

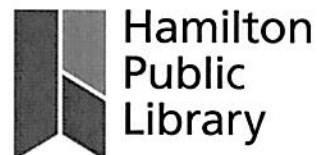
# Food Access Guide

## Hamilton, Ontario



[www.foodaccessguide.ca](http://www.foodaccessguide.ca)

March 2023



[askhpl@hpl.ca](mailto:askhpl@hpl.ca)

905-546-3200

**Table of Contents**

**Community Gardens**

**Community Kitchens**

**Congregate Dining**

**Community Meals**

**Food Banks**

**Community Fridges**

**Free Meals**

**Good Food Box Programs**

**Low Cost Meals**

**Meals on Wheels Programs**

**Prenatal Nutrition Programs**

**Student Nutrition Programs**

**Shopping and Transportation**

# Community Gardens

A community garden is a space where plants are grown by the community to meet that community's needs. The garden engages community members to grow their own vegetables and herbs, to get exercise, and to meet new friends.

## Community Gardens, Hamilton Community Garden Network

**Phone:**

Work: 905-574-1334 x302

**Contact:** Amy Angelo, Manager of Food Access and Skills, Hamilton Community Food Centre, Neighbour to Neighbour Centre

**Email:** [aangelo@n2ncentre.com](mailto:aangelo@n2ncentre.com)

**Web:** <http://www.n2ncentre.com/hamilton-community-food-...>

**Address:**

**Hours:** Hours vary by location

**Cost:** Membership fees vary, contact the garden coordinator for more details

**Who can access this service:** Eligibility varies by location. More details are available in the garden directory or by visiting the website.

**How to apply:** Contact the coordinator for the garden you are interested in. Contact information is available in the garden directory.

Community gardens can deliver a number of benefits to local communities for gardeners, their friends and families, and others in neighbourhoods with gardens, by building community, enhancing environment, and promoting wellness. Garden locations and contact information can be found on the website.

## McQuesten Urban Farm Services

**Phone:**

Work: 905-547-0623

**Contact:**

**Email:** [info@mcquestenurbanfarm.ca](mailto:info@mcquestenurbanfarm.ca)

**Web:** <https://www.mcquestenurbanfarm.ca/>

**Address:** 785 Britannia Ave, Room 16, Hamilton, ON L8H 2B6, Canada

**Hours:** Hours vary, contact for details

**Cost:** None

**Who can access this service:** Open to residents of the McQuesten neighbourhood

**How to apply:** Contact for volunteer opportunities or to register for programs

An initiative to increase food security in the McQuesten area in the green space behind former St. Helen's School. Runs a weekly Saturday market at McQuesten Urban Farm and Ottawa Street Farmers Market. Provides weekly food boxes to residents of the McQuesten neighbourhood. Also offers educational and recreational programs to community groups and school groups. Accepts suggestions for future workshops. Part of the Hamilton Community Gardens Network.

## Community Kitchens

A community kitchen is a public space where people get together and cook on a regular basis. Community kitchens offer the opportunity to share skills, socialize, and reduce costs by purchasing collectively.

### Living Rock Ministries Food Services Training

**Phone:**

Work: 905-528-7625 x229

**Contact:** Kevin Vos, Resources Coordinator, Living Rock Ministries

**Email:** [mail@livingrock.ca](mailto:mail@livingrock.ca)

**Web:** <https://www.livingrock.ca/food-services-training>

**Address:** 30 Wilson St, Hamilton, ON L8R 1C5, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Open to all youth, 13-25 years old.

**How to apply:** Contact for information about how to apply to this program.

Provides work experience and training for at-risk youth in the Hamilton community. Youth cook and participate in clean-up in the Living Rock industrial kitchen. Incentives for participation include volunteer hours and Rock Bucks to be used in Stacey's Place Youth Food Bank and Rock Shop. Food produced in these programs is used to support the Oasis Coffeehouse meal programs.

### Inner City Women's Collective Kitchen

**Phone:**

Work: 905-522-3233

Fax Number: 905-522-3433

**Contact:**

**Email:** [administration@hucchc.com](mailto:administration@hucchc.com)

**Web:** <http://hucchc.com/health-and-wellness-programs/nu...>

**Address:** 181 Main St W, Hamilton, ON L8P 4Y4, Canada

**Hours:** Offered twice per month Hours vary by week Contact for details

**Cost:** None

**Who can access this service:** Female identifying individuals.

**How to apply:** Contact to register.

Offers a place to plan and cook affordable meals, learn and share skills helpful in budgeting, shopping and preparation of healthy food. The initiative is aimed to address food access, reduced social isolation, community engagement and capacity building.

### Intercultural Community Kitchen

**Phone:**

Work: 905-574-1334 x304

**Contact:** Narmin Mzouri, Food Skills Coordinator , Caitlin Craven, Food Skills Coordinator

**Email:** [ccraven@n2ncentre.com](mailto:ccraven@n2ncentre.com)

**Web:** <https://www.n2ncentre.com/hamilton-community-food...>

**Address:** 310 Limeridge Rd W, Hamilton, ON L9C 2V2, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Open to all.

**How to apply:** Register by contacting Caitlin at 905-574-1334 x304 or [ccraven@n2ncentre.com](mailto:ccraven@n2ncentre.com). Space is limited.

Intercultural Community Kitchens are a space where people get together regularly to cook and eat healthy recipes and share knowledge from their cultures. Community kitchens offer the opportunity to meet others and exchange skills in a welcoming environment.

# Congregate Dining

Congregate and dining programs provide lowcost meals that are enjoyed in a community setting. Transportation may be provided.

## VON Hamilton Congregate Dining

**Phone:**

Work: 905-529-0700

**Contact:**

Email: [voncsshamilton@von.ca](mailto:voncsshamilton@von.ca)

Web: <https://www.von.ca/en/service/congregate-dining>

Address: 2757 King St E, Hamilton, ON L8G 5E4, Canada

Hours: Program is on pause due to COVID-19

Cost: Service \$9.50/meal maximum. Transportation is available for an additional fee. Fee adjustment available for low incomes. All fees are billed monthly.

Who can access this service: Older adults and people with disabilities

How to apply: Contact to register

Offers meals served in a group setting that provides an opportunity for socializing. Developed for older adults and people with disabilities who would like to get out of the house more often. Transportation is available for a fee.

## Diners' Club Congregate Dining Program

**Phone:**

Work: 905-692-3464

Contact: Carole Taylor, Program Coordinator

Email: [carole@glanbrookcommunityservices.ca](mailto:carole@glanbrookcommunityservices.ca)

Web: <https://glanbrookcommunityservices.ca/diners-club/>

**Address:**

Hours: Third Thursday monthly (except July, August, December)

Cost: Program \$15 includes meal, dessert, and tea or coffee

Who can access this service: Older adults

How to apply: Contact to register

Program offers a monthly nutritious meal and social time at a location in Glanbrook/Binbrook. Participants from outside of Glanbrook are welcome, but must arrange their own transportation. Transportation can be arranged for participants who reside in Glanbrook.

## Diners Club, Welcome Inn Community Centre

**Phone:**

Work: 905-525-5824

Contact: Ruth Kaulback, Seniors Program Coordinator and Volunteer Coordinator

Email: [info@welcomeinn.ca](mailto:info@welcomeinn.ca)

Web: <https://welcomeinn.ca/seniors-programs/>

Address: 40 Wood St E, Hamilton, ON L8L 3Y3, Canada

**Hours:**

Cost: Program Tuesday meal: \$4.50

Who can access this service: Older adults living in the central and north end of Hamilton.

How to apply: Contact to register.

Weekly home-cooked lunch followed by activities such as singing, games, and excursions. July and August dates include brunch and/or a day trip.

## McQuesten Boys and Girls Club Roxborough Seniors Program

**Phone:**

Work: 905-549-2814 x269

**Contact:**

Email: rebekah.clause@bgchh.com

Web: https://www.bgchh.com/programs/adult-programs/

Address: 785 Britannia Ave, Hamilton, ON L8H 2B6, Canada

Hours: Hours vary by program, contact for details

Cost: Membership \$10 per year

Who can access this service: Older adults

How to apply: Contact to register

Program provides a variety of activities and programs to promote enjoyment and well being for older adults and retirees. Offering bingo, euchre and more. Also, fitness and strength training, speaker events on topics relevant to seniors and pot luck lunches.

## St. James United Church Senior's Luncheon

**Phone:**

Work: 905-689-6223

Fax Number: 905-689-0650

Contact: Wendy Thompson, Administrator

Email: stjames@stjameswaterdown.ca

Web: https://www.stjameswaterdown.ca/information#NEWSA...

Address: 306 Parkside Dr, Waterdown, ON L0R 2H0, Canada

Hours: Third Tuesday of each month 11:30am-1pm Operates September to June

Cost: Program \$5 per person

Who can access this service: Open to all older adults

How to apply: Call or email to reserve your seat(s) by noon on the Friday before the lunch

Program offers a lunch for all seniors.

## Life Long Care Program

**Phone:**

Work: 905-548-9593

Fax Number: 905-545-4077

Contact: Christina Barahona

Email: adavis@hric.ca , ofifc@ofifc.org

Web: http://www.hric.ca/, https://ofifc.org/program/life-long-care-program/

Address: 34 Ottawa St N, Hamilton, ON L8H 3Y7, Canada

Hours: Hours vary by program, contact for details

Cost: None

Who can access this service: Open to all urban Aboriginal men, women and their families

How to apply: Contact to register

Provides support services to the Indigenous community, regardless of age, who are disabled, chronically ill, frail, elderly or require acute/chronic continuum of care. Services include:

- medical transportation services
- assistance with completing forms
- community referrals
- home visits
- security checks
- caregiver support
- aid in transitioning from ODSP to Old Age Pension
- congregate dining meals
- social activities



## Community Meals

Programs often run by volunteers that organizes suppers, lunches or other get-togethers that give community residents an opportunity to meet one another in a friendly and informal atmosphere while sharing a meal.

### Knox Presbyterian Church Waterdown Community Breakfast

**Phone:**

Work: 905-689-8115

Fax Number: 905-689-0542

**Contact:** Grant Vissers, Lead Pastor, Knox Presbyterian Church

**Email:**

**Web:** <https://www.knoxwaterdown.ca/event/community-brea...>

**Address:** 80 Mill St N, Waterdown, ON L0R 2H0, Canada

**Hours:** 8 am-10 am Second and third Saturday of each month

**Cost:** None

**Who can access this service:** Open to all

**How to apply:** No application required

Program offers Saturday morning breakfast to the community twice per month.

### De Mazenod Door Outreach

**Phone:**

Work: 905-522-9828

**Contact:** Tony O'Dell, President & CEO

**Email:** [demazenod@stpatrickshamilton.ca](mailto:demazenod@stpatrickshamilton.ca)

**Web:** <http://demazenod-door.ca/>

**Address:** 440 King St E, Hamilton, ON L8N 1C6, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Open to all

**How to apply:** No application required

Provides free daily breakfast and lunch meals to individuals in need.

### Dinner with a Movie

**Phone:**

Work: 905-522-3233

Fax Number: 905-522-3433

**Contact:** Jennifer Black, Office Administrator

**Email:** [administration@hucchc.com](mailto:administration@hucchc.com)

**Web:** <http://www.hucchc.com/>

**Address:** 181 Main St W, Hamilton, ON L8P 4Y4, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Open to all, with a focus on low income individuals and families

**How to apply:** No application required

Program offers free dinner and a movie to the community.

### Let's do Lunch, St. Andrew's Presbyterian Church

**Phone:**

Work: 905-648-6024

**Contact:** John Read, Minister , Amber Cowan, Office Administrator**Email:** [secretary@standrews.ws](mailto:secretary@standrews.ws)**Web:** <https://standrews.ws/>**Address:** 31 Sulphur Springs Rd, Ancaster, ON L9G 1L7, Canada**Hours:** Program is temporarily CANCELLED due to COVID-19. , Third Wednesday of each month 12 noon-1pm Only operates from September to May**Cost:** None donation accepted**Who can access this service:** Open to all.**How to apply:** No application required.

Program offers a monthly lunch for seniors in Ancaster the community.

## Loonie Lunch

**Phone:**

Work: 905-383-7411

**Contact:** Laurie White, Minister**Email:** [standrewsofc@shaw.ca](mailto:standrewsofc@shaw.ca)**Web:** <https://standrewsunitedhamilton.ca/>**Address:** 479 Upper Paradise Rd, Hamilton, ON L9C 5V5, Canada**Hours:** Second Wednesday of each month 12 noon-1:30pm Open Fall to Spring, Closed in the summer**Cost:** Program \$1 or donation**Who can access this service:** Open to all.**How to apply:** No application required.

Program offers two kinds of soup (one vegetarian) and a sandwich lunch along with the opportunity for community fellowship.

## Lunch in the Country

**Phone:**

Work: 905-648-5433

**Contact:** Mamie McCormack, Chair**Email:** [mamiemccormack@gmail.com](mailto:mamiemccormack@gmail.com)**Web:** <https://fc.churchwebcanada.ca/jerseyville>**Address:** 16 Field Rd, Jerseyville, ON L0R 1R0, Canada**Hours:** Second Wednesday of each month 12 noon Operates September to June**Cost:** None donations accepted**Who can access this service:** Open to all.**How to apply:** No application required.

Program offers free soup, sandwiches, coffee, tea and dessert. There is a free will donation for those who are able.

## Hess Street Baptist Mission Men's Breakfast

**Phone:**

Work: 905-529-4187

**Contact:****Email:****Web:****Address:** 179 Hess St N, Hamilton, ON L8R 2T1, Canada**Hours:** Hours vary, contact for details**Cost:** None**Who can access this service:** Men**How to apply:** No application required.

Offers community breakfast for men to gather, eat, share, and pray.



## Oasis Coffeehouse Breakfast Program

**Phone:**

Work: 905-528-7625

**Contact:**

Email: mail@livingrock.ca

Web: https://www.livingrock.ca/food-programs

Address: 30 Wilson St, Hamilton, ON L8R 1C5, Canada

**Hours:**

Cost: None

**Who can access this service:** Open to all ages 13 to 25.

**How to apply:** No registration required.

Provides a free warm, nutritious meal on weekday mornings for youth aged 13-25. Also gives access to showers, hygiene products, clothing, wi-fi, computers, and crisis and housing support. Program parts are on-site to give resources and support. This program is part of the Oasis Coffeehouse supported through the Living Food Training Service Programs.

## The Table

**Phone:**

Work: 905-912-0458

**Contact:**

Email: info@blessingshamilton.ca

Web: https://blessingshamilton.ca/notice/the-table/

Address: 627 Main St E, Hamilton, ON L8M 1J5, Canada

**Hours:**

Cost: None

**Who can access this service:** Open to all.

**How to apply:** Contact for information.

Every Wednesday evening, volunteers from Blessings Christian Church serve hot take-away meals from The Dream Centre parking lot.

## Crossfire Assembly Community Dinner

**Phone:**

Work: 905-525-8894

**Contact:**

Email: leah@crossfireassembly.com

Web: https://www.crossfireassembly.com/serve-our-city/

Address: 458 King St W, Hamilton, ON L8P 1B7, Canada

**Hours:**

Cost: None

**Who can access this service:** Open to all.

**How to apply:** No application required.

Provides a free meal to people in need on the first Wednesday of every month. Join others in the Crossfire meeting room, or take a meal to go.

## Meal Program, Notre Dame House

**Phone:**

Work: 905-308-8090

**Contact:**

Email: youthservices@gsch.ca

Web: https://goodshepherdcentres.ca/services/notre-dam...

Address: 14 Cannon St W, Hamilton, ON L8R 2B2, Canada

**Hours:**

Cost: None

**Who can access this service:** Open to all youth ages 16-21 years old.

**How to apply:** No registration required.

Provides dine-in or take-out meals at lunch and dinnertime for youth.

# Food Banks

Food Banks and Emergency Food programs provide individuals and families with grocery items free of charge.

## Blue Door Food Pantry

**Phone:**

Work: 905-527-8605

**Contact:** Brenda Paszkat, Community Volunteer, Hamilton Dream Center

**Email:** [rebekah@hamiltondreamcenter.ca](mailto:rebekah@hamiltondreamcenter.ca)

**Web:** <https://www.hamiltondreamcenter.ca/the-blue-door...>

**Address:** 627 Main St E, Hamilton, ON L8M 1J5, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Individuals on low working income or low pension income who live in the City of Hamilton. Only OW and ODSP recipients living in the service area of Wellington St. to Parkdale Ave. and Cumberland Ave. to Burlington St. may have access to this service.

**How to apply:** By appointment only. Must provide an income statement, a rent receipt, proof of address, and photo ID for each person listed on file.

Provides food and clothing to individuals in need. Donations are welcome. This service is offered through appointments on Tuesdays. Please call 905-527-8605 to book an appointment.

## East Hamilton Food Centre Emergency Food Bank

**Phone:**

Work: 905-574-6201

**Contact:**

**Email:** [ehfc@mission-services.com](mailto:ehfc@mission-services.com)

**Web:** <https://mission-services.com/programs-and-service...>

**Address:** 625 Greenhill Ave, Hamilton, ON L8K 5N8, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Open to all families and individuals who are on a low income and in need of food assistance.

**How to apply:** To register bring identification for all members of the household, proof of address, rent or mortgage statements, and copies of utility statements. Contact or visit website for details.

An emergency food bank operated in partnership with the Davis Creek neighbourhood association. Also offers hygiene supplies when available.

## Venture Centre Market Place Emergency Food and Clothing Bank

**Phone:**

Work: 905-972-9485

**Contact:** Mark Tennant

**Email:** [info@gsch.ca](mailto:info@gsch.ca)

**Web:** <https://www.goodshepherdcentres.ca/services/emerg...>

**Address:** 155 Cannon St E, Hamilton, ON L8L 2A6, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Open to all families (including newcomer families) and individuals that meet a low income assessment.

**How to apply:** Contact for information. An attendant will schedule an appointment for the caller to attend for registration.

Provides emergency food and clothing for families and individuals in need.

## Parkview Church Emergency Food Program

**Phone:**

Work: 905-574-6917

**Contact:** Jon Huxtable, Minister

**Email:**

**Web:** <https://www.parkviewchurchhamilton.ca/>

**Address:** 1120 West 5th Street, Hamilton, ON L9B 1J6, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Individuals and families in need of food assistance.

**How to apply:** No application required, service is first-come first-served. Please bring ID and proof of income (such as a stub from Ontario Works or ODSP) or a referral slip from a referring agency.

Distributes food to Hamilton residents through donations from local bakeries and grocery stores. No appointment necessary, service is first-come, first-served. This is NOT a food bank, but can occasionally supplement what individuals or families receive from food banks.

## Native Women's Centre Emergency Outreach Program

**Phone:**

Crisis Line Number: 1-888-308-6559

Work: 905-977-0234

Work: 905-664-1114

**Contact:** Vicki Montour, Executive Assistant

**Email:** [eow1@nativewomenscentre.com](mailto:eow1@nativewomenscentre.com)

**Web:** <http://www.nativewomenscentre.com/programs>

**Address:**

**Hours:** Food delivery hours vary, contact for details

**Cost:** None

**Who can access this service:** Indigenous individuals and families living in Hamilton.

**How to apply:** Call the office and leave a voicemail to register for a food delivery.

Provides emergency food/clothing/household supplies to Indigenous people living in the Hamilton area who are homeless or at risk of being homeless. Supplies are delivered to the applicants homes.

## Flamborough Food Bank Services

**Phone:**

Work: 905-690-1036

**Contact:**

**Email:** [flamborough1@hotmail.com](mailto:flamborough1@hotmail.com)

**Web:** <https://carlisleuc.ca/flamborough-food-bank>

**Address:** 1432 Centre Rd, Carlisle, ON L0R 1H1, Canada

**Hours:** Wednesday 1pm-8pm

**Cost:** None

**Who can access this service:** Open to individuals and families in need of food and personal care supplements who are not registered at another food bank.

**How to apply:** Registration form needs to be filled out at the food bank. Bring Photo ID, proof of residency, income and major expenses.

Community food bank located in Carlisle United Church. Food drop off sites include:

- Sobeys (255 Dundas Street East, Waterdown)
- Fortino's (115 Hamilton Street North, Waterdown)
- Waterdown Fire Station 24 (252 Parkside Drive, Waterdown)

For major donations please call in advance, donations are not accepted during Food Bank hours.

## All Nations Full Gospel Church Food Bank

**Phone:**

Work: 416-667-9333

**Contact:** Dike Odimuko, Pastor

**Email:** [info.hamilton@anfqc.org](mailto:info.hamilton@anfqc.org)

**Web:** <http://anfqc.org>

**Address:** 1209 Main St E, Hamilton, ON L8K 1A3, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Open to all.

**How to apply:** Photo ID is required to access the food bank.

Provides emergency food assistance to people in need.

## Ancaster Community Services Food Bank

**Phone:**

Work: 905-648-6675

**Contact:**

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

**Web:** <http://ancastercommunityservices.ca/programs-and-...>

**Address:** 300 Wilson St E, Ancaster, ON L9G 2B9, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Low income individuals and families who live in Ancaster or the surrounding area

**How to apply:** Call to book an appointment. ID with proof of address for each household member required. Proof of income and expenses required.

Provides non-perishable food on an emergency basis to residents on a fixed or low income.

## Hamilton Jewish Social Services Kosher Food Bank

**Phone:**

Work: 905-627-9922 x29

**Contact:** Alexis Wenzowski, Executive Director

**Email:** [lloyd@hamiltonjfs.ca](mailto:lloyd@hamiltonjfs.ca)

**Web:** <https://www.hamiltonjfs.ca/programs-services/kosh...>

**Address:** 30 King St E, Dundas, ON L9H 1B8, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Applicants must attend an interview to determine eligibility.

**How to apply:** Contact to arrange an interview.

Provides Kosher food and personal care products to families and individuals. Allows clients to collect their own goods according to the size of the household and their needs.

## Restoration House Hamilton Food Bank

**Phone:**

Work: 905-527-1622

**Contact:** Olayinka Dada, Senior Pastor

**Email:** [office@restorationhouse.ca](mailto:office@restorationhouse.ca)

**Web:** <https://www.restorationhouse.ca/outreach>

**Address:** 103 MacNab St S, Hamilton, ON L8P 3C2, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Open to any family or individual in need of food assistance.

**How to apply:** Contact for information about how to apply.

Offers emergency food assistance to all persons living in poverty and with low incomes.

## Salvation Army Dundas Food Bank

**Phone:**

Work: 905-627-0572

**Contact:** Shirley Molloy, Executive Director, Salvation Army, Hamilton Community and Family Services

**Email:**

**Web:** <https://www.sahamiltoncfs.ca/>

**Address:** 150 King St W, Dundas, ON L9H 1V4, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Open to all families and individuals who are in need and on a low income.

**How to apply:** Contact for information

Provides emergency help in the form of a community food bank. The food bank sometimes has fresh fruits and vegetables.

## Salvation Army Central Hamilton Food Bank

**Phone:**

Work: 905-540-1888

**Contact:** Shirley Molloy, Executive Director, Salvation Army, Hamilton Community and Family Services

**Email:**

**Web:** <https://www.sahamiltoncfs.ca/>

**Address:** 80 Bay St N, Hamilton, ON L8R 3N3, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Open to all families and individuals who are in need and on a low income. Users can access the food bank monthly, to a maximum of 12 times per year.

**How to apply:** No application required.

Provides emergency help in the form of a community food bank.

## Welcome Inn Community Centre Food Bank

**Phone:**

Work: 905-525-5824

**Contact:** Krista Rao, Community Programs Coordinator

**Email:** [info@welcomeinn.ca](mailto:info@welcomeinn.ca)

**Web:** <https://welcomeinn.ca/food-bank/>

**Address:** 40 Wood St E, Hamilton, ON L8L 3Y3, Canada

**Hours:** Mon, Wed-Fri 10:30 am-2 pm Revised hours 2021

**Cost:** None

**Who can access this service:** Open to all

**How to apply:** Contact for information. ID with proof of address is required for each household member.

Emergency food bank providing three-day supply of food and personal hygiene products. Can be accessed once per household every 30 days.

## Neighbour to Neighbour Centre Food Bank and Emergency Services

**Phone:**

Work: 905-574-1334 x300

**Contact:** Charlotte Redekop-Young, Manager of Emergency Food Services

**Email:** [admin@n2ncentre.com](mailto:admin@n2ncentre.com)

**Web:** <https://n2ncentre.com/emergency-services/food-ban...>



**Address:** 28 Athens Street, Hamilton, ON L9C 3K9

**Hours:**

**Cost:** None

**Who can access this service:** Families or individuals who are in need of food assistance, are on a low income, and reside on the Hamilton mountain.

**How to apply:** Contact for information and to book intake appointment. Bring identification for all members of the household, proof of address, and proof of income.

Provides supplementary and emergency food for residents of Hamilton mountain. Food bank clients are required to make an appointment for every visit.

## King's Way Outreach Centre Food Pantry (The)

**Phone:**

**Work:** 905-296-9473

**Contact:** Antoinette Laffrenier, Operations Manager

**Email:** [admin@alifeatathetime.com](mailto:admin@alifeatathetime.com)

**Web:** <https://alifeatathetime.com/>

**Address:** 390 King William St, Hamilton, ON L8L 1P6, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Families or individuals who are in need of food assistance.

**How to apply:** Walk-Ins welcome. No registration required. Bring own bags.

Grocery baskets provided to those in need upon request as food items are available. Donations for the food pantry accepted during hours of operation.

## Food with Grace Waterdown Food Bank

**Phone:**

**Work:** 905-966-7900

**Contact:** Cindy Allen, Parish Administrator

**Email:** [foodwgrace@graceanglicanwaterdown.org](mailto:foodwgrace@graceanglicanwaterdown.org)

**Web:** <http://www.graceanglicanwaterdown.org/food-with-g...>

**Address:** 157 Mill St N, Waterdown, ON L0R 2H0, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Families or individuals in need of food assistance or personal care items.

**How to apply:** Call to make an appointment. Please bring proof of residence when picking up food.

This program provides emergency food parcels and personal care items for families and individuals in need of assistance, operating by appointment at the door. Donations of non-perishable items can be dropped off in the Food with Grace boxes at Sobeys, Fortinos, or No Frills stores in Waterdown, or at Grace Anglican Church. Monetary donations can also be made to the church.

## Crown Point Community Church The Giving Cupboard

**Phone:**

**Work:** 905-545-2002

**Contact:** Liana Brown, Pastor

**Email:** [churchoffice@crownpointcommunity.ca](mailto:churchoffice@crownpointcommunity.ca)

**Web:** <http://crownpointcommunity.ca/>

**Address:** 92 Ottawa St N, Hamilton, ON L8H 3Z1, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Open to all residents of the Crown Point neighbourhood.

**How to apply:** Contact for information about the application procedure.

Food pantry, stocked with non-perishable staples for those in need in the neighbourhood. Clients can shop once every calendar month, using a points system.

## Glanbrook Community Food Bank

**Phone:**

Work: 905-692-3781

**Contact:**

Email: woodburnanglican@rogers.com

**Web:**

Address: 1307 Woodburn Rd, Hannon, ON L0R 1P0, Canada

**Hours:**

Cost: None

**Who can access this service:** Low income individuals and families residing in the Glanbrook area with the following postal codes: L0R 1C0 (Binbrook), L0R 1P0 (Hannon), and L0R 1W0 (Mount Hope)

**How to apply:** Call or drop in for information about application procedures.

Community food bank operated by Christ Anglican Church that provides emergency help to individuals and families.

## Good Food Centre

**Phone:**

Work: 905-528-4212

**Contact:** Sue Smith, Director of Food Services

Email: admin@mission-services.com

Web: https://mission-services.com/programs-and-service...

Address: 196 Wentworth St N, Hamilton, ON L8L 5V7, Canada

**Hours:**

Cost: None

**Who can access this service:** Open to all families and individuals who are on a low income and in need of food assistance.

**How to apply:** Contact for information or to book an appointment. Bring: identification for all members of the household, proof of address, income statements, rent or mortgage statements, and copies of utility statements.

Provides emergency access to food and hygiene supplies in a community-based setting, while providing as much choice as possible, including culturally appropriate food.

## Hamilton East Campus Food Bank

**Phone:**

Work: 905-545-6180

**Contact:**

Email: acs4hamiltoneast@cogeco.net

Web: http://hamiltoneastsda.org/

Address: 203 Bell Ave, Hamilton, ON L8K 3E5, Canada

Hours: Hours vary, contact for details

Cost: None

**Who can access this service:** Individuals and families in need of food assistance.

**How to apply:** Call or send an email describing the need or situation.

Community service exists to fill in the gap for individuals and families in urgent need of basic needs such as food, hygiene supplies, or any type of immediate emotional support for those who are grieving.

Donations of non-perishable food items, cleaning supplies and toiletries are welcome from the community.

## Infant Formula and Diaper Bank

**Phone:**

Work: 289-799-9514

**Contact:** Raven vanBommel, Founder and Executive Director

Email: info@essentialaid.ca

Web: https://www.essentialaid.ca/programs.html

Address: 100 Main St E, Hamilton, ON L8N 3W7, Canada

**Hours:****Cost:** None**Who can access this service:** Families and Individuals with children aged 0-3 years who are in need of assistance.**How to apply:** Valid ID for each qualifying family member is required for registration.

Provides emergency supply of infant formula, baby food, and diapers to families with children aged 0-3 years. Assistance provided up to once every 2 months.

## Niwasa Food Bank

**Phone:**Work: 905-549-4884 x1**Contact:****Email:** office@niwasa.ca**Web:** https://niwasa.ca/food-bank/**Address:** 785 Britannia Ave, Hamilton, ON L8H 2B6, Canada**Hours:****Cost:** None**Who can access this service:** Open to all**How to apply:** Make an appointment by calling 905-549-4884, option 1. Photo identification required.

Provides food to Hamilton residents in need. Provides delivery to seniors and those not able to pick up. By appointment only.

## ICNA Relief Canada Resource Centre and Food Bank

**Phone:**Work: (905) 997-8777**Contact:** Abu Noman Tarek**Email:** hamiltonfb@icnareliefcanada.ca**Web:** https://icnareliefcanada.ca/food-banks**Address:** 192 Greenwich St, Brantford, ON N3S 2X6, Canada**Hours:** Hours vary, contact to book a time**Cost:** None**Who can access this service:** Individuals or families on a low income in the greater Hamilton area.**How to apply:** Online registration is required. After registration proof of income needs to be emailed to hamiltonfb@icnareliefcanada.ca

Provides deliveries of food to applicants homes once per month. The program is a community-supported project that completely dependent on donations of cash and non-perishable foods. Home delivery only.

## Stacey's Place Youth Food Bank and Rock Shop

**Phone:**Work: 905-528-7625 x259Fax Number: 905-526-8723**Contact:** Melissa Henley, Food Bank Coordinator**Email:** mail@livingrock.ca**Web:** https://www.livingrock.ca/food-programs**Address:** 30 Wilson St, Hamilton, ON L8R 1C5, Canada**Hours:****Cost:** None**Who can access this service:** Open to everyone ages 13 to 25. ID must be shown to verify birth date.**How to apply:** No application required.

Emergency services and grocery support for youth in the Hamilton community. Provides food, clothing, hospital care packages, baby products and hygiene items. Also offers nutrition and budgeting programs as well as referrals to Living Rock's Wellness Works Coordinator. Youth can also trade in "Rock Bucks" earned through the Living Rock educational programs to "purchase" household items or clothing.

## Stoney Creek Community Food Bank Services

**Phone:**

Work: 905-643-2090

**Contact:**

Email: [mngr.stoneycreekfoodbank@gmail.com](mailto:mngr.stoneycreekfoodbank@gmail.com)

Web: <https://www.stoneycreekfoodbank.com/>

Address: 605 ON-8, Stoney Creek, ON L8G 5G2, Canada

**Hours:**

Cost: None

**Who can access this service:** Open to any family or individual in need of food assistance and on a low income who resides in Stoney Creek.

**How to apply:** A piece of I.D is required to prove residence. Ex. Utility bill, driver's license, home rental agreements etc.

Provides nutritional food to residents of Stoney Creek who are in need.

## Seventh Day Adventist Church Community Services and Food Bank

**Phone:**

Work: 905-575-8764

**Contact:**

Email: [hamiltoncommunityservices@gmail.com](mailto:hamiltoncommunityservices@gmail.com)

Web: <https://www.hamiltonmountain.org/food-bank/>

Address: 284 Concession St, Hamilton, ON L9A 1B3, Canada

Hours: 1pm - 2pm Third Saturday of the month

Cost: None

**Who can access this service:** Families and individuals who are in need and on a low income.

**How to apply:** Bring identification to register as first-time user. Food bank can be used once per month.

Offers emergency services to families and individuals of any religion to assist in meeting immediate needs. Services include Food Bank and occasional clothing, furniture, and household items.

## Eva Rothwell Centre Emergency Food Pantry

**Phone:**

Work: 905-526-1558 x401

Fax Number: 905-524-1558

**Contact:**

Email: [chelsey@evarothwell.ca](mailto:chelsey@evarothwell.ca)

Web: <https://www.evarothwell.ca/community-resources>

Address: 460 Wentworth St N, Hamilton, ON L8L 5W8, Canada

**Hours:**

Cost: None

**Who can access this service:** Open to all individuals and families in need.

**How to apply:** Contact for information.

Provides food assistance to those in need.

## Grocery Give-Away and Open Doors

**Phone:**

Work: 905-525-8894

**Contact:**

Email: [leah@crossfireassembly.com](mailto:leah@crossfireassembly.com)

Web: <https://www.crossfireassembly.com/serve-our-city/>

Address: 458 King St W, Hamilton, ON L8P 1B7, Canada

**Hours:**

Cost: None

**Who can access this service:** Open to all.

**How to apply:** No application required.

Provides a bag of non-perishable food to people in need on the third Wednesday of every month. The meeting room is open, with coffee and desserts offered.

## Community Fridges

Community fridges are a volunteer run, publicly accessible, low barrier resource, from which community members can get free food. Fridges are filled by donations from other community people and businesses.

### Gilkson Community Fridge

Phone:

Contact:

Email: [communityfridgeshamont@gmail.com](mailto:communityfridgeshamont@gmail.com)

Web: [https://linktr.ee/cf\\_hamont](https://linktr.ee/cf_hamont)

Address: 44 Greendale Dr, Hamilton, ON L9C 5Z4, Canada

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

A community fridge in which anyone in the neighbourhood can take or leave food donations, in the spirit of mutual aid. See website for list of donation guidelines. Volunteer opportunities available.

### Crown Point East Community Fridge

Phone:

Contact:

Email: [communityfridgeshamont@gmail.com](mailto:communityfridgeshamont@gmail.com)

Web: [https://linktr.ee/cf\\_hamont](https://linktr.ee/cf_hamont)

Address: 204 Ottawa St N, Hamilton, ON L8H 3Z5, Canada

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

A community fridge in which anyone in the neighbourhood can take or leave food donations, in the spirit of mutual aid. See website for list of donation guidelines. Volunteer opportunities available.

### Locke Street Community Fridge

Phone:

Contact:

Email: [lockest.fridge@gmail.com](mailto:lockest.fridge@gmail.com)

Web: <https://linktr.ee/locke.street.fridge>

Address: 115 Stanley Ave, Hamilton, ON L8P 2L5, Canada

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

A community fridge in which anyone in the neighbourhood can take or leave food donations, in the spirit of mutual aid. See website for list of donation guidelines. Volunteer opportunities available.

### Strathcona Community Pantry

Phone:

Contact:



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

**Web:**

**Address:** 460 York Blvd, Hamilton, ON L8R 3J8, Canada

**Hours:** Mon-Sun 24 hours

**Cost:** None

**Who can access this service:** Open to all.

**How to apply:** No application required.

A community pantry in which anyone in the neighbourhood can take or leave non-refrigerated food and essential good donations, in the spirit of mutual aid. See website for list of donation guidelines.

## McMaster Community Fridge

**Phone:**

**Contact:**

**Email:** [fridge@mcmaster.ca](mailto:fridge@mcmaster.ca)

**Web:** [https://linktr.ee/McMaster\\_Community\\_Fridge](https://linktr.ee/McMaster_Community_Fridge)

**Address:** 1280 Main St W, Hamilton, ON L8S 4L8, Canada

**Hours:** Mon-Sun 24 hours

**Cost:** None

**Who can access this service:** Open to all.

**How to apply:** No application required.

A community fridge in which anyone in the neighbourhood can take or leave food donations, in the spirit of mutual aid. See website for list of donation guidelines. Volunteer opportunities available.

## Immanuel Church Community Fridge

**Phone:**

**Work:** [905-385-0662](tel:905-385-0662)

**Contact:**

**Email:** [office@immanuelministries.ca](mailto:office@immanuelministries.ca)

**Web:**

**Address:** 61 Mohawk Rd W, Hamilton, ON L9C 1V9, Canada

**Hours:** Mon-Sun 24 hours

**Cost:** None

**Who can access this service:** Open to all.

**How to apply:** No application required.

A community fridge with 24/7 access, in which anyone in the neighbourhood can take or leave food donations, in the spirit of mutual aid.

## Free Meals

Meals are provided free of charge in the community through volunteer labour and donations.

### Hamilton Community Food Centre Family Dinner

**Phone:**

Work: 905-574-1334 x200

Fax Number: 905-574-1688

**Contact:**

Email: admin@n2ncentre.com

Web: https://www.n2ncentre.com/hamilton-community-food...

Address: 310 Limeridge Rd W, Hamilton, ON L9C 2V2, Canada

Hours: Thursdays 3:30pm - 6pm

Cost: None

Who can access this service: Open to all

How to apply: No application required

Program provides a healthy free meal each Thursday. This service is currently being offered as take-out only.

### Oasis Coffeehouse Evening Meal Program

**Phone:**

Work: 905-528-7625

**Contact:**

Email: mail@livingrock.ca

Web: https://www.livingrock.ca/food-programs

Address: 30 Wilson St, Hamilton, ON L8R 1C5, Canada

Hours:

Cost: None

Who can access this service: Open to all ages 13 to 25.

How to apply: No application required.

Provides free warm, nutritious meals on weekdays for youth aged 13-25. Offers positive social activities such as wellness spa night, sports and recreation, cultural theme night, and movie and game nights. Youth are also able to access support through crisis response, referrals, and use the "work to earn" model to receive incentives. This program is part of the Oasis Coffeehouse supported through the Living Food Training Service Programs.

### King's Way Meals and Feeding Program

**Phone:**

Work: 905-296-9473

Fax Number: 905-308-7798

Contact: Antoinette Laffrenier, Operations Manager

Email: a.laffrenier@alifeatatime.com

Web: https://alifeatatime.com/

Address: 390 King William St, Hamilton, ON L8L 1P6, Canada

Hours: Temporarily CLOSED due to COVID-19.

Cost: None

Who can access this service: Families and individuals in need of food assistance.

How to apply: No application required.

Program offers continental breakfast, hot lunches and pizza night for those in need.

## Living Rock Ministries The Gathering

**Phone:**

Work: 905-528-7625

**Contact:**

Email: mail@livingrock.ca

Web: https://www.livingrock.ca/chapel-services

Address: 30 Wilson St, Hamilton, ON L8R 1C5, Canada

**Hours:**

Cost: None

**Who can access this service:** Open to everyone ages 13 to 25.

**How to apply:** Drop-in to register.

Offers a noon-hour lunch and chapel service with a Christ-focused message designed specifically for street-involved youth. Offers food, music, and people sharing their personal stories. There are also opportunities for informal discussions and questions, and one-on-one chaplaincy support on request. There are two seatings each Wednesday. Drop-in to register.

## Good Shepherd Centres, Daily Hot Meal Program

**Phone:**

Work: 905-528-9109

Fax Number: 905-546-1743

**Contact:** Carmen Saliccioli, Director

Email: info@goodshepherdcentres.ca

Web: https://www.goodshepherdcentres.ca/services/good-...

Address: 135 Mary St, Hamilton, ON L8R 1K4, Canada

**Hours:**

Cost: None

**Who can access this service:** Open to all families and individuals in need of food assistance.

**How to apply:** No application required.

Distributes free packed meals for anyone in need.

## Dine-in Friday Lunch

**Phone:**

Work: 905-574-1334 x200

Fax Number: 905-574-1688

**Contact:**

Email: admin@n2ncentre.com

Web: http://n2ncentre.com/hamilton-community-food-cent...

Address: 310 Limeridge Rd W, Hamilton, ON L9C 2V2, Canada

Hours: Fridays 12pm - 1:30pm

Cost: None

**Who can access this service:** Open to all.

**How to apply:** No application required.

Provides a healthy free lunch every Friday.

## Hamilton Out of The Cold Free Meal Program

**Phone:**

Work: 905-308-8447

**Contact:** Janice Ormond, Operations Manager

Email: hootc97@gmail.com

Web: https://hamiltonoutofthecold.ca/

Address: 165 Charlton Ave W, Hamilton, ON L8P 2C8, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Families or individuals in need who are on a low income.

**How to apply:** No application required.

Provides free hot meals to people in need. Operates in the winter, usually the beginning of November to the end of March. Schedule can be found [online](#).

## Good Food Box Programs

The Good Food Box is a non-profit fresh fruit and vegetable distribution program. It makes healthy, fresh food affordable and accessible to everyone. Weekly food boxes are delivered to various locations for pick-up.

### McQuesten Fresh Food Box Program

**Phone:**

:

**Contact:**

**Email:**

**Web:** <https://www.mcquestenurbanfarm.ca/fresh-food-boxes>

**Address:** 785 Britannia Ave, Room 16, Hamilton, ON L8H 2B6, Canada

**Hours:** Hours vary, contact for details

**Cost:** Service Fees vary depending on size and type of box

**Who can access this service:**

**How to apply:** Contact to register

The Good Food Box is a non-profit program that makes healthy fresh produce affordable and accessible to everyone. Offered at various pick up locations in the City of Hamilton. Find a community pick-up location near you using the online map at: <https://bit.ly/2QMDP22>  
Contact the pick up location nearest to you for more information.

## Low Cost Meals

Restaurants, cafeterias and other eating establishments operated by hospitals, senior centers or other organizations which provide reduced-cost meals for low-income people, older adults or other targeted individuals.

### Affordable Meal and Button Program

**Phone:**

Work: 289-389-0541

**Contact:** Sue Carr, Executive Director, 541 Eatery and Exchange

**Email:**

**Web:** <http://www.fivefortyone.ca>

**Address:** 541 Barton St E, Hamilton, ON L8L 2Z2, Canada

**Hours:**

**Cost:** Service Meal prices vary

**Who can access this service:** Open to all

**How to apply:** No application required. Contact to donate or purchase a button.

Provides affordable meals. Offers a program to buy a button that those in need can exchange for meals. Proceeds are used to facilitate local educational community initiatives such as a homework club, a youth employment program, eating well workshops, kitchen skills training and other skills training opportunities.

### First Start Cafe

**Phone:**

Work: 289-639-2931

**Contact:**

**Email:** [firststart.cafe@wesley.ca](mailto:firststart.cafe@wesley.ca)

**Web:** <https://wesley.ca/program/first-start-cafe/>

**Address:** 350 King St E, Hamilton, ON L8N 3Y3, Canada

**Hours:** Contact for hours.

**Cost:** Service Low cost

**Who can access this service:** Open to all.

**How to apply:** No application required.

Provides kitchen and food training, job opportunities, and development to marginalized youth and adults. Operates a downtown café for Wesley clients, First Place Seniors Residence residents, and community groups from the 3rd floor of the First Place building. Also available for outside catering.

### Dundas Community Services Frozen Meal Program

**Phone:**

Work: 905-627-5461

**Contact:**

**Email:** [dcsc@dundascommunityservices.com](mailto:dcsc@dundascommunityservices.com)

**Web:** <https://www.dundascommunityservices.on.ca/frozen-...>

**Address:** 2 King St W Suite 3A, Dundas, ON L9H 6Z1, Canada

**Hours:**

**Cost:** Service Entree: \$6.50, Soup only: \$3.00; Accepted payments are cash, cheque, debit and credit. Clients are invoiced monthly.

**Who can access this service:** Older adults (55+) or adults living with a disability or convalescing may purchase the meals, however restrictions apply for delivery. Delivery is open to seniors or adults living with disability or convalescing who are residents of Dundas and do not live beyond the railway line at Sydenham and York Road or beyond the Conservation Area on Governor's Road.

**How to apply:** Pre-registration is required. Registration forms may be completed online or visit to fill out the form in person. Cancellations must be done with 24 hours notice.



Provides flash-frozen meals for older adults, adults living with a disability or recuperating from surgery, or anyone not able to cook a meal for themselves. Pick-up and delivery options are available. Special diet types available; cooking instructions are provided on the packaging. All meals prepared at Ina Grafton Gage Village in Niagara.

## Ancaster Community Service Frozen Meals

**Phone:**

Work: 905-648-6675

**Contact:**

Email: [ancastercommunityservices@gmail.com](mailto:ancastercommunityservices@gmail.com)

Web: <http://ancastercommunityservices.ca/programs-and-...>

Address: 300 Wilson St E, Ancaster, ON L9G 2B9, Canada

**Hours:**

**Cost:** Service Entrée - \$6.50; Dessert - \$2.25; Soup - \$3.00 ; Prices are subject to change without prior written notice

**Who can access this service:** Ancaster residents who are seniors, have a disability, or are confined to home.

**How to apply:** Contact to register. Meals are ordered every Thursday before 4 pm and delivered the following Wednesday for those eligible for delivery or picked up at the ACS office Wednesday after 12 noon.

Provides meals prepared from fresh foods and frozen the week prior to delivery or pick-up. Offers 35 different entrées and desserts over a 5 week rotation plus 7 different soups each week. Meals are delivered to the door or can be picked up at the ACS office. Cooking times and instructions are provided on the cellophane cover of every entrée. Some dietary restrictions available.

## Glanbrook Community Services Meals on Wheels (Frozen) Program

**Phone:**

Work: 905-692-3464

**Contact:** Carole Taylor, Program Coordinator

Email: [carole@glanbrookcommunityservices.ca](mailto:carole@glanbrookcommunityservices.ca)

Web: <https://glanbrookcommunityservices.ca/meals-made-...>

**Address:**

**Hours:** Contact for information.

**Cost:** Service Fees vary, contact for details

**Who can access this service:** Glanbrook and area resident seniors and other adults with physical or developmental disabilities.

**How to apply:** Contact to register. Meals can be ordered online with email confirmation. Delivery restricted to Glanbrook, Stoney Creek, Hamilton mountain.

Service provides frozen meals prepared from fresh foods to seniors and those requiring additional nutritional assistance. Meals are delivered weekly, or can be picked up at the Glanbrook Community Services office. Special diet types available, cooking instructions are provided on the packaging. Meals provided by Ina Grafton Village in St. Catharine's and by Zarky's in Hamilton.

## Dundas Community Services Meals on Wheels (Hot) Program

**Phone:**

Work: 905-627-5461

**Contact:**

Email: [dcsc@dundascommunityservices.com](mailto:dcsc@dundascommunityservices.com)

Web: <https://www.dundascommunityservices.on.ca/meals-o-...>

Address: 2 King St W Suite 3A, Dundas, ON L9H 6Z1, Canada

**Hours:**

**Cost:** Service Price per meal, contact for information; includes soup, main course, and a dessert. Accepted payments are cash, cheque, debit and credit and EFT (electronic funds transfer). Clients are invoiced monthly.

**Who can access this service:** Seniors or adults living with a disability, or recuperating from surgery or illness. Must be residents of Dundas and do not live beyond the railway line at Sydenham and York Road or beyond the Conservation Area on Governor's Road.

**How to apply:** Pre-registration is required. Registration forms may be completed online or visit to fill out the form in person. Cancellations must be done with 24 hours notice.

Provides a hot, nutritious meal for people with disabilities, recuperating from surgery, or anyone not able to cook for themselves, delivered to their own home or apartment at lunch time. No deliveries on holidays and weekends, but additional meals may be requested to accommodate. Special diet types available, all meals are prepared at Wentworth Lodge Long-Term Care Facility.

## Glanbrook Community Services Meals on Wheels (Hot) Program

**Phone:**

Work: 905-692-3464

**Contact:** Carole Taylor, Program Coordinator

**Email:** [carole@glanbrookcommunityservices.ca](mailto:carole@glanbrookcommunityservices.ca)

**Web:** <https://glanbrookcommunityservices.ca/meals-on-wh...>

**Address:**

**Hours:**

**Cost:** Service \$7.50 per meal

**Who can access this service:** Seniors and other adults with physical limitations who live in the Binbrook, Mount Hope, or Glanbrook areas.

**How to apply:** Contact to register for a delivery.

Hot, nutritious, three-course meal delivered during lunch hour. Meal includes salad, main course of meat, potato and vegetable, and dessert. Specialized meals can be made upon request. Meals are delivered Monday through Friday, excluding holidays; additional meals may be requested to accommodate weekends and holidays.

## Meals on Wheels Programs

**Meals on Wheels delivers hot, nutritious meals to people who may have difficulty leaving their home or cooking for themselves.**

### Ancaster Community Services Meals on Wheels

**Phone:**

Work: 905-648-6675

**Contact:**

Email: [knorwood@hpl.ca](mailto:knorwood@hpl.ca)

Web: <https://ancastercommunityservices.ca/programs-and...>

Address: 300 Wilson St E, Ancaster, ON L9G 2B9, Canada

**Hours:**

Cost: Service \$7.25 per meal, invoiced monthly

Who can access this service: Open to Ancaster residents (including Alberton, Lynden, Jerseyville and Carluke)

- Seniors who are finding it challenging preparing their own meals
- Adults who are chronically ill
- Adults living with a disability
- Adults convalescing from surgery or illness
- Adults undergoing medical treatment

**How to apply:** Contact to pre-register. 24 hours notice is required for requests or cancellations.

Delivers hot meals to the homes of elderly, convalescent, disabled persons, or any person in need of a meal and unable to provide for themselves. Available on both a short-term and long-term basis to eligible clients. This volunteer-based program assists members of the community to remain in their homes as an alternative to retirement or nursing residences, while helping clients stay connected to their community and support their personal independence. Meal delivery is prepared by Set the Table Kitchen & Co. Food Delivery Service and delivered by volunteers. Specialty diets (i.e. celiac, diabetic) may be accommodated upon request. A regular Meals on Wheels delivery consists of:

- Full course meal of meat, vegetable(s), and a starch (pasta, potatoes or rice)
- 10 oz serving of hot soup
- Dessert

### ICNA Relief Canada Resource Centre and Food Bank

**Phone:**

Work: (905) 997-8777

Contact: Abu Noman Tarek

Email: [hamiltonfb@icnareliefcanda.ca](mailto:hamiltonfb@icnareliefcanda.ca)

Web: <https://icnareliefcanda.ca/food-banks>

Address: 192 Greenwich St, Brantford, ON N3S 2X6, Canada

Hours: Hours vary, contact to book a time

Cost: None

Who can access this service: Individuals or families on a low income in the greater Hamilton area.

How to apply: Online registration is required. After registration proof of income needs to be emailed to [hamiltonfb@icnareliefcanda.ca](mailto:hamiltonfb@icnareliefcanda.ca)

Provides deliveries of food to applicants homes once per month. The program is a community-supported project that completely dependent on donations of cash and non-perishable foods. Home delivery only.

### Ancaster Community Service Frozen Meals

**Phone:**

Work: 905-648-6675

**Contact:**

**Email:** ancastercommunityservices@gmail.com

**Web:** http://ancastercommunityservices.ca/programs-and-...

**Address:** 300 Wilson St E, Ancaster, ON L9G 2B9, Canada

**Hours:**

**Cost:** Service Entrée - \$6.50; Dessert - \$2.25; Soup - \$3.00 ; Prices are subject to change without prior written notice

**Who can access this service:** Ancaster residents who are seniors, have a disability, or are confined to home.

**How to apply:** Contact to register. Meals are ordered every Thursday before 4 pm and delivered the following Wednesday for those eligible for delivery or picked up at the ACS office Wednesday after 12 noon.

Provides meals prepared from fresh foods and frozen the week prior to delivery or pick-up. Offers 35 different entrées and desserts over a 5 week rotation plus 7 different soups each week. Meals are delivered to the door or can be picked up at the ACS office. Cooking times and instructions are provided on the cellophane cover of every entrée. Some dietary restrictions available.

## Glanbrook Community Services Meals on Wheels (Frozen) Program

**Phone:**

Work: 905-692-3464

**Contact:** Carole Taylor, Program Coordinator

**Email:** carole@glanbrookcommunityservices.ca

**Web:** https://glanbrookcommunityservices.ca/meals-made-...

**Address:**

**Hours:** Contact for information.

**Cost:** Service Fees vary, contact for details

**Who can access this service:** Glanbrook and area resident seniors and other adults with physical or developmental disabilities.

**How to apply:** Contact to register. Meals can be ordered online with email confirmation. Delivery restricted to Glanbrook, Stoney Creek, Hamilton mountain.

Service provides frozen meals prepared from fresh foods to seniors and those requiring additional nutritional assistance. Meals are delivered weekly, or can be picked up at the Glanbrook Community Services office. Special diet types available, cooking instructions are provided on the packaging. Meals provided by Ina Grafton Village in St. Catharine's and by Zarky's in Hamilton.

## Dundas Community Services Meals on Wheels (Hot) Program

**Phone:**

Work: 905-627-5461

**Contact:**

**Email:** dcs@dundascommunityservices.com

**Web:** https://www.dundascommunityservices.on.ca/meals-o...

**Address:** 2 King St W Suite 3A, Dundas, ON L9H 6Z1, Canada

**Hours:**

**Cost:** Service Price per meal, contact for information; includes soup, main course, and a dessert. Accepted payments are cash, cheque, debit and credit and EFT (electronic funds transfer). Clients are invoiced monthly.

**Who can access this service:** Seniors or adults living with a disability, or recuperating from surgery or illness. Must be residents of Dundas and do not live beyond the railway line at Sydenham and York Road or beyond the Conservation Area on Governor's Road.

**How to apply:** Pre-registration is required. Registration forms may be completed online or visit to fill out the form in person. Cancellations must be done with 24 hours notice.

Provides a hot, nutritious meal for people with disabilities, recuperating from surgery, or anyone not able to cook for themselves, delivered to their own home or apartment at lunch time. No deliveries on holidays and weekends, but additional meals may be requested to accommodate. Special diet types available, all meals are prepared at Wentworth Lodge Long-Term Care Facility.

## Glanbrook Community Services Meals on Wheels (Hot) Program

**Phone:**

Work: 905-692-3464

**Contact:** Carole Taylor, Program Coordinator

**Email:** carole@glanbrookcommunityservices.ca

**Web:** <https://glanbrookcommunityservices.ca/meals-on-wh...>

**Address:**

**Hours:**

**Cost:** Service \$7.50 per meal

**Who can access this service:** Seniors and other adults with physical limitations who live in the Binbrook, Mount Hope, or Glanbrook areas.

**How to apply:** Contact to register for a delivery.

Hot, nutritious, three-course meal delivered during lunch hour. Meal includes salad, main course of meat, potato and vegetable, and dessert. Specialized meals can be made upon request. Meals are delivered Monday through Friday, excluding holidays; additional meals may be requested to accommodate weekends and holidays.

## Canadian Red Cross Meals on Wheels

**Phone:**

Work: [905-637-5664](tel:905-637-5664)

Fax Number: [905-637-2577](tel:905-637-2577)

**Contact:** Amanda Baker, Community Services Coordinator

**Email:** [burlington@redcross.ca](mailto:burlington@redcross.ca)

**Web:** <https://www.redcross.ca/in-your-community/ontario...>

**Address:** 400 King St E, Hamilton, ON L8N 1C3, Canada

**Hours:**

**Cost:** Service fees vary by meal, contact for details; all fees are billed monthly

**Who can access this service:** Seniors or those with chronic illness, mental or physical challenges, or who are recovering from illness.

**How to apply:** Call to register.

Nonprofit program that provides hot or frozen meals for those who have difficulty preparing food. Both short term and long term meal plans are available as well as accommodations for special diets. Hot meals are delivered daily and frozen meals are delivered weekly. There is no delivery on statutory holidays.

## Victorian Order of Nurses Meals on Wheels

**Phone:**

Work: [905-522-1022](tel:905-522-1022)

**Contact:**

**Email:**

**Web:** <https://von.ca/en/von-care/meals-wheels-frozen>, <https://von.ca/en/von-care/Meals-on-Wheels-Hot>

**Address:** 414 Victoria Ave N, Hamilton, Suite M2, ON L8L 5G8, Canada

**Hours:**

**Cost:** Service Contact for meal pricing. Recipients are invoiced monthly.

**Who can access this service:** Older adults, adults with disabilities, or those recovering from illness or surgery.

**How to apply:** Contact to register.

Provides delivered meals for residents who are unable to attend to their own nutritional needs, yet wish to continue living independently in the community. Volunteers are selected through a screening process and provide social contact as well as monitor the well-being of the client. **Meals on Wheels (Frozen)** - Clients are given several frozen meal options to choose from and special dietary items are also available. All meals can be easily reheated in a microwave or conventional oven. **Meals on Wheels (Hot)** - Affordable, hot, and nutritious meals, delivered to clients' doors.

## Dundas Community Services Frozen Meal Program

**Phone:**

Work: [905-627-5461](tel:905-627-5461)

**Contact:**

**Email:** [dcs@dundascommunityservices.com](mailto:dcs@dundascommunityservices.com)

**Web:** <https://www.dundascommunityservices.on.ca/frozen-...>

**Address:** 2 King St W Suite 3A, Dundas, ON L9H 6Z1, Canada

**Hours:**

**Cost:** Service Entree: \$6.50, Soup only: \$3.00; Accepted payments are cash, cheque, debit and credit. Clients are invoiced monthly.

**Who can access this service:** Older adults (55+) or adults living with a disability or convalescing may purchase the meals, however restrictions apply for delivery. Delivery is open to seniors or adults living with disability or convalescing who are residents of Dundas and do not live beyond the railway line at Sydenham and York Road or beyond the Conservation Area on Governor's Road.

**How to apply:** Pre-registration is required. Registration forms may be completed online or visit to fill out the form in person. Cancellations must be done with 24 hours notice.

Provides flash-frozen meals for older adults, adults living with a disability or recuperating from surgery, or anyone not able to cook a meal for themselves. Pick-up and delivery options are available. Special diet types available; cooking instructions are provided on the packaging. All meals prepared at Ina Grafton Gage Village in Niagara.



## Prenatal Nutrition Programs

Prenatal Nutrition Programs provide nutrition and vitamin supplements at no cost, and may include support during pregnancy, birth, breast-feeding and parenting.

### Welcome Baby Prenatal Nutrition Program

**Phone:**

Work: [905-546-3550](tel:905-546-3550)

**Contact:**

Email: [cpnp@hamilton.ca](mailto:cpnp@hamilton.ca)

Web: [https://www.hamilton.ca/people-programs/public-he...](https://www.hamilton.ca/people-programs/public-health)

Address: 876 Cannon St E, Hamilton, ON L8L 8C1, Canada

Hours: Hours vary by location, visit website for specific times, dates, and locations

Cost: None

**Who can access this service:** Pregnant individuals can join and stay until their babies are 6 months of age. A participant can only be registered in one Prenatal Nutrition Program (Welcome Baby) group.

**How to apply:** Email [cpnp@hamilton.ca](mailto:cpnp@hamilton.ca) or call Health Connections at 905-546-3550 to register.

Free weekly groups for pregnant individuals. Discussions with a Registered Nurse and Registered Dietitian include pregnancy, labour and birth, managing stress, eating well and cooking healthy food, breastfeeding, and community supports. Grocery gift cards, multivitamin gift cards, and bus tickets are provided as needed.

# Student Nutrition Programs

Student Nutrition Programs offer meals and/or snacks to school students at no cost, and may also provide food education to children and youth.

## Food4Kids Programs

**Phone:**

Work: [905-930-9118](tel:905-930-9118)

**Contact:**

**Email:** [info@food4kidshamilton.ca](mailto:info@food4kidshamilton.ca)

**Web:** <https://www.food4kidshamilton.ca/>

**Address:** 237 Barton St E, Hamilton, ON L8L 2X2, Canada

**Hours:** Hours vary, contact for details

**Cost:** None

**Who can access this service:** Children and youth who attend school in Hamilton.

**How to apply:** Referrals made through the child's school.

Provides packages of healthy food for children with limited or no access to food on weekends or during the summer months. **Weekends Without Hunger** - Participants aged 4-17 years are referred by schools aware of students with limited access to food in their homes. Food packages are tucked discreetly into children's backpacks. Food bags are filled with healthy food items, including 5 fresh fruit items! **Summer Feeding Program** - Through July and August, all students registered in the program receive grocery store gift cards through the mail at their homes on a bi-weekly basis.

## Children's Breakfast Club

**Phone:**

Work: [905-523-6611](tel:905-523-6611) x3006

Work: [905-523-6611](tel:905-523-6611) x2084

**Contact:**

**Email:** [ljanzen@compassch.org](mailto:ljanzen@compassch.org) , [mbown-kai@compassch.org](mailto:mbown-kai@compassch.org)

**Web:** <https://compassch.org/programs-services/community...>

**Address:** 438 Hughson St N, Hamilton, ON L8L 4N5, Canada

**Hours:**

**Cost:** None

**Who can access this service:** Open to children and their parents or families.

**How to apply:** Contact to register.

A supervised space for children to spend time before school, with a hot breakfast provided. Assistance with homework is also available. Program runs on school days from 7:45am to 9:15am, parents and families are welcome.

# Shopping and Transportation

Transportation is provided to purchase or deliver groceries for people with limited mobility.

## Banyan Grocer-Ease Program

**Phone:**

Work: 905-545-1175

Fax Number: 905-544-9403

**Contact:**

Email: [grocereaseadmin@banyanncs.org](mailto:grocereaseadmin@banyanncs.org)

Web: <https://banyancommunityservices.org/programs-serv...>

Address: 688 Queensdale Avenue East, Suite 2B, Hamilton, ON L8V 1M1

Hours: Mon-Fri 8:30 am-4:30 pm

Cost: Service \$11.50 for first \$100 of groceries, \$2.50 for each additional \$25 of groceries

Who can access this service: Seniors and people with disabilities

How to apply: Contact to register or to join the waitlist

Takes individualized grocery lists from clients, shops in the store of the client's choice, and if required puts the groceries away upon delivery. If a client wants products from two different stores they will be charged for 2 deliveries. The service charge is based on the amount of the grocery bill. If a client is in need of the service, but is not in charge of their finances, the program will work with their caregiver and shop for them and deliver. And extra charge is added to this service. Shopping is done at the following grocery stores, according to client preference:

- Food Basics
- Fortinos
- FreshCo
- Metro
- No Frills
- Sobeys

Program is funded through the Local Health Integration Network.

## Seniors for Seniors Driver Companions

**Phone:**

Work: 905-572-6162

Toll-Free Number: 1-844-422-7399

Contact: Amy Chan, Communications Coordinator

**Email:**

Web: <https://spectrumhealthcare.com/services/seniors-f...>

Address: 21 Hunter St E, Hamilton, ON L8N 3W8, Canada

**Hours:**

Cost: Service fees vary, contact for details

Who can access this service: Open to all older adults.

How to apply: Contact for information. Visit the website for information about how to volunteer as a driver companion.

Provides driver companions to transport and accompany older adults to and from medical appointments, shopping centres, grocery stores, the bank, cottages, social events or family and friend's homes.

## Wesley Seniors Shopping by Bus

**Phone:**

Work: 905-528-5629 x284

Fax Number: 905-528-9977

Contact: Karen Baxmeier, Outreach Coordinator

**Email:** [seniors.services@wesley.ca](mailto:seniors.services@wesley.ca) , [shopping.bus@wesley.ca](mailto:shopping.bus@wesley.ca)

**Web:** <https://wesley.ca/services/newcomer-community/sup...>

**Address:** 52 Catharine St N, Hamilton, ON L8R 1J1, Canada

**Hours:** Due to covid-19 the Shopping by Bus service has been cancelled until further notice. Hours vary, contact for details

**Cost:** None

**Who can access this service:** Tenants living in seniors apartment buildings who are physically able to travel.

**How to apply:** Contact to register.

A free bus service for seniors to local grocery stores every two weeks for tenants in seniors' apartments. Pick-up locations are located throughout the city. Please call for details. This is a partnership between Wesley, No Frills, Fortinos, and the HSR.

## Glanbrook Community Services Volunteer-Assisted Transportation

**Phone:**

Work: [905-692-3464](tel:905-692-3464)

**Contact:**

**Email:** [carole@glanbrookcommunityservices.ca](mailto:carole@glanbrookcommunityservices.ca)

**Web:** <https://glanbrookcommunityservices.ca/transportat...>

**Address:**

**Hours:** Contact for appointment.

**Cost:** Service standard prices have been set for local geographic areas in Glanbrook

**Who can access this service:** Open to seniors and people with disabilities in the Glanbrook area. Passengers must be independently mobile and cognitively alert. Walkers are permitted.

**How to apply:** Contact to register, please book at least 10 business days in advance.

Glanbrook Community Services provides participants with transportation services to medical appointments, dental appointments, errands, to visit friends, grocery and general shopping. Drivers will wait and can assist participants with purchases. Out-of-town trips may be arranged upon request, some restrictions apply.