

LOCAL FOOD BANKS – updated March 2020

NAME	PHONE	ADDRESS	HOURS	SERVICE	GUIDELINES
Ancaster Community Services	P (905) 648-6675 F (905) 648-8949	300 Wilson St. E. Ancaster, ON L9G 2B9	Mon – Fri 9 am – 4 pm	Food Vouchers Emergency Food “Good Food Box” – monthly fresh fruits and vegetables	Must call for appointment. Ancaster residents only. Must provide current identification for all household members. Provide copies of expense such as utility bills. Still operating for current clients; April's Good Food Box is cancelled
Canadian Red Cross, Hamilton Branch	P (905) 522-8485 ext. 267 F (905) 522-2826	400 King St. E. Hamilton, ON L8N 1C3	Mon – Fri 8:30 am – 4:30 pm	Assistance with formula, diapers, baby cereal, baby wipes and food vouchers	By appointment only. For families with children under four years of age – must bring ID for each child and adult. Offered once every three months.
Essential Aid and Family Services of Ontario	P (289) 799-9514 F (289) 799-9514	100 Main St. E, Suite 109 Hamilton, ON, L8N 1G5	Monday, Wednesday, Friday 10 am – 12 pm	Emergency Infant & Toddler Food Bank - provides an emergency supply of infant formula, diapers and baby food to families in need. Crisis referral, low income support infant nutrition.	
Flamborough Food Bank – Carlisle United Church	P (905) 690-1036 F (519) 448-3504	1432 Centre Road Carlisle, ON L0R 1H1	Wed 1 – 3 pm 7 – 8:30 pm	Assistance during Easter, thanksgiving, Christmas food hamper.	Must be registered for one food bank only in the Hamilton area and provide two pieces of ID, one with photo.
Good Shepherd Family Services	P (905) 972 – 9485 Christmas program extension; x2566 F (905) 546-1743	120 Cannon St. E. Hamilton, ON L8L 2A3	Mon – Fri 9 am – 3 pm	Groceries are provided once per month. Christmas program.	Must be over 16 years of age and must be paying rent. Must provide photo ID, rent receipts, income statements and health card for each family member. Enforcing social distancing/reducing the number of clients in the Marketplace.
Hamilton Dream Centre	P (905) 527-8605	627 Main St. E. Hamilton, ON, L8M 1J5	Tuesday, Wednesdays, Thursday 9:30 am – 4 pm	Food Pantry - Provides food and clothing to people living on social assistance or in poverty	Must live in service area of Wellington St. to Parkdale Ave. and Cumberland Ave. to Burlington St. All working families and students living in Hamilton. Must provide photo ID, rent receipts, income statements and photo I.D. for all family members, proof of address. Must be on social assistance or under the poverty line.
King's Way Blessing Centre	P (905) 296-9473 F (905) 308-7798	649 King St. E. Hamilton, ON L8N 1E3	Mon – Thu 11 am – 3 pm Fri 6 – 9 pm	Drop-in resource center provides breakfast and hot lunches Monday to Thursday, 11 am – 12:30 pm. Hot lunch 1:30 – 3 pm and pizza nights from 6 pm – 9 pm on Fridays. Grocery baskets provided to those in need upon request, as food	Guests must respect each other and ensure a safe environment. Only said it may affect hours

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				items are available. Empowerment classes, Monday through Thursday 12:30 pm – 1:30 pm Boutique, free clothes. Family night, Friday evenings, pizza dinner.	
Living Rock Ministries	P (905) 528-7625 F (905) 526-8723	30 Wilson Street Hamilton, ON L8R 1C5	Mon 7:30 am – 4:30 pm Tue, Wed, Thu 7:30 am – 4 pm, 6:30 – 9 pm Fri 9 am – 4:30 pm Sat 1:30 – 6:30 pm	Youth-focused food bank. Canned goods, fresh produce and baby supplies are available. Breakfast program 7:45 – 9:30 Evening Drop-In 6:30 – 9 pm Weekend drop-In 1:30 – 4:30 pm	Must be between the ages of 13 and 25. Change to delivery of services -> side door only
Mission Services of Hamilton	P (905) 528-4211 ext. 1101 F (905) 528-7417	196 Wentworth St. N. Hamilton, ON L8L 2E1	Mon and Fri 8:30 am – 8:30 pm	Emergency food assistance provided to families and individuals in need.	No appointment necessary. Must bring ID for all members of the household, an income statement, a rent/mortgage statement and proof of address. Can only use once a month or every 30 days. Closed as of March 20, 2020
Neighbour to Neighbour Centre	P (905) 574-1334 F (905) 574-1688	28 Athens St. Hamilton, ON L9C 3K9	Mon – Wed 9 am – 3:30 pm Thu 12:30 – 7:30 pm	Emergency food provided. “Free Grocery Store” model where eaters come in and shop for free groceries.	Must be a resident of Hamilton Mountain, Ancaster, Mount Hope, Stoney Creek Mountain or Binbrook. Must have ID, current proof of address and income. Change in hours; Limeridge Road Centre closed.
Partnership West Family Support Network (Burlington Food Share)	P (905) 637-2273 1-877-637-2270	1254 Plains Rd E, Unit 1A Burlington, ON L7S 1W6	Mon – Thu 9 – 11:45 am Sat 9 – 11:45 am (only for those who cannot make it during the week)	Food bank for Burlington families in financial need.	Must reside in Burlington and show proof of residency. Apply in person during the regular hours of operation (no later than 11:30am). Delivery method, to receive call 905 637 2273 or email info@burlingtonfoodbank.ca
Salvation Army, Dundas	P (905) 627-0572 F (905) 627-5405	150 King St. W. Dundas, ON L9H 1V4	Mon – Thu 9 – 11:30 am 1 – 3:30 pm	Community food bank and “Good Food Box” program provided for local community only.	Call ahead to make an appointment. For residents in Dundas, Ancaster, Flamborough and West Hamilton only (west of HWY 403). Must provide photo ID and proof of income/rent. Call to check the availability of services
Salvation Army, Family Services	P (905) 540-1888, ext. 225/ 222/ 230 F (905) 540-4445	80 Bay St. N. Hamilton, ON L8R 3N3	Mon – Fri 9:30 – 11:30 am 1 – 3:30 pm	Emergency food bank provided.	Must have ID and proof of address. Services can be used once a month per family.
Stoney Creek	P (905) 643-2090	Former Creek	Mon, Wed, Thu	Emergency food, baby food	For Stoney Creek residents only. Must register

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Community Food Bank		Community Church, Rear Entrance 605 Highway 8 Stoney Creek, ON L8G 5G2	9:30 am – 1 pm	and formula are offered once a month per family.	and have a permanent residence as well as proof of address..
St. Matthew's House	P (905) 523-5546 ext. 232 F (905) 523-5553	414 Barton St. E. Hamilton, ON L8L 2Y3	Mon – Fri 9 – 11:30 am 1 – 3:30 pm	Food assistance is offered once a month to families or individuals on low income. Baby food and formula are provided as available.	Can only use one of these three programs each month. Required – proof of income, two pieces of ID for adults and one piece of ID for children. Closed but call for delivery
St. John's Community Support Programs (St. Matthews House)	P (905) 643-2052 F (905) 643-6126	1285 Highway #8 Winona, ON L8E 5K5	Mon – Thu 1 – 4 pm	Serves Winona area (see above)	See above
Roxborough Centre (St. Matthews House)	P (905) 545-0565 F (905) 312-8238	785 Britannia Ave. Hamilton, ON L8H 2B6	Mon and Thu 9 am – 12 pm	Serves Ottawa St. through Stoney Creek area (see above)	See above
Welcome Inn Community Centre	P (905) 525-5824 F (905) 525-6873	40 Wood St. E. Hamilton, ON L8L 3Y3	Mon, Wed, Thu 12 – 2:30 pm	Emergency food assistance.	Food bank can be used once every month. One piece of ID required. Food bank open 4 days (M, W,Th &Fr) 1030-2
BRANTFORD Community Resource Centre	P (519) 751-4357 F (519) 751-0810	1100 Clarence St. S., Suite 102 Brantford, ON N3S 7N8	Mon – Fri 1 – 3:45 pm	Check website for monthly food calendar and food bank services: www.brantford.ca/residents/support-services	Open to anyone in need – no appointment necessary. Please bring a piece of ID for each member of the household. As of April 1, by appointment only.
BRANTFORD Salvation Army	P (519) 752-7814 F (519) 752-4996	33 Diana Avenue Brantford, ON	Mon, Wed, Fri 1 – 4 pm	Emergency food/grocery assistance.	By appointment only. Assistance can only be provided once every three months. Open as usual.

<https://www.hamiltonfoodshare.org/contact-2/where-to-get-food/>