   |
|---------|---|---|
| Address |  | 2050 Dundas St. E, Mississauga ON, L4X 1L9  |
| Hours   |  | Wednesdays 7:30 p.m. to 9:00 p.m.   |
| Phone   |  | 416-803-5493  |
| Website |  | <a href="https://www.trinityhouseofhope.ca/en/food-bank/">https://www.trinityhouseofhope.ca/en/food-bank/</a> |
| Email   |  | <a href="mailto:sonia.trinityhouse@gmail.com">sonia.trinityhouse@gmail.com</a>                                |

Serves those living in the L4X postal code. **Please contact Sonia Freitas by phone or email listed above.** The Trinity House of Hope offers fresh vegetables and legumes, meat products, eggs, milk, bread products, canned and dried non-perishable foods. They sometimes have household goods, personal care products, and baby supplies. Supplies and quantities vary from week-to-week.

### St. Mary's Food Bank – Dundas

|         |   |   |
|---------|---|---|
| Address |    | 1699 Dundas St E, Mississauga, ON L4X 1L5                                   |
| Hours   |    | Mondays 6:00 p.m. to 8:00 p.m.<br>Wednesdays 11:30 a.m. to 2:00 p.m.        |
| Phone   |   | 905-238-9008  |
| Website |  | <a href="http://www.stmarysfoodbank.ca/">http://www.stmarysfoodbank.ca/</a> |

Serves those living in the L5A, L4X, L4Y postal codes. You can visit your local food bank during the hours listed. Please bring proof of Mississauga address. You will receive 7+ days of nutritious food on each visit. This will include both canned/packaged food and fresh food like milk, fresh produce, vegetables, or meat.

St. Mary Food Bank provides the **Meals on Wheels** program for the residence in the postal code areas it serves. This program was designed for residents who are not able to visit their one of our food bank locations due to age, disability, short or long-term illness.

### The Mississauga Food Bank

|         |   |   |
|---------|---|---|
| Address |  | 3121 Universal Dr, Mississauga, ON L4X 2E2  |
| Hours   |  | Monday, Tuesday, Thursday 9 a.m. to 5 p.m.<br>Wednesday 9 a.m. to 8 p.m.<br>Friday 9 a.m. to 1 p.m. |
| Phone   |  | 905-270-5589  |
| Email   |  | <a href="mailto:info@themississaugafoodbank.org">info@themississaugafoodbank.org</a>                |
| Website |  | <a href="http://www.themississaugafoodbank.org">http://www.themississaugafoodbank.org</a>           |

Only emergency food (2-3 days' worth of food) is provided at this location. Please visit your closest Neighbourhood Food Bank to get 7+ days of healthy food.

## Christ church St. James Anglican Church Food Pantry – Daily Bread Food Bank

|         |   |   |                         |
|---------|---|---|-------------------------|
| Address |  | 194 Park Lawn Rd, (Basement), Toronto, ON, M8Y 3J1  |                         |
| Hours   |  | Second Saturday of the month  | 10:00 a.m. to 1:30 p.m. |
|         |   | Second last Wednesday of the month  | 1:00 p.m. to 5:30 p.m.  |
|         |   | Last Wednesday of the month   | 1:00 p.m. to 5:30 p.m.  |
| Phone   |  | 416-251-8711 ext. 22  |                         |
| Email   |  | christchurchstjames194@gmail.com  |                         |
| Website |  | <a href="https://www.christchurchstjames.ca/food-bank/">https://www.christchurchstjames.ca/food-bank/</a> |                         |

Serves Etobicoke. Appointments are required – contact the office to set one up.



The Carlo Fidani Peel Regional Cancer Centre      **905-813-4411**  
Betty and Buster Lockwood Cancer Detection & Treatment Centre      **416-521-4110**

[www.thp.ca/patientservices/cancerservices](http://www.thp.ca/patientservices/cancerservices)



### Important Note:

This resource was created by Trillium Health Partners to provide patients, families and caregivers with general information about food support resources. The information in this resource does not replace medical advice. Every effort has been made to ensure that the information in this resource is complete, correct and up-to-date, but no guarantee is made to this effect. If you have any questions or concerns about the information in this resource, please talk to your healthcare team.

**Updated:** August 2022

### References:

Canadian Cancer Society [www.cancer.ca](http://www.cancer.ca)

Graphic icons modified and retrieved from (August 2022): <https://thenounproject.com>