

East York & Southwest Scarborough Food Resources

How to use this document

This resource contains a list of **58 services** within a **8km radius** around Harmony Hall (2 Gower St) with one or more of the following functions:

- Food Banks and Referrals
- Food Delivery
- Community Meals
- Grocery Stores, Fresh Food, and Producers
- Infant Formula and Baby Food
- Food Access for Older Adults and People with Disabilities
- Cooking Classes and Facilities
- Non-Profit Catering Services and Eating Establishments

Each service has an **ID number**. The lower the ID number, the **closer** to Harmony Hall the service is located.

The first few pages of this document are an index that can be used to quickly identify services based on their **location** and/or **type(s)**.

The rest of this document contains **more detailed information** about each service including:

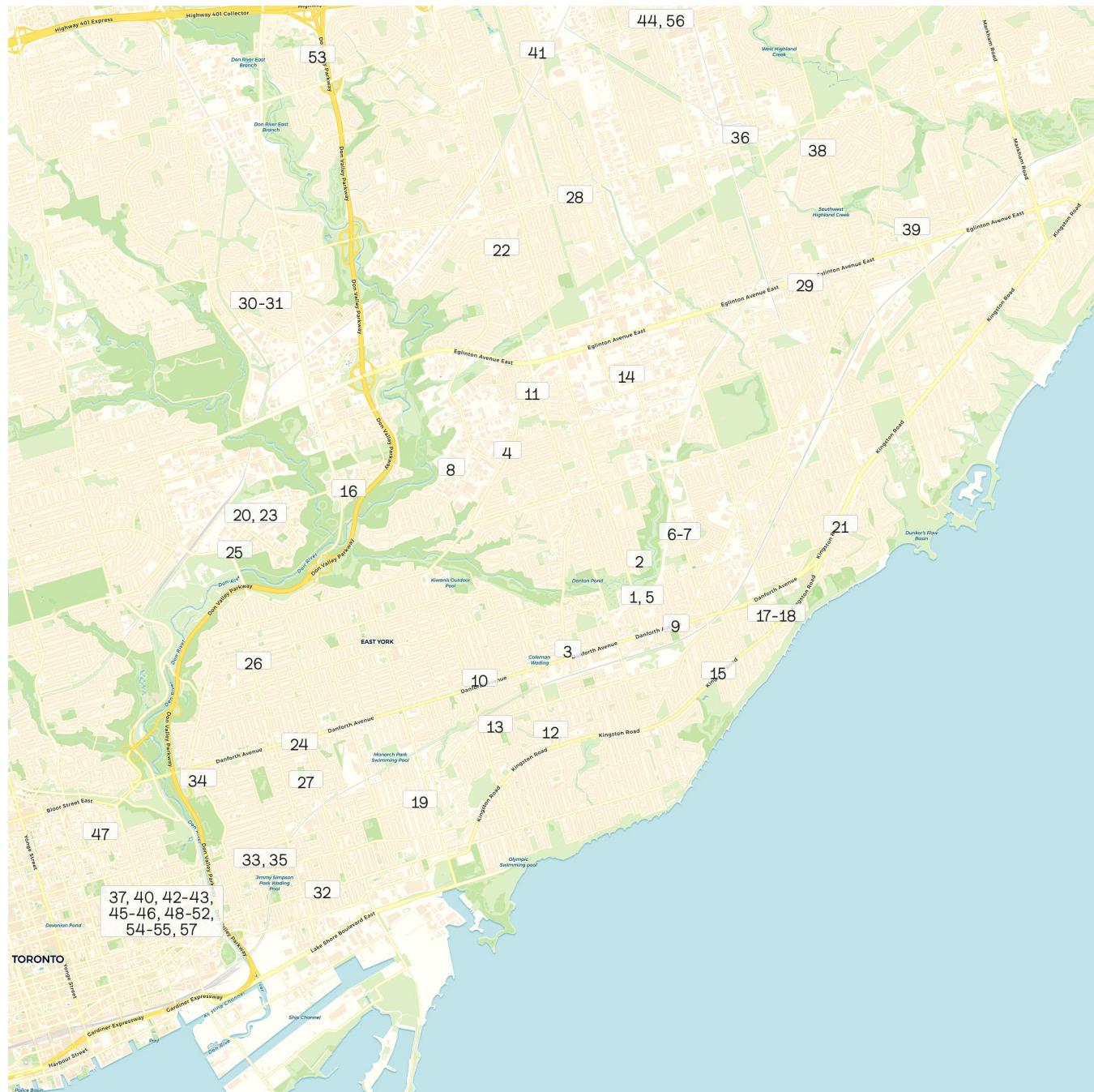
- Address
- Contacts
- Languages Spoken
- Eligibility Criteria
- Application/Access Process
- Food and Non-Food Services Offered

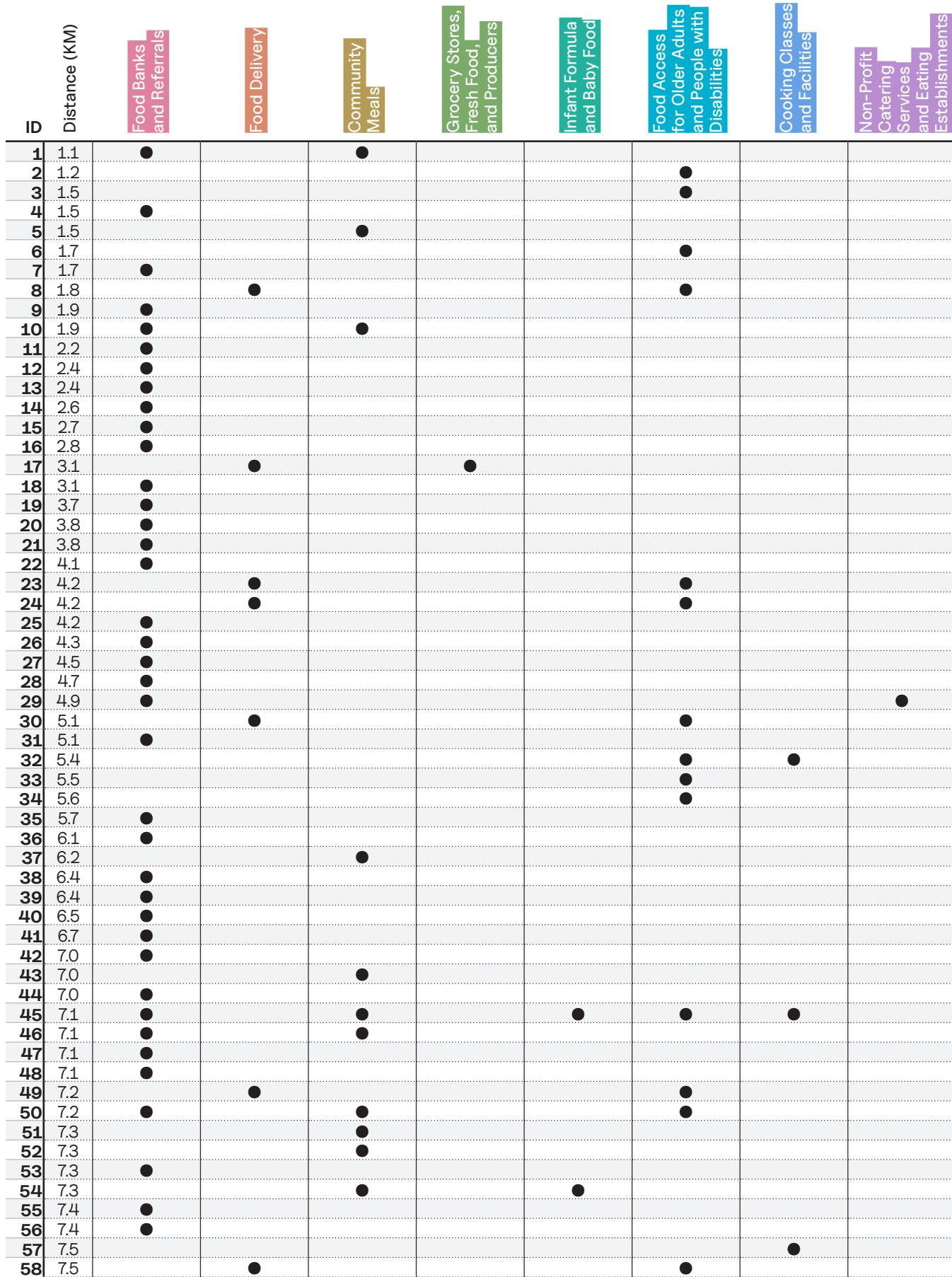
Call to confirm

Always contact the service to check if there have been any changes before accessing their services.

Index

Use the map and categorical table to identify a service that aligns with your needs and location.
Note: the lower the ID number, the closer to Harmony Hall (2 Gower St) a service is located.





1 Teesdale Drop-In

1 Warden Woods Community Centre

Teesdale Drop-In

Classification	Community Meals Food Banks and Referrals
Address	40 Teesdale Place, Toronto, ON, M1L 1L3, Canada
Hours	Mon 09:00–16:30; Tue 09:00–16:30; Wed 09:00–16:30; Thu 09:00–16:30; Fri 09:00–16:30
Phone	416-694-1138 ext 164
Email	tammyc@wardenwoods.com
Website	https://wardenwoods.com/teesdale-place-drop-in
Eligibility	No restrictions
Application	Drop in
Services	Second Harvest Monday Food Distribution – Distribution of rescued food from Second Harvest every Monday. Weekday Breakfast Program – Sit-down breakfast served Monday–Friday, 09:00–10:00. Soup and Sandwich Lunch Program – Soup and sandwich lunch served Tuesday, Thursday, and Friday. Dine-In Hot Lunch – Hot lunch served on Wednesdays.



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West Scarborough Neighbourhood Community Centre

Classification	Food Access for Older Adults and People with Disabilities
Address	313 Pharmacy Ave, Toronto, ON, M1L 3E7
Hours	Mon 07:00–21:00; Tue 07:00–21:00; Wed 07:00–21:00; Thu 07:00–21:00; Fri 07:00–21:00; Sat 09:00–16:00; Sun 11:00–18:00
Phone	416-755-9215
Email	wsncc@wsncc.org
Website	https://www.wsncc.org/
Eligibility	Age eligibility varies per specific programs
Application	Call, drop in or visit the website
Services	Scarborough Italian Association – Congregate Dining for Seniors – Congregate dining program for Italian-speaking seniors.



3 The Neighbourhood Group Community Services

Social, Recreational and Dining Programs

Classification	Food Access for Older Adults and People with Disabilities
Address	2802 Danforth Ave, Toronto, ON M4C 1M1
Hours	Mon 08:00–17:00; Tue 08:00–17:00; Wed 08:00–17:00; Thu 08:00–17:00; Fri 08:00–17:00 (varies by location)
Phone	416-691-7407
Email	info@tngcs.org
Website	http://tngcommunityto.org/Programs-Services/Programs/Social,-Recreational-and-Dining-Programs?cat=8829
Eligibility	Older adults (55+)
Application	Call; no referral required
Services	Hot Meal and Social Activity Program – Offers a hot meal for older adults along with games, crafts, trips, and light physical activities.



1 Teesdale Drop-In

4 Scott Mission

O'Connor Food Bank

Classification	Food Banks and Referrals
Address	O'Connor Family Centre, 1550 O'Connor Dr. Toronto, ON, M4B 2V3
Hours	Thu 09:00–12:00; Fri 09:00–12:00
Phone	416-923-3916
Email	info@scottmission.com
Website	http://www.scottmission.com
Eligibility	Individuals and families in need
Application	New clients need to register at dailybread.link2feed.ca and bring the Client ID Number that you will get at the end of the online registration. Contact intake worker, initial intake assessment discussion – income and address information, and identification for household members, may be requested – call for details. Call Welcome Centre for appointment or more information.
Services	O'Connor Food Bank – Currently not accepting any new clients. Food and clothing bank.



5 Scarborough Food Security Initiative

Feed Scarborough

Classification	Community Meals
Address	157 Byng Ave, Toronto, ON, M1L 3P3, Canada
Hours	(Hours vary by location)
Phone	416-936-3975
Email	info@feedscarborough.ca
Website	https://scarboroughfoodsecurityinitiative.com
Eligibility	Individuals and families in financial need Scarborough southwest: Eglinton Ave E (north) to Lake Ontario (south), Victoria Park Ave (west) to Markham Rd (east)
Application	Call, email or visit website for information
Services	Healthy Meal Program – Healthy prepared meals delivered throughout the community at 10 Teesdale Pl and 40 Gordon Ridge Food Banks – Food banks located at 3330 Danforth Ave, 2259 Kingston Rd, 155 Markham Rd and 772 Warden Ave Community Garden



6 Seniors and Assisted Living

6 Warden Woods Community Centre

Seniors and Assisted Living

Classification	Food Access for Older Adults and People with Disabilities
Address	74 Firvalley Court, Toronto, ON, M1L 1N9, Canada
Hours	Mon 09:00–17:00; Tue 09:00–17:00; Wed 09:00–17:00; Thu 09:00–17:00; Fri 09:00–17:00 (Adult Day Program: Mon-Tue, Thu 10:00–14:00; Transportation services: Mon-Fri 08:30–16:00 (first pick-up 08:30, last pick-up 15:00))
Phone	416-694-1138
Email	warden@wardenwoods.com
Website	https://wardenwoods.com/programs/assisted-living-home-help/
Eligibility	Seniors 55+, adults with disabilities, and caregivers Transportation and Meals on Wheels -- Eglinton Ave (north) to Lake Ontario (south), Victoria Park Ave (west) to Kennedy Rd (east)
Application	Call for information
Services	Meals on Wheels – Hot lunches (and frozen or pureed options) delivered to seniors, people who are ill, convalescing or disabled; culturally appropriate meals, dietary restrictions accommodated; friendly check-in. Congregate Dining Program – On-site hot nutritious meals with recreation, social activities, health talks, social services and information updates.



7 Soso World Ministries

Warden Ave Food Bank

Classification	Food Banks and Referrals
Address	673 Warden Ave. Toronto, ON, M1L 3Z5. Cross street: Warden Ave and St Clair Ave E
Hours	Wed 13:00–15:00
Phone	647-330-2254
Email	tressa@sosoworldministries.com
Website	https://www.sosoworldministries.com
Eligibility	Individuals and families in need
Application	New registration done at food bank; no appointment required; first-come, first-serve model.
Services	Warden Ave Food Bank – Food bank; member of Daily Bread Food Bank.



8 The Neighbourhood Group Community Services

The Neighbourhood Group Community Services - Neighbourhood Link Support Services

Classification	Food Access for Older Adults and People with Disabilities Food Delivery
Address	25 Waterman Ave, Suite 4, Toronto, ON, M4B 1Y6, Canada
Hours	Mon 11:00–13:00; Tue 11:00–13:00; Wed 11:00–13:00; Thu 11:00–13:00; Fri 11:00–13:00; Sun 11:00–13:00 (Delivery Times: Sun-Fri 11am-1pm)
Phone	416-752-9667
Email	hasina.quader@tngcs.org
Website	http://tngcommunityto.org/Programs-Services/Programs/Meals-on-Wheels?cat=8829
Eligibility	Older adults and adults with disabilities, who need physical, social, or emotional supports
Application	Call. Pre-registration required for meal service. No referral required for community support service.
Services	Meals on Wheels – Hot or frozen meals delivered Sun2DFri; a second meal can be delivered on Friday for Saturday; service also available for caregiver relief and for new mothers for up to six weeks.



9 Feed Scarborough

Oakridge Food Bank

Classification	Food Banks and Referrals
Address	3330 Danforth Ave. Toronto, ON, M1L 4P9. Cross street: Pharmacy Rd and Danforth Rd
Hours	Wed 11:00–15:00 (Wed 11 am-12:30 pm for Byng Tower residents only; 12:30 pm-3 pm open to the public, appointment preferred, walk-ins accepted, online order pickup)
Phone	416-936-3975
Email	info@feedscarborough.ca
Website	https://www.feedscarborough.ca
Eligibility	Individuals and families in need Scarborough
Application	Appointment required. New clients register online at dailybread.link2feed.ca and bring the Client ID Number provided, or register in person at the food bank.
Services	Oakridge Food Bank – Provides food bank services; member of Daily Bread Food Bank.



10 East Toronto Corps

10 Salvation Army, Community and Family Services

East Toronto Corps

Classification	Community Meals Food Banks and Referrals
Address	107 Cedarvale Ave Toronto, ON, M4C 4J9
Hours	Tue 10:00–15:00; Wed 08:30–11:30; Thu 08:30–15:00 (Chat & Chew: Thu 12 noon; Over 60's Club: second and fourth Wed of month at 12 noon)
Phone	416-467-7664
Email	saeasttoronto@gmail.com
Website	https://salvationarmy.ca/
Eligibility	Residents of catchment area – postal codes M1L, M1N (west of Birchmount Rd), M4B, M4C, M4E, M4L; O'Connor Dr/St Clair Ave E (north) to Lake Shore Blvd (south), Greenwood Ave (west) to Warden Ave (east)
Application	Call or visit https://saeasttoronto.setmore.com for an appointment.
Services	Emergency Food Assistance – Provides food to individuals and families in need as part of the agency's emergency material assistance. Chat & Chew Community Lunch – Weekly community lunch held on Thursdays at 12:00.



11 Friends of Jesus Christ Food Bank

Sunrise Towers Food Bank

Classification	Food Banks and Referrals
Address	Sunrise Towers, 1420 Victoria Park Ave. Toronto, ON, M4A 2P7
Hours	Wed 14:00–17:00 (Wed 2 pm–5 pm, serving outside)
Phone	416-335-8829
Email	manangbidaydomingo@yahoo.ca
Website	https://friendsofjesuschrist.com
Eligibility	Individuals and families with low income Residency Requirements: O'Connor Dr (north) to Danforth Ave (south), Main St (west) to Victoria Park Ave (east)
Application	New clients must register online at https://dailybread.link2feed.ca and bring the Client ID number provided at the end of registration, or call 41-203-0050 ext 1. Appointment not required. At initial intake, income and address information and identification for all household members may be requested.
Services	Sunrise Towers Food Bank – Food bank; member of Daily Bread Food Bank



12 Grace Pascoe Care Centre

Calvary Food Bank

Classification	Food Banks and Referrals
Address	Calvary Baptist Church, 72 Main St. Toronto, ON, M4E 2V7. Canada
Hours	Thu 18:00–20:30
Phone	416-691-2899
Email	gpcoc@calvary-baptist-church.ca
Website	http://calvary-baptist-church.ca/grace-pascoe-care-centre
Eligibility	Residents living within catchment area: Coxwell Ave to Victoria Park (east–west), South of Danforth Ave to the lake (north–south)
Application	New clients must register online at dailybread.link2feed.ca , bring the Client ID number received after registration (registration can also be completed at the food bank). Appointment required.
Services	Calvary Food Bank – Food bank; member of Daily Bread Food Bank network.



13 Grant AME Church

Grantful Food and Fellowship Food Bank and Soup Kitchen

Classification	Food Banks and Referrals
Address	2029 Gerrard St E. Toronto, ON, M4E 2B3. Canada (Cross street: Woodbine Ave and Gerrard St E)
Hours	Fri 15:30–18:00
Phone	416-690-5169
Email	grantamechurch@yahoo.ca
Website	https://www.grantame.com
Eligibility	Individuals and families in need Coverage area: Toronto Downtown and East York
Application	New clients register at dailybread.link2feed.ca and bring the Client ID Number received at the end of the online registration. Drop-in: no appointment necessary; line up outside; call or visit website for information.
Services	Grantful Food and Fellowship Food Bank – Distributes groceries to clients once a week; member of Daily Bread Food Bank. Soup Kitchen (temporarily suspended) – Hot meal service is suspended until further notice.

**14** Feed Scarborough

Clairlea Food Bank

Classification	Food Banks and Referrals
Address	772 Warden Ave. Toronto, ON, M1L 4T7. Cross street: Warden Ave and Eglinton Ave E
Hours	Tue 12:00–18:30; Wed 12:00–18:30; Thu 12:00–18:30; Fri 12:00–18:30; Sat 12:00–18:30 (Drop-in; online order pick-ups available on Sat)
Phone	416-936-3975
Email	info@feedscarborough.ca
Website	https://scarboroughfoodsecurityinitiative.com/
Eligibility	Individuals and families in need. Coverage area: Scarborough.
Application	No appointment required. New clients must register at https://dailybread.link2feed.ca and bring the Client ID Number received at the end of the online registration, or register in person at the food bank.
Services	Clairlea Food Bank – Food bank; member of Daily Bread Food Bank

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Bluffs Food Bank

Classification	Food Banks and Referrals
Address	Birchcliff Bluffs United Church, 33 East Rd. Toronto, ON, M1N 1Z9. Canada
Hours	Thu 12:30–14:30 (no appointment required)
Phone	647-477-4149
Email	info@bluffsfoodbank.com
Website	https://bluffsfoodbank.com
Eligibility	Must be a resident living in postal code M1N (coverage area Scarborough)
Application	Drop in during open hours and line up outside. In-person registration is not available to new clients. New clients should register online at https://dailybread.link2feed.ca and bring the Client ID Number obtained at the end of registration. People without internet or uncomfortable with the online form can call 416-203-0050 ext 1 to have an account opened for them.
Services	Bluffs Food Bank – Food bank; member of Daily Bread Food Bank.



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Flemingdon Park Community Food Bank

Classification	Food Banks and Referrals
Address	10 Gateway Blvd, Bsmt, Unit 154, Toronto, ON, M3C 3A1
Hours	Mon 11:00–15:30; Wed 11:00–15:30
Phone	416-422-4322
Email	fcfoodbank7@gmail.com
Website	https://www.fcfoodbank.com
Eligibility	Individuals and families in need York Mills Rd (north) to Gateway Blvd (south), Don Valley Pkwy (west) to Don Mills Rd (east)
Application	Must register in person
Services	Flemingdon Park Community Food Bank – Food bank; member of Daily Bread Food Bank.



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Birchmount Bluffs Neighbourhood Centre

SHARE365 Poverty Reduction

Classification	Food Delivery Grocery Stores, Fresh Food, and Producers
Address	93 Birchmount Rd, Toronto, ON, M1N 3J7, Canada
Hours	Mon 09:00–20:00; Tue 09:00–20:00; Wed 09:00–20:00; Thu 09:00–20:00; Fri 09:00–20:00; Sat 09:00–13:00 (Summer hours may vary)
Phone	416-396-4310
Email	contact@bbnc.ca
Website	https://bbnc.ca/share365-participants
Eligibility	Individuals and families living below the poverty line Southwest Scarborough; primarily Eglinton Ave E (north) to Lake Ontario (south), Victoria Park Ave (west) to McCowan Rd (east)
Application	Call for information
Services	Food Security Assistance – Help for participants experiencing food insecurity, including advice, referrals, and monthly support.



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Soso World Ministries

Glen Everest Food Bank

Classification	Food Banks and Referrals
Address	10 Glen Everest Rd, Toronto, ON, M1N 1J4 (Cross street: Birchmount Rd and Kingston Rd)
Hours	Sat 12:00–14:00
Phone	647-330-2254
Email	tressa@sosoworldministries.com
Website	https://www.sosoworldministries.com
Eligibility	Individuals and families in need
Application	New registration done at food bank, no appointment required, first come first serve model
Services	Glen Everest Food Bank – Food bank. . Member of Daily Bread Food Bank



19 East End United Regional Ministry

Nourish East End

Classification	Food Banks and Referrals
Address	Glen Rhodes Campus, 1470 Gerrard St E, Bsmt, Toronto, ON, M4L 2A3, Canada
Hours	Wed 09:00–16:00 (Wed 9 am–11 am, 2 pm–4 pm)
Phone	416-465-3755 (press 3 for Nourish Free Food Market)
Email	foodbank@eastendunited.ca
Website	https://nourisheastend.ca
Eligibility	Individuals and families in need
Application	Drop in. New clients need to register at https://dailybread.link2feed.ca and bring the Client ID Number obtained at the end of the online registration. New clients can also be registered on site as long as they have identification with them.
Services	Nourish East End Food Bank – In-person food bank with a shopping model that lets members choose from available items; member of Daily Bread Food Bank.



20 TNO - The Neighbourhood Organization

Food Collaborative

Classification	Food Banks and Referrals
Address	45 Overlea Blvd, Unit 1A. Toronto, ON, M4H 1C3. Cross street: Thorncliffe Park Dr and Overlea Blvd
Hours	Mon 11:30–18:30; Tue 11:30–18:30; Wed 11:30–18:30; Thu 11:30–18:30; Fri 11:30–18:30
Phone	647-296-0242
Email	fcreception@tno-toronto.org
Website	https://tno-toronto.org/services/child-family-and-wellness-programs/food-collaborative-2/
Eligibility	Residents of Thorncliffe Park and Flemingdon Park community; prioritizing postal codes beginning with M4H
Application	By appointment only; walk in for initial registration—call or email to reschedule; bring proof of address and ID for each member of household
Services	Food Collaborative Food Bank – Provides food bank services to residents of Thorncliffe Park and Flemingdon Park by appointment.



21 Feed Scarborough

Cliffside Food Bank

Classification	Food Banks and Referrals
Address	2259 Kingston Rd. Toronto, ON, M1N 1T8. Cross street: Midland Ave and Kingston Rd
Hours	Tue 11:00–15:30; Wed 11:00–15:30; Thu 11:00–15:30; Fri 11:00–15:30; Sat 11:00–15:30 (Tue–Wed, Sat: 11 am–3 pm drop-in, online order pickup available on Sat only; Thu–Fri: 11 am–3 pm by appointment)
Phone	416-936-3975
Email	info@feedscarborough.ca
Website	http://www.feedscarborough.ca
Eligibility	Individuals and families in need Coverage area: Scarborough
Application	By appointment. New clients must register online at dailybread.link2feed.ca and bring the Client ID Number received at the end of registration, or register in person at the food bank.
Services	Cliffside Food Bank – Food bank; member of Daily Bread Food Bank.



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Church of St Jude (Wexford) Deacons Pantry

Classification	Food Banks and Referrals
Address	Church of St Jude (Wexford), 10 Howarth Ave. Toronto, ON, M1R 1H4. Canada
Hours	Wed 10:00–12:00
Phone	416-755-5872
Email	stjudewexford@toronto.anglican.ca
Website	http://www.stjudewexford.ca/home/food-bank/
Eligibility	Individuals and families in need Hwy 401 (north) to Eglinton Ave E (south), Don Valley Pkwy (west) to Birchmount Rd (east)
Application	Drop in
Services	Deacons Pantry Emergency Food Bank – Emergency grocery distribution; member of Second Harvest Food Support Committee.



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East York Meals on Wheels

Classification	Food Access for Older Adults and People with Disabilities Food Delivery
Address	66 Overlea Blvd, Unit 15 Toronto, ON, M4H 1H2
Hours	Mon 09:00–17:00; Tue 09:00–17:00; Wed 09:00–17:00; Thu 09:00–17:00; Fri 09:00–15:00; Sun 10:00–14:00 (Delivery: Sun-Fri * Sat meal delivered Fri * including statutory holidays)
Phone	416-424-3322
Email	admin@eastyorkmealsonwheels.org
Website	http://www.eastyorkmealsonwheels.org
Eligibility	Older adults and adults with disabilities, who need physical, social, or emotional supports North to Eglinton Ave E, South to Browning Ave, East to Bayview Ave, West to Coxwell Ave
Application	Call * no referral required
Services	Meals on Wheels – Hot Western, Chinese, and vegetarian meals delivered daily; frozen meals available for delivery or office pick-up; includes congregate dining nine times per month with transportation. Fresh Produce Delivery Program – Fruits and vegetables delivery service. Congregate Dining – Group meals offered nine times per month; transportation provided. Diner's Club – Social activities and a hot meal; activities may include games, crafts, and physical activities; escort and transportation available.



24 WoodGreen Community Services

Community Care and Wellness Unit, Danforth

Classification	Food Access for Older Adults and People with Disabilities Food Delivery
Address	815 Danforth Ave, Main Fl, Toronto, ON, M4J 1L2, Canada
Hours	Mon 09:00–17:00; Tue 09:00–17:00; Wed 09:00–17:00; Thu 09:00–17:00; Fri 09:00–17:00
Phone	416-572-3575
Email	cccentralintake@woodgreen.org
Website	https://www.woodgreen.org/services/seniors
Eligibility	Seniors 55 years and older including seniors with disabilities or developmental delays, and seniors who are socially isolated or have a history of mental illness Former East York northern limits (north) to Lake Shore Blvd E (south), Bayview Ave/Don Valley Pkwy (west) to Victoria Park Ave (east); catchment may vary for different programs, call for details
Application	Call or email Central Intake at 416-572-3575 or ccentralintake@woodgreen.org
Services	Meals on Wheels – Volunteers deliver both hot and frozen meals to seniors and conduct safety checks when the meal is delivered.



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Thorncliffe Food Bank

Classification	Food Banks and Referrals
Address	1 Leaside Park Dr, Unit 5B, Toronto, ON, M4H 1R1 (Cross street: Millwood Rd and Overlea Blvd)
Hours	Thu 10:00–13:00; Fri 10:00–14:00; Sat 10:00–15:30 (Fri 10 am–2 pm by appointment only, call for appointment Thu–Sat 10 am–1 pm, do not leave voice message. Walk in Sat 10 am–3:30pm)
Phone	647-428-9755
Email	thorncliffefb@icnareliefcanada.ca
Website	http://icnareliefcanada.ca/food-banks
Eligibility	Individuals and families in need Eglinton Ave E (north) to O'Connor Dr (south), Bayview Ave (west) to Victoria Park Ave (east)
Application	New clients must register at dailybread.link2feed.ca and bring the Client ID Number received during online registration. Call for appointment.
Services	Thorncliffe Food Bank – Food bank; Member of Daily Bread Food Bank



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Bethany Church Food Bank

Classification	Food Banks and Referrals
Address	1041 Pape Ave, Toronto, ON, M4K 3W1, Canada (Cross street: Pape Ave and Cosburn Ave; Southeast corner of Pape and Cosburn, use entrance facing Cosburn Ave)
Hours	Thu 13:15–15:00 (Thu 1:15 pm-3 pm with staggered entry times by household size; food bank closes at 3 pm)
Phone	416-479-0015 (ext 202)
Email	bethanychurchfoodbank@gmail.com
Website	http://www.bethanychurcheastyork.com/food-bank/
Eligibility	Residents living within catchment area—O'Connor Dr (north) to Danforth Ave (south), Don Valley Pkwy (west) to Woodbine Ave (east).
Application	New clients register online at dailybread.link2feed.ca and bring the Client ID number received at the end of registration. Drop-in; no appointment needed. Initial intake discussion—income and address information and ID for all household members may be requested.
Services	Bethany Church Food Bank – Indoor food bank; clients line up on Cosburn Ave. Member of Daily Bread Food Bank.



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Eastview Neighbourhood Community Centre

Food bank and Community Centre

Classification	Food Banks and Referrals
Address	86 Blake St. Toronto, ON, M4J 3C9, Canada
Hours	Mon 09:00–21:00; Tue 09:00–21:00; Wed 09:00–21:00; Thu 09:00–21:00; Fri 09:00–21:00; Sat 09:00–16:00; Sun 10:00–16:00 (Food bank open Tue 12 noon–2 pm for singles, Thu 12 noon–2 pm for families, for more information, leave a message at 416-392-1750 ext 300; possible delivery for people at high risk or having symptoms; food donations can be made at 86 Blake St 10 am–2 pm)
Phone	416-392-1750 ext 307
Email	info@eastviewcentre.com
Website	https://www.eastviewcentre.com/food-access
Eligibility	Residents of catchment area : Danforth Ave (north) to Lake Shore Blvd E (south), Carlaw Ave (west) to Jones Ave (east) and. Danforth (north) to Gerrard St (south), Jones Ave (west) to Greenwood Ave (east)
Application	For food back: New clients need to register at dailybread.link2feed.ca and bring the Client ID Number that you will get at the end of the online registration.
Services	Food Bank – Member of Daily Bread Food Bank; provides grocery support to local individuals and families. Community Garden Plots – Community garden plots where participants can plant and maintain their own vegetables, fruit, and flowers.



28 Salvation Army, Community and Family Services

Scarborough Citadel

Classification	Food Banks and Referrals
Address	2021 Lawrence Ave E, Toronto, ON, M1R 2Z2 (Cross street: Warden Ave and Lawrence Ave E)
Hours	Wed 09:00–13:00; Thu 10:30–12:30; Fri 09:00–13:00 (Food bank Wed, Fri 9 am–1 pm; Thu 10:30 am–12:30 pm by appointment)
Phone	416-759-1721 ext 3
Email	scarborough.cfs@salvationarmy.ca
Website	https://www.scarboroughcitadel.ca/
Eligibility	Varies by program Food bank -- residents of catchment area, postal codes beginning with M1K, M1M, M1N (east of Birchmount), M1P, M1R, M4A
Application	By online appointment only at https://www.scarboroughcitadel.ca/book-online . Christmas Assistance: register online through website until the end of November. If there is trouble with the online booking, email Scarborough.cfs@salvationarmy.ca or call 416-759-1721 option 1. Toys provided to children up to age 13.
Services	Scarborough Citadel Food Bank – Appointment-only emergency food bank.



29 Afghan Women's Organization Refugee and Immigrant Services

AWO Scarborough

Classification	Food Banks and Referrals Non-Profit Catering Services and Eating Establishments
Address	2555 Eglinton Ave E, Suite 211, Toronto, ON, M1K 5J1
Hours	Mon 09:00–17:00; Tue 09:00–17:00; Wed 09:00–17:00; Thu 09:00–17:00; Fri 09:00–17:00 (Food Security Program Mon & Wed 11:00–15:00; some evening and weekend programs.)
Phone	416-266-1777
Email	receptionhd@afghanwomen.org
Website	http://afghanwomen.org
Eligibility	Newcomers with a focus on women, their families, refugees and people who have experienced war or persecution
Application	Call or visit website for information
Services	Food Security Program – Food package distribution to seniors and families on Mondays and Wednesdays, 11:00–15:00. Afghan Women's Catering Group – Community-run, non-profit catering enterprise operated by Afghan women.



30 Better Living Health and Community Services

Health and Community Services for Seniors

Classification	Food Access for Older Adults and People with Disabilities Food Delivery
Address	1 Overland Dr. Toronto, ON, M3C 2C3. Cross street: Don Mills Rd and Lawrence Ave E
Hours	Mon 09:00–17:00; Tue 09:00–17:00; Wed 09:00–17:00; Thu 09:00–17:00; Fri 09:00–17:00; Sat 11:30–13:30; Sun 11:30–13:30 (Meals on Wheels delivers daily between 11:30am-1:30pm)
Phone	416-447-7244 ext 541
Email	info@betterlivinghealth.org
Website	http://www.mybetterliving.ca
Eligibility	Membership program — seniors 50 years and older Community Service programs — seniors and adults with physical disabilities or cognitive impairments Sheppard Ave E (north) to North York southern boundary (south), Yonge St (west) to west side of Victoria Park Ave (east); catchment area varies for transportation, in-home services and adult day program — call intake for details
Application	Call or drop in
Services	Meals on Wheels — Hot or frozen meals delivered daily (11:30 – 13:30); each meal includes soup, entrées, dessert, and can be minced, pureed, diabetic, etc. Good Food Boxes — Bi-monthly delivery of fresh fruits, vegetables, and milk.



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Community Share Food Bank

Classification	Food Banks and Referrals
Address	Church of the Ascension, 33 Overland Dr. Toronto, ON, M3C 2C3. (Cross street: Don Mills Rd and Lawrence Ave E)
Hours	Wed 11:00–15:00 (Wed 11 am-3 pm by appointment only)
Phone	416-441-3209
Email	contact@communitysharefoodbank.ca
Website	http://www.communitysharefoodbank.ca
Eligibility	Individuals and families in need Hwy 401 (north) to Eglinton Ave E (south), Bayview Ave (west) to Victoria Park Ave (east)
Application	Appointment required, call or email to pre-register and make appointment
Services	Community Share Food Bank — Food bank; member of North York Harvest Food Bank and Second Harvest.



32 WoodGreen Community Services

Seniors' Active Living Centre - Queen

Classification	Cooking Classes and Facilities Food Access for Older Adults and People with Disabilities
Address	1070 Queen St E, Main Office, Toronto, ON, M4M 3M4 (Cross street: Pape Ave and Queen St E)
Hours	Mon 09:00–17:00; Tue 09:00–17:00; Wed 09:00–17:00; Thu 09:00–17:00; Fri 09:00–17:00
Phone	416-405-5010
Email	axu@woodgreen.org
Website	http://www.woodgreen.org/programs/seniors-active-living-centre
Eligibility	Adult 55 years and older
Application	Registration required -- call, drop in or visit the website
Services	Culinary & Dining Clubs – Food-focused programs like Tasty Club (Chinese) and Taste Hub (Halal or English) that bring participants together to cook, taste and socialize.



33 WoodGreen Community Services

Seniors' Active Living Centre - Logan

Classification	Food Access for Older Adults and People with Disabilities
Address	444 Logan Ave, Unit 101, Toronto, ON, M4M 2P1, Canada
Hours	Mon 09:00–17:00; Tue 09:00–17:00; Wed 09:00–17:00; Thu 09:00–17:00; Fri 09:00–17:00
Phone	416-543-6512
Email	AnLam@woodgreen.org
Website	http://www.woodgreen.org/programs/seniors-active-living-centre
Eligibility	Persons 55 years and older
Application	Registration required – call, drop in or visit the website
Services	Congregate Dining – Group meals offered on-site for seniors.



34 WoodGreen Community Services

Seniors' Active Living Centre - Broadview

Classification	Food Access for Older Adults and People with Disabilities
Address	721 Broadview Ave, Toronto, ON, M4K 3J9 (Cross street: Broadview Ave and Danforth Ave)
Hours	Mon 09:00–17:00; Tue 09:00–17:00; Wed 09:00–17:00; Thu 09:00–17:00; Fri 09:00–17:00
Phone	647-285-7954
Website	https://www.woodgreen.org/programs/seniors-active-living-centre
Eligibility	Persons 55 years and older
Application	Registration required -- call or visit the website
Services	Social Dining & Gatherings – Community meals and café-style meet-ups such as Memory Lunch Bunch, Sassy Lunch and Broadview Café that foster connection over food.



35

St Ann Parish Food Bank

Classification	Food Banks and Referrals
Address	120 First Ave E, Toronto, ON, M4M 1X1, Canada (Cross street: Broadview Ave and Gerrard St E; South of Gerrard, east of Broadview, at Degrassi)
Hours	Sat 09:00–10:30
Phone	416-466-2127
Email	cancarr@sympatico.ca
Website	https://stannsto.archtoronto.org
Eligibility	Residents living within catchment area – Danforth Ave (north) to Lake Ontario (south), Don Valley Parkway (west) to Pape Ave (east)
Application	New clients need to register at dailybread.link2feed.ca and bring the Client ID Number obtained at the end of the online registration. Initial intake assessment discussion – income and address information, and identification for household members, may be requested – call for details.
Services	Food Bank – Provides free groceries to eligible residents; member of the Daily Bread Food Bank network.



36 The Housing Help Centre

THHC Food Bank

Classification	Food Banks and Referrals
Address	2500 Lawrence Ave E, Unit 205, Toronto, ON, M1P 2R7. Cross street: Midland Ave and Lawrence Ave E
Hours	Thu 10:00–15:30; Fri 10:00–15:30 (By appointment only)
Phone	437-331-6848
Email	foodbank@thhc.org
Website	https://www.shhc.ca
Eligibility	Individuals and families in need East York, North York, or Scarborough
Application	Call for appointment
Services	THHC Food Bank – Member of Daily Bread Food Bank



37

St John the Compassionate Mission

Classification	Community Meals
Address	155 Broadview Ave, Toronto, ON, M4M 2E9 (Cross street: Broadview Ave and Queen St E)
Hours	Tue 05:00–08:30; Wed 05:00–18:00; Thu 05:00–16:00; Fri 05:00–16:00; Sat 05:00–13:00 (15 Jul – 2 Aug – Breakfast only Tue-Sat 05:00–08:30; 15 Jul – 2 Aug – No supper Wed 17:00–18:00; 15 Jul – 2 Aug – No lunch Thu-Fri 13:00–14:00)
Phone	416-466-1357
Email	info@stjohnsmission.org
Website	https://www.stjohnsmission.org
Eligibility	Those in need
Application	Drop in
Services	Community Drop-in – Free Coffee and Snacks – Drop-in visitors receive complimentary coffee and snacks throughout open hours. Meal Programs – Regular meals (breakfast, lunch, supper) provided; temporarily breakfast only 15 Jul – 2 Aug.



38

Holy Wisdom Food Bank @ Brimley and Lawrence

Classification	Food Banks and Referrals
Address	776 Brimley Rd, Toronto, ON, M1J 1C6, Canada
Hours	Tue 16:30–19:30 (Please arrive no sooner than 16:15 when random numbers for place in line will be distributed; those arriving after this time will be given the next number available.)
Phone	416-267-2741
Website	https://holywisdom.ca
Eligibility	Individuals and families in need Scarborough
Application	New clients can register at dailybread.link2feed.ca and bring the Client ID Number received. If unable to register online, registration can be completed during food bank hours. Identification is required for all household members at time of application. Drop-in service.
Services	Holy Wisdom Food Bank – Food bank; member of Daily Bread Food Bank. Temporarily relocated to the garage at the back of the property accessible from Medici Court off Canzone Dr from Brimley Rd.



39

Soso World Ministries

McCowan Rd Food Bank

Classification	Food Banks and Referrals
Address	400 McCowan Rd. Toronto, ON, M1J 1J5. Cross street: McCowan Rd and Eglinton Ave E
Hours	Mon 13:00–15:00
Phone	647-330-2254
Email	tressa@sosoworldministries.com
Website	https://www.sosoworldministries.com
Eligibility	Individuals and families in need
Application	New registration done at food bank, no appointment required, first come first serve model
Services	McCowan Rd Food Bank – Food bank; member of Daily Bread Food Bank.



40 WoodGreen Community Services

Housing Access Centre

Classification	Food Banks and Referrals
Address	650 Queen St E, Toronto, ON, M4M 1G5 (Cross street: Don Valley Pkwy and Queen St E)
Hours	Tue 09:00–16:00; Wed 09:00–16:00; Thu 09:00–16:00 (Food Bank: Tue 13:05–14:00; Housing Access Office: Tue–Thu 09:00–16:00; Email or Telephone Service: Mon & Fri 09:00–16:00)
Phone	416-469-4455
Email	housingaccess@woodgreen.org
Website	https://www.woodgreen.org/programs/housing
Eligibility	<p>At least one member of the household must be 16 years or older</p> <p>At least one member of the household is able to live independently, with or without support services</p> <p>At least one member of the household must have income</p> <p>Each member of the household can prove status in Canada</p>
Application	All Rent-Geared-to-Income (RGI) housing applications must be completed online at the Woodgreen Housing website. RGI complexes include 1070 Queen St E, 570 Coxwell Ave, 137 Sears St, 55 Pape Ave, 17 Renwick Cres. For applications or forms for any other complexes, visit the website.
Services	Community Food Bank – Operates Tuesdays (except statutory holidays) 13:05–14:00 outside at the back of the building; items may be heavy—bring shopping cart/trolley or reusable shopping bags; pet food is very limited and may not be available weekly.



41

Meadowvale East Apostolic Church Food Bank

Classification	Food Banks and Referrals
Address	1510 Warden Ave. Toronto, ON, M1R 2S8. Canada. Cross street: Warden Ave and Ellesmere Rd
Hours	Mon 16:00–19:00; Thu 09:30–12:30
Phone	416-385-1140
Email	meadowvaleeast@bellnet.ca
Website	https://www.meac.ca
Eligibility	<p>Individuals and families in need</p> <p>Hwy 401 (north) to St Clair Ave E (south), Victoria Park Ave (west) to Midland Ave (east)</p>
Application	New clients must register online at dailybread.link2feed.ca and bring the Client ID Number provided after registration. Drop-in service; an initial intake discussion (address, name, date of birth, and ID for all household members) may be requested – call for details.
Services	Meadowvale East Apostolic Church Food Bank – Food bank; member of Daily Bread Food Bank



42 Friends of Ruby

Drop-in Centre

Classification	Food Banks and Referrals
Address	489 Queen St E, Lower level (LLO1), Toronto, ON, M5A 1V1 (Cross street: River St and Queen St E)
Hours	Mon 11:30–18:30; Tue 11:00–18:30; Wed 11:00–18:30; Thu 11:00–18:30; Fri 11:00–18:30 (Weekday drop-in; contact or check website for individual/group session schedule and virtual/phone options.)
Phone	416-359-0237
Email	info@friendsofruby.ca
Website	https://friendsofruby.ca
Eligibility	16–29 years 2SLGBTQIA+ youth and young adults Particularly those who are unhoused, vulnerably housed, or at risk of homelessness
Application	Call, email, or visit website for details.
Services	Meals and Snacks – Free meals with snacks are offered throughout the drop-in's opening hours. Light Groceries – Small quantities of groceries are available for clients to take home.



43 Dixon Hall

Community Support and Family Services

Classification	Community Meals
Address	58 Sumach St, Toronto, ON, M5A 3J7 (Cross street: River St and Queen St E)
Hours	Mon 18:00–18:30; Tue 18:00–18:30; Thu 18:00–18:30; Fri 10:00–10:30 (Programs vary – takeaway Tue supper 18:00–18:30, takeaway Fri breakfast 10:00–10:30. Meals on Wheels: call for schedule.)
Phone	416-863-0499
Email	christine.chow@dixonhall.org
Website	https://dixonhall.org
Eligibility	No restrictions Gerrard St E (north) to Lake Ontario (south), Sherbourne St (west) to River St (east); may expand on a program-by-program basis
Application	Call or visit website for information
Services	Friday Breakfast Program – Weekly breakfast served every Friday at 10:00. Home Support Meal Preparation – Meal-preparation assistance included in the fee-based homemaking service for seniors. Friday Group Shopping Trip – Weekly group shopping on Fridays with round-trip transportation to Dufferin Mall or Gerrard Square (fee).



44

Grace Place Food Bank

Classification	Food Banks and Referrals
Address	Grace Place Church, 1428 Kennedy Rd, Toronto, ON, M1P 2L7
Hours	Tue 10:00–15:00; Wed 10:00–15:00; Thu 10:00–15:00
Phone	416-882-4777
Email	sarwan7359@rogers.com
Website	http://www.graceplacetoronto.com
Eligibility	Individuals and families in need Coverage area: Toronto
Application	Drop in
Services	Grace Place Food Bank – Member of Daily Bread Food Bank



45 Food Security & General Services

Yonge Street Mission

Classification	Community Meals Food Banks and Referrals Infant Formula and Baby Food Food Access for Older Adults and People with Disabilities Cooking Classes and Facilities
Address	270 Gerrard St E, Toronto, M5A 2G4 (Parliament St x Gerrard St E)
Hours	Mon 07:00–18:00; Tue 07:00–18:00; Wed 07:00–18:00; Thu 07:00–18:00; Fri 07:00–18:00; Sat 12:00–18:00; Sun 14:00–18:00 (Food Bank (by appointment): Tue–Fri 10:00–12:00 & 13:00–15:00; Walk-in: Tue–Fri 10:00–15:00; Hot Meals: Tue & Thur 16:00 dine-in or takeaway; Community Supports by program—see service list.)
Phone	416-929-9614 ext 3200
Email	info@ysm.ca
Website	https://www.ysm.ca
Eligibility	Most programs 16 yrs+ (18–60 yrs for Bridges Adult Program) Focus on individuals & families with low income Food Bank: postal codes M4 & M5 only (Bloor St E → Lake Shore Blvd E, Yonge St → Don Valley Pkwy)
Application	Food Bank: register online at dailybread.link2feed.ca , bring ID & proof of income; call 416-929-9614 ext 3200 for appointment. All other programs—call or visit for details; some require intake assessment.
Services	Hot Meals (dine-in or takeaway) – Tu & Th 16:00; first-come-first-serve while quantities last. Food Bank – Bags of non-perishable food every two weeks; Tue–Fri appointment required. Lunch Program – Daily lunch in partnership with Dixon Hall Neighbourhood Services. Infant & Baby Food – Formula and baby-food items when available. Cooking Classes / Community Kitchen – Group cooking sessions for community members. Food Delivery for Seniors & People with Disabilities – Contact for information; volunteer-driven delivery.



46 St Bartholomew's Anglican Church

Regent Park Community Services

Classification	Food Banks and Referrals Community Meals
Address	509 Dundas St E, Toronto, ON, M5A 3V3, Canada
Hours	Mon 10:00–11:30; Thu 05:30–11:30 (Food Bank: Mon, Thu 10 am–11:30 am, closed first Monday or Thursday of the month, whichever comes first; Thursday Breakfast: 5:30am–8:00am; Closed July–August)
Phone	416-368-9180
Email	stbarsanglican@gmail.com
Website	http://www.stbartstoronto.ca
Eligibility	Individuals and families in need Food bank (families, couples, single women): Dundas St E (north) to Lake Ontario (south), Jarvis St (west) to Sherbourne St (east); Food bank (single men): Dundas St E (north) to Lake Ontario (south), Jarvis St (west) to Parliament St (east)
Application	New clients register online at dailybread.link2feed.ca and bring the Client ID Number received at the end of registration. Initial intake assessment (income, address, ID for household members) may be requested; call for details.
Services	St Bartholomew's Food Bank – Community food bank for individuals and families; affiliated with NeighbourLink Downtown Toronto and Daily Bread Food Bank. Thursday Breakfast – Breakfast program



47 Lourdes

Lourdes Food Bank

Classification	Food Banks and Referrals
Address	The Edmonton, 275 Bleeker St. Toronto, ON, M4X 1M1. Cross street: Sherbourne St and Wellesley St E; Food bank at southeast corner, entrance at rear of building
Hours	Wed 10:00–12:00; Thu 10:00–12:00 (Appointment preferred)
Phone	416-972-0630
Email	info@lourdes.to
Website	https://www.lourdes.to
Eligibility	Individuals and families in need South side of Bloor St E (north) to north side of Wellesley St E (south), east side of Yonge St (west) to Don Valley (east)
Application	New clients need to register at https://dailybread.link2feed.ca and bring the Client ID Number received at the end of the online registration or call 416-203-0050. New clients 6 initial intake assessment discussion required; call for details.
Services	Lourdes Food Bank – Food bank operated by Our Lady of Lourdes Church; member of Daily Bread Food Bank.



48

Toronto Vegetarian Food Bank

Classification	Food Banks and Referrals
Address	270 Gerrard St E. Toronto, ON, M5A 2G4. Cross street: Parliament St and Gerrard St E; North side of Gerrard, west of Parliament
Hours	(Contact for information)
Email	TOvegfoodbank@gmail.com
Website	https://www.vegfoodbank.com
Eligibility	Individuals and families who are vegan, strict vegetarians, or who are actively transitioning to a meat-free diet
Application	Email to apply
Services	Vegetarian Food Bank – Vegetarian food bank for those who are vegan or strict vegetarians



49 Dixon Hall

Meals on Wheels

Classification	Food Access for Older Adults and People with Disabilities Food Delivery
Address	192 Carlton St, Toronto, ON, M5A 2K8
Hours	Mon 08:30–16:30; Tue 08:30–16:30; Wed 08:30–16:30; Thu 08:30–16:30; Fri 08:30–16:30; Sat 10:00–14:00; Sun 10:00–14:00 (Meals on Wheels - delivery Mon-Sun between 11:45 am-2 pm; Office Mon-Fri 8:30 am-4:30 pm; Sat, Sun 10 am-2 pm)
Phone	416-863-0499 ext 3223
Email	christine.chow@dixonhall.org
Website	https://dixonhall.org
Eligibility	Seniors (55+) adults (18+) living with disability or chronic illness Residency Requirements: CPR tracks (north) to Lake Ontario (south), Yonge St (west) to Don Valley Pkwy (east)
Application	Call – Intake, assessment, pre-registration required
Services	<p>Hot Western Style Meals Delivery – Hot Western style meals delivered every day except Friday.</p> <p>Frozen Meals Delivery – Frozen meals delivered on Tuesday and Friday.</p> <p>Chinese Meals Delivery – Chinese meals available for delivery.</p> <p>Fruit and Vegetable Basket Delivery – Fruit and vegetable baskets delivered on Friday.</p> <p>Cold Lunch Pack Delivery – Cold lunch packs, including a fresh sandwich and juice, delivered.</p> <p>Milk Delivery – 1-litre 2% milk available for delivery.</p>



50 Toronto Council Fire Native Cultural Centre

Community Programs

Classification	Community Meals Food Access for Older Adults and People with Disabilities Food Banks and Referrals
Address	439 Dundas St E, Toronto, ON, M5A 2B1 (Cross street: Parliament St and Dundas St E)
Hours	Mon 09:00–17:00; Tue 09:00–17:00; Wed 09:00–17:00; Thu 09:00–17:00; Fri 09:00–17:00 (The Gathering Place drop-in: Mon-Thu 10:00–12:00, 13:30–15:30. Meals: 7 days a week – breakfast 09:30, lunch 13:00. Food bank: every other week.)
Phone	416-360-4350
Email	cdo@councilfire.ca
Website	http://www.councilfire.ca
Eligibility	Aboriginal people, including First Nations, Inuit and Métis. Aboriginal people with limited mobility related to a persistent medical condition or physical disability.
Application	Drop in or call. Food bank reservations must be made at least 2 days in advance. New clients register online at dailybread.link2feed.ca , then call 416-360-4350 ext 245 before Tuesday 16:00 and leave their first and last name, family size, and whether they are Native or non-Native.
Services	<p>Gathering Place Meal Program – Daily meal program offered through the centre's drop-in.</p> <p>Life Long Care Program – Congregate Dining – Group dining for eligible Aboriginal adults with limited mobility.</p> <p>Community Kitchen – Hands-on community kitchen sessions provided within the Child and Family program.</p> <p>Youth Snacks and Meals – Snacks and meals supplied as part of the Youth program's activities.</p> <p>Food bank – Member of Daily Bread Food Bank network</p>



51 Good Shepherd Ministries

Meal service

Classification	Community Meals
Address	412 Queen St E, Toronto, ON, M5A 1T3. Cross street: Parliament St and Queen St E
Hours	Mon 14:00–16:00; Tue 14:00–16:00; Wed 14:00–16:00; Thu 14:00–16:00; Fri 14:00–16:00; Sat 14:00–16:00; Sun 14:00–16:00 (Dine-in meal service: Mon–Sun 14:00–16:00. Men's clothing: hours may vary, call for detail)
Phone	416-869-3619
Email	info@goodshepherd.ca
Website	http://www.goodshepherd.ca
Eligibility	Homeless and vulnerable persons
Application	Drop-in
Services	<p>Daily dine-in meal service – Hot meals served every day from 14:00–16:00 at the Tracy St entrance.</p> <p>Snack distribution – Snacks available at the front reception desk outside regular meal hours, subject to availability.</p>



52 LOFT Community Services

416 Community Support for Women

Classification	Community Meals
Address	416 Dundas St E, Toronto, ON, M5A 2A8 (Cross street: Parliament St and Dundas St E)
Hours	Mon 10:00–12:30; Tue 09:30–16:00; Wed 09:30–16:00; Thu 10:00–12:30; Fri 09:30–16:00; Sat 10:00–15:00 (Closed statutory holidays. Take-away supper: Wed & Fri 16:00, Sat 15:00, every other Tue 16:00. Resource access: Mon 10:00–12:30. Women's Social Club: Tue 13:00–16:00.)
Phone	416-928-3334
Email	info@loftcs.org
Website	https://www.loftcs.org
Eligibility	<p>Women</p> <p>16 years and older</p> <p>Coping with isolation, mental health and/or substance use challenges, and housing issues</p> <p>Coverage area: Downtown Toronto</p>
Application	Self-referral, or referral by service providers (including hospitals); visit website to download online referral form
Services	Hot Take-Away Meal Program – Provides hot take-away meals on Wed and Fri at 16:00, Sat at 15:00, and every other Tue at 16:00.



53 Emmanuel Life Management Center

Roywood Food Bank

Classification	Food Banks and Referrals
Address	251 Roywood Dr, Community Room. Toronto, ON, M3A 2E9. Cross street: York Mills Rd and Don Valley Pkwy; Back door entrance pick-up
Hours	Sat 12:00–15:00 (first-come-first-served number system)
Phone	437-886-4694
Email	info@elmcgroup.org
Website	http://www.elmcgroup.org
Eligibility	Low income North York and Scarborough Open to all including individuals, families, newcomers and refugees
Application	No appointment required. . New clients register at https://dailybread.link2feed.ca or in person. . Identification card for each household member must be submitted. . Clients may shop once per week at the food bank.
Services	Roywood Food Bank – Weekly food bank partnered with Daily Bread Food Bank and Second Harvest.



54 Jessie's - The June Callwood Centre for Young Women

Jessie's Support Services

Classification	Infant Formula and Baby Food Community Meals
Address	205 Parliament St, Toronto, ON, M5A 2Z4 (Cross street: Parliament St and Queen St E)
Hours	Mon 09:00–18:30; Tue 09:00–18:30; Wed 09:00–17:00; Thu 09:00–17:00; Fri 09:00–14:00 (Drop-in: Mon–Tue 09:00–18:30, Wed–Thu 09:00–17:00. Fri 09:00–14:00 by appointment only.)
Phone	416-365-1888
Email	mail@jessiescentre.org
Website	http://www.jessiescentre.org
Eligibility	Pregnant and parenting young women 21 years and under at intake, and their children; services and support up to 24 years
Application	Drop in, or contact counsellor for appointment
Services	Food Program and Practical Help – Warm meals for participants (light breakfast and lunch during drop-in; supper Mon and Tue), emergency supplies (diapers, formula, menstrual products), Swap Shop for free donated items, and free Presto transit tickets. Food Connect Program – Monthly access to essential food items for up to 12 participants experiencing food access challenges, with referrals to community food programs.



55

Allan Gardens Food Bank

Classification	Food Banks and Referrals
Address	353 Sherbourne St. Toronto, ON, M5A 2S3. Cross street: Sherbourne St and Carlton St; Entrance to food bank at southernmost corner of building
Hours	Thu 12:30–15:00; Fri 12:30–15:00 (Thu-Fri 12:30 pm-3 pm)
Phone	416-604-5788
Email	allangardensfoodbank@gmail.com
Website	https://allangardensfoodbank.net
Eligibility	Residents living within catchment area. Residency Requirements: Bloor St E (north) to Shuter St (south), Yonge St (west) to River St (east)
Application	New clients need to register either at the food bank when they visit or online at dailybread.ca/need-food/
Services	Allan Gardens Food Bank – Food bank distributing groceries; member of Daily Bread Food Bank; email not monitored continuously 64 hours for response.



56

ACSA Community Services

Community Food Centre

Classification	Food Banks and Referrals
Address	1911 Kennedy Rd, Unit 105. Toronto, ON, M1P 2L9. Community Food Centre -- can be accessed through the back of 1911 Kennedy Road. Cross street: Kennedy Rd and Ellesmere Rd; North of Ellesmere
Hours	Mon 11:00–16:00; Tue 11:00–16:00; Wed 11:00–16:00; Thu 11:00–16:00; Fri 11:00–16:00 (By appointment only)
Phone	647-723-9238
Email	asoraya@agincourtcommunityservices.com
Website	https://www.agincourtcommunityservices.com/access-food
Eligibility	Open to those experiencing food insecurity
Application	By appointment. Register at https://dailybread.link2feed.ca or call to register.
Services	ACSA Community Food Centre – Shopping-Model Food Bank – Shopping model food bank; member of Daily Bread Food Bank network.



57

Africans in Partnership Against AIDS

Support and Outreach

Classification	Cooking Classes and Facilities
Address	526 Richmond St E, 2nd Fl, Toronto, ON, M5A 1R3
Hours	Mon 10:00–18:00; Tue 10:00–18:00; Wed 10:00–18:00; Thu 10:00–18:00; Fri 10:00–18:00
Phone	416-924-5256
Email	info@apaa.ca
Website	https://www.apaa.ca
Eligibility	Persons of all ages living with HIV/AIDS, from continental Africa, or who identify with this community; also Black and Caribbean communities All ages
Application	Drop in to fill out needs assessment form
Services	Community Kitchen – Access to kitchen facilities for meal preparation and occasional cooking activities or classes.



SPRINT Senior Care - Meals on Wheels

Classification	Food Access for Older Adults and People with Disabilities Food Delivery	
Address	130 Merton St, Suite 600 Toronto, ON, M4S 1A4	
Hours	Mon 08:30–16:30; Tue 08:30–16:30; Wed 08:30–16:30; Thu 08:30–16:30; Fri 08:30–16:30 (Office: Mon-Fri 08:30–16:30)	
Phone	416-481-6411	
Email	info@sprintseniorcare.org	
Website	http://www.sprintseniorcare.org	
Eligibility	Older adults and adults with disabilities, who need physical, social, or emotional supports SPRINT Senior Care's general service area is Bathurst to Bayview and the 401 to Bloor. However, each of our services operate within different boundaries inside SPRINT Senior Care's general service area.	
Application	Call information desk for referral	
Services	<p>Hot Meals on Wheels – Hot meals delivered around noon; includes soup, entrée, bread and dessert; special diet types available.</p> <p>Frozen Meal Service – Frozen meal packages delivered; clients choose from a menu or standard packages; special diet types and soup/dessert packages available.</p> <p>Wellness Box – Provides clients with a fresh supply of ready-to-eat and ready-to-cook, pre-cut fruits and vegetables.</p>	



