

Food Access Guide

Hamilton, Ontario



www.foodaccessguide.ca

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askhpl@hpl.ca

905-546-3200

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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](tel: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

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

Address: 1631 Wilson Street West, Ancaster, ON L0R 1R0

Hours: Hours vary by location, contact the coordinator listed in the Garden Directory for more information

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.

Hamilton Community Garden Network (HCGN) provides resources and tools needed to start, run, or participate in community garden development. Current community garden locations can be searched on the online map.

HCGN is currently organized by the Neighbour to Neighbour Centre's Hamilton Community Food Centre.

McQuesten Urban Farm Services

Phone:

Work: [905-547-0623](tel:905-547-0623)

Contact:

Email: info@mcquestenurbanfarm.ca

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

Address:

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](tel:905-528-7625) x229

Contact: Kevin Vos, Resources Coordinator, Living Rock Ministries

Email: 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](tel:905-522-3233)

Fax Number: [905-522-3433](tel:905-522-3433)

Contact:

Email: 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 Kitchens

Phone:

Work: [905-574-1334](tel:905-574-1334) x304

Fax Number: [905-574-1688](tel:905-574-1688)

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

Email:

Web: <https://www.n2ncentre.com/>

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

Hours: Program is temporarily CANCELLED due to COVID-19.

Cost: None

Who can access this service: Open to all.

How to apply: Register for Wednesday's program by contacting Narmin at nmzouri@n2ncentre.com. Register for Thursday's program by contacting Caitlin at ccraven@n2ncentre.com

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](tel:905-529-0700)

Contact:

Email: 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](tel:905-692-3464)

Contact: Carole Taylor, Program Coordinator

Email: carole@glanbrookcommunityservices.ca

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

Address: 4280 Binbrook Rd, Binbrook, ON L0R 1C0, Canada

Hours: Mon-Fri 12:00 pm-1:00 pm Third Thursday of each month from September to June

Cost: Program \$10 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](tel:905-525-5824)

Contact: Ruth Kaulback, Seniors Program Coordinator and Volunteer Coordinator

Email: info@welcomeinn.ca

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

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

Hours: Program is temporarily CANCELLED due to COVID-19.

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](tel:905-549-2814) x269

Contact: Emily Carroll, Program Lead

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 , This site is temporarily closed

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](tel:905-689-6223)

Fax Number: [905-689-0650](tel: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](tel:905-548-9593)

Fax Number: [905-545-4077](tel: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](tel:905-689-8115)

Fax Number: [905-689-0542](tel: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.

New Vision United Church Thursday Outreach Program

Phone:

Work: [905-522-6843](tel:905-522-6843)

Contact: Linda Waugh, Outreach Worker

Email: officeadmin@newvisionunited.org

Web:

Address: 24 Main St W, Hamilton, ON L8P 1H2, Canada

Hours: Program is temporarily CANCELLED due to COVID-19.

Cost: None

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

How to apply: No application required.

Program provides snacks, lunch, worship service and fellowship.

Door Outreach Program

Phone:

Work: [905-522-9828](tel:905-522-9828)

Contact: Tony O'Dell, President & CEO

Email: 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. Each Friday's meal is a Barbecue outside St. Patrick's parish.

Dinner with a Movie

Phone:

Work: [905-522-3233](tel:905-522-3233)

Fax Number: [905-522-3433](tel:905-522-3433)

Contact: Jennifer Black, Office Administrator

Email: 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](tel:905-648-6024)

Contact: John Read, Minister , Amber Cowan, Office Administrator

Email: secretary@standrews.ws

Web: <https://standrews.ws/>

Address:

Hours: Third Wednesday of each month 12 noon-1pm Only operates from September to May , Program is temporarily CANCELLED due to COVID-19.

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](tel:905-383-7411)

Contact: Laurie White, Minister

Email: 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](tel:905-648-5433)

Contact: Mamie McCromack, Chair

Email: 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](tel: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](tel: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.

Seniors Fitness and Breakfast

Phone:

Work: [905-574-1334](tel:905-574-1334) x305

Fax Number: [905-574-1688](tel:905-574-1688)

Contact:

Email: admin@n2ncentre.com

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

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

Hours:

Cost: None

Who can access this service: Open to all, with a focus on older adults.

How to apply: No registration required.

Free program focused on wellness for seniors. Includes exercise with YWCA staff and breakfast.

Community Feeding Program

Phone:

Work: [905-527-5448](tel:905-527-5448)

Contact:

Email: info.carismachurch@gmail.com

Web: <https://www.carismachurch.ca/community-feeding-pr...>

Address: 16 West Avenue S, Hamilton, ON L8N 2S1, Canada

Hours:

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

Free weekly hot meal for the community prepared by the church and volunteers. Winter clothing is also distributed during the winter months.

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](tel:905-527-8605)

Contact: Brenda Paszkat, Community Volunteer, Hamilton Dream Center

Email: 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.

East Hamilton Food Centre Emergency Food Bank

Phone:

Work: [905-574-6201](tel:905-574-6201)

Contact:

Email: ehfc@mission-services.com

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

Address:

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](tel:905-972-9485)

Contact: Mark Tennant

Email: 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](tel: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. 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: [905-664-1114](tel:905-664-1114)

Work: [1-888-308-6559](tel:1-888-308-6559)

Fax Number: [905-664-1101](tel:905-664-1101)

Contact: Vicki Montour, Executive Assistant

Email: 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 hampers to Indigenous people living in the Hamilton area who are homeless or at risk of being homeless. Food hampers are delivered to the applicants homes.

Flamborough Food Bank Services

Phone:

Work: [905-690-1036](tel:905-690-1036)

Contact:

Email: flamborough1@hotmail.com

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

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

Hours:

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, donation are not accepted during office hours.

All Nations Full Gospel Church Food Bank

Phone:

Work: [416-667-9333](tel:416-667-9333)

Contact: Dike Odimuko, Pastor

Email: info.hamilton@anfgc.org

Web: <http://anfgc.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](tel: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: 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 Food Bank

Phone:

Work: [905-627-9922](tel:905-627-9922) x25

Contact: Alexis Wenzowski, Executive Director

Email: Rachelb@hamiltonjfs.ca

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

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

Hours: Mon-Thu 10am-3pm Temporary office hours during COVID-19.

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](tel:905-527-1622)

Contact: Olayinka Dada, Senior Pastor

Email: 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](tel:905-627-0572)

Fax Number: [905-627-5405](tel:905-627-5405)

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: Program is open by appointment only during COVID-19.

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: Call ahead to make an appointment.

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](tel:905-540-1888)

Fax Number: [905-540-4445](tel:905-540-4445)

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

Email:

Web:

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](tel:905-525-5824)

Contact: Krista Rao, Community Programs Coordinator

Email: 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](tel:905-574-1334)

Fax Number: [905-574-1688](tel:905-574-1688)

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

Email: 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 and neighbouring communities. A mobile food bank is available for community members who are unable to get to travel to the Neighbour 2 Neighbour Centre.

King's Way Outreach Centre Food Pantry (The)

Phone:

Work: [905-296-9473](tel:905-296-9473)

Contact: Antoinette Laffrenier, Operations Manager

Email: a.laffrenier@alifeatatime.com

Web: <https://alifeatatime.com/>

Address:

Hours:

Cost: None

Who can access this service: Families or individuals who are in need of food assistance and are on a low income.

How to apply: No registration, proof of income or ID 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: [905-689-6715](tel:905-689-6715) x80

Contact: Cindy Allen, Parish Administrator

Email: 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.

This program provides emergency food parcels and personal care items for families and individuals in need of assistance. During COVID those seeking food assistance will be provided with pre-made bags of food at the entrance door by appointment. 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](tel:905-545-2002)

Contact: Liana Brown, Pastor

Email: churchoffice@crownpoincommunity.ca

Web: <http://crownpoincommunity.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](tel: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.

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](tel:905-528-4212)

Toll-Free Number: [1-877-542-2732](tel:1-877-542-2732)

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.

Infant Formula and Diaper Bank

Phone:

Work: [289-799-9514](tel:289-799-9514)

Fax Number: [289-799-9541](tel:289-799-9541)

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](tel:905-549-4884) x416

Contact:

Email: office@niwasa.ca

Web: <https://niwasa.ca/food-bank/>

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

Hours: Mon 9 am-12 pm, Wed 12 pm-3 pm for scheduled pick-ups Scheduled deliveries on Tues, Fri Operating by appointment only during COVID-19

Cost: None

Who can access this service: Open to all

How to apply: Photo identification required

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

ICNA Relief Canada Resource Centre and Food Bank

Phone:

Work: [289-780-8901](tel:289-780-8901)

Contact: Abu Noman Tarek

Email: hamiltonfb@icnareliefcanada.ca

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

Address:

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](tel:905-528-7625) x259

Fax Number: [905-526-8723](tel: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](tel:905-643-2090)

Contact:

Email:

Web:

Address:

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.

The Table, Hamilton Dream Centre

Phone:

Work: [905-527-8605](tel:905-527-8605)

Contact:

Email:

Web: <http://www.hamiltondreamcenter.ca/services.html>

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.

Serves free hot take-away meals to everyone, from 6:30pm until the food runs out.

Seventh Day Adventist Church Community Services and Food Bank

Phone:

Work: [905-575-8764](tel:905-575-8764)

Fax Number:

Contact: Richard Roschman, Pastor

Email: hamiltonbulletin@gmail.com

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

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

Hours:

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.

Food Cooperatives

Programs that allow groups of consumers to be a part owner and democratically control the enterprise through a paid membership.

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](tel:905-574-1334)

Fax Number: [905-574-1688](tel:905-574-1688)

Contact:

Email: info@cfccanada.ca

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: No application required

Program provides a healthy free meal each Thursday.

Oasis Coffeehouse Evening Meal Program

Phone:

Work: [905-528-7625](tel: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](tel:905-296-9473)

Fax Number: [905-308-7798](tel:905-308-7798)

Contact: Antoinette Laffrenier, Operations Manager

Email: a.laffrenier@alifeatatime.com

Web: <https://alifeatatime.com/>

Address:

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.

Pancake Tuesdays

Phone:

Work: [905-522-3233](tel:905-522-3233)

Fax Number: [905-522-3433](tel:905-522-3433)

Contact:

Email: administration@hucchc.com

Web: <http://www.hucchc.com/programs.html>

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

Hours:

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

Offers drop in for a quick meal and to connect with service providers, health information, emergency supplies and other items.

Street Drop In Program

Phone:

Work: [905-522-3233](tel:905-522-3233)

Fax Number: [905-522-3433](tel:905-522-3433)

Contact:

Email: administration@hucchc.com

Web: <http://www.hucchc.com/programs.html>

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

Hours:

Cost: None

Who can access this service: Open to all.

How to apply: Drop-in, no application required.

Provides a safe environment, forum for discussion, and a place for friends and participants to meet and enjoy a nutritious meal. Health related information is available and representatives from other service providing agencies are often on hand to talk about services or simply to answer questions that participants may have.

Living Rock Ministries The Gathering

Phone:

Work: [905-528-7625](tel: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, Hot Meals Program

Phone:

Work: [905-528-9109](tel:905-528-9109)

Fax Number: [905-546-1743](tel: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.

A free meal program for anyone in need.

Helping Hands Street Mission Lunch Nook

Phone:

Work: [905-522-4263](tel:905-522-4263)

Contact: Marion Van den Akker, Outreach Worker

Email: info@hsmhamilton.com

Web: <https://www.hsmhamilton.com/lunch-nook/>

Address: 349 Barton St E, Hamilton, ON L8L 2X8, Canada

Hours: Program is temporarily CANCELLED due to COVID-19.

Cost: None

Who can access this service: Open to all.

How to apply: No application required. For information about volunteering fill out the online application form.

Program offers free lunch for the community on Sundays.

Friday Lunch Take-out

Phone:

Work: [905-574-1334](tel:905-574-1334) x305

Fax Number: [905-574-1688](tel:905-574-1688)

Contact:

Email:

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

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

Hours:

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

Provides a healthy, free lunch to go.

Soup Kitchen at the Booth Centre Men's Shelter

Phone:

Work: [905-527-1444](tel:905-527-1444)

Contact:

Email:

Web:

Address: 94 York Blvd #3, Hamilton, ON L8R 1R6, Canada

Hours: Mon-Fri 11:15 am-12 noon Temporary hours during COVID-19.

Cost: Service \$1 per meal or \$10 for one meal per day for one month

Who can access this service: Open to all.

How to apply: No application required.

Provides hot meals to the public and residents of the Booth Centre men's shelter. Serves breakfast, lunch, and dinner.

Hamilton Out of The Cold Free Meal Program

Phone:

Work: [905-308-8447](tel:905-308-8447)

Contact: Janice Ormond, Operations Manager

Email: hootc97@gmail.com

Web: <https://hamiltonoutofthecold.ca/>

Address: 61 Mohawk Rd W, Hamilton, ON L9C 1V9, 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. Only operates in the winter, usually the beginning of November to the end of March.

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.

Good Food Box

Phone:

Work: [905-549-0900](tel:905-549-0900)

Contact: Juby Lee, Project Manager

Email: jlee@environmenthamilton.org

Web: https://www.environmenthamilton.org/good_food_box

Address: 1380 Upper Ottawa St, Hamilton, ON L8W 3G5, Canada

Hours: Hours vary by location, visit website for details Pick up is the 3rd Wed of each month

Cost: Program \$15 for 11-12 items, \$10 for 9-10 items

Who can access this service: Open to all.

How to apply: Find a community pick up site near you through the online location finder. Contact the pick up site to order and pay at least one week before the pick up date.

The Good Food Box is a non-profit program run by Environment Hamilton, that makes healthy fresh produce affordable and accessible to everyone. Offered at various pick up locations in the City of Hamilton. Visit website to find information about specific pick-up sites.

McQuesten Urban Fresh Food Box Program

Phone:

:

Contact:

Email:

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

Address:

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](tel: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. Also offers a program in which customers can purchase a button, which those in need can then exchange for meals free of charge.

First Start Cafe

Phone:

Work: [289-639-2931](tel:289-639-2931)

Work: [289-396-5864](tel:289-396-5864)

Contact:

Email: firststart.cafe@wesley.ca , employment.services@wesley.ca

Web: <http://wesley.ca/services/social-enterprises/firs...>

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

Hours: Currently closed to the public

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](tel:905-627-5461)

Fax Number: [905-627-5020](tel:905-627-5020)

Contact: Samantha Green, Coordinator, Information, Meals on Wheels & Volunteer Services

Email: dcs@dundascommunityservices.com

Web: <http://www.dundascommunityservices.on.ca/frozen-m...>

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

Hours:

Cost: Service fees vary, contact for details

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 (55+), adults living with a disability or recuperating from surgery, or anyone not able to cook a meal for themselves, delivered to their own home or apartment. Special diet types available, cooking instructions are provided on the packaging. All meals prepared at Grafton Gage Village in Niagara.

Ancaster Community Service Frozen Meals

Phone:

Work: [905-648-6675](tel: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 \$6 – meal only; \$6.75 – meal and dessert OR meal and soup; \$1.90 – dessert only; \$2.50 - soup only, Prices are subject to change without prior written notice

Who can access this service: Ancaster residents who are elderly, disabled, or are temporarily confined to home.

How to apply: Contact to register. Meals are ordered every Thursday before 2 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](tel:905-692-3464)

Fax Number: [905-692-9406](tel:905-692-9406)

Contact: Carole Taylor, Program Coordinator

Email: carole@glanbrookcommunityservices.ca

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

Address: 4280 Binbrook Rd, Binbrook, ON L0R 1C0, Canada

Hours:

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, meals can also be picked up at the GCS 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](tel:905-627-5461)

Fax Number: [905-627-5020](tel:905-627-5020)

Contact: Sarah Roessner, Coordinator, Information, Meals on Wheels & Volunteer Services

Email: dc@dundascommunityservices.com

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

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

Hours:

Cost: Service Approximately \$7.35 per meal. Accepted payments are cash and cheque only, clients are invoiced monthly through mail

Who can access this service: 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: Registration is required. Registration forms may be completed online or printed, filled out and delivered to Dundas Community Services at 2 King St W Suite 3A in Dundas. Cancellations must be done with 24 hours notice.

Provides a hot meal including a bowl of soup, a main course meal (with a protein, a vegetable, and a starch), and a dessert, for people with disabilities, recuperating from surgery, or anyone not able to cook a meal 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 weekend and holidays. Special diet types available, all meals prepared at Wentworth Lodge Long-Term Care Facility.

Glanbrook Community Services Meals on Wheels (Hot) Program

Phone:

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

Fax Number: [905-692-9406](tel:905-692-9406)

Contact: Carole Taylor, Program Coordinator

Email: carole@glanbrookcommunityservices.ca

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

Address: 4280 Binbrook Rd, Binbrook, ON L0R 1C0, Canada

Hours:

Cost: Service \$7/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](tel:905-648-6675)

Contact:

Email: 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: [289-780-8901](tel:289-780-8901)

Contact: Abu Noman Tarek

Email: hamiltonfb@icnareliefcanada.ca

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

Address:

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.

Ancaster Community Service Frozen Meals

Phone:

Work: [905-648-6675](tel: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 \$6 – meal only; \$6.75 – meal and dessert OR meal and soup; \$1.90 – dessert only; \$2.50 - soup only, Prices are subject to change without prior written notice

Who can access this service: Ancaster residents who are elderly, disabled, or are temporarily confined to home.

How to apply: Contact to register. Meals are ordered every Thursday before 2 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](tel:905-692-3464)

Fax Number: [905-692-9406](tel:905-692-9406)

Contact: Carole Taylor, Program Coordinator

Email: carole@glanbrookcommunityservices.ca

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

Address: 4280 Binbrook Rd, Binbrook, ON L0R 1C0, Canada

Hours:

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, meals can also be picked up at the GCS 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](tel:905-627-5461)

Fax Number: [905-627-5020](tel:905-627-5020)

Contact: Sarah Roessner, Coordinator, Information, Meals on Wheels & Volunteer Services

Email: dc@dundascommunityservices.com

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

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

Hours:

Cost: Service Approximately \$7.35 per meal. Accepted payments are cash and cheque only, clients are invoiced monthly through mail

Who can access this service: 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: Registration is required. Registration forms may be completed online or printed, filled out and delivered to Dundas Community Services at 2 King St W Suite 3A in Dundas. Cancellations must be done with 24 hours notice.

Provides a hot meal including a bowl of soup, a main course meal (with a protein, a vegetable, and a starch), and a dessert, for people with disabilities, recuperating from surgery, or anyone not able to cook a meal 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 weekend and holidays. Special diet types available, all meals prepared at Wentworth Lodge Long-Term Care Facility.

Glanbrook Community Services Meals on Wheels (Hot) Program

Phone:

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

Fax Number: [905-692-9406](tel:905-692-9406)

Contact: Carole Taylor, Program Coordinator

Email: carole@glanbrookcommunityservices.ca

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

Address: 4280 Binbrook Rd, Binbrook, ON L0R 1C0, Canada

Hours:

Cost: Service \$7/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

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

Address:

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)

Fax Number: [905-527-1919](tel:905-527-1919)

Contact: Annette Thompson, Coordinator of Volunteers , Emily Burchmore, Manager of Care & Service

Email: annette.thompson@von.ca

Web: <https://www.von.ca/en/hamilton/service/meals-whee...>

Address:

Hours:

Cost: Service Maximum individual cost \$6.25/meal. Hot or frozen meals may be ordered. Fees adjusted according to ability to pay.

Recipients are invoiced monthly.

Who can access this service: Seniors and people with disabilities.

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.

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: [905-546-2424](tel:905-546-2424) x1577

Contact: Jennifer Yates, Welcome Baby Coordinator, Hamilton Public Health Services

Email: jennifer.yates@hamilton.ca

Web: <https://www.hamilton.ca/public-health/classes/pre...>

Address: 64 Forest Ave, Hamilton, ON L8N 1X1, 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: Register at the group the first time you attend.

Free weekly groups for pregnant individuals. Discussions with a Registered nurse and Registered Dietitian include healthy eating, prenatal care, breastfeeding and caring for your baby. Grocery gift cards, multivitamin gift cards and bus tickets are provided. Free childcare during the program is available for children under the age of six.

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 Service

Phone:

Work: [905-741-0060](tel:905-741-0060)

Fax Number: [289-389-1400](tel:289-389-1400)

Contact:

Email: cathy@food4kids.ca

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

Address:

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.

Children's Breakfast Club

Phone:

Work: [905-523-6611](tel:905-523-6611) x3007

Contact: Jenna McHugh

Email: jmchugh@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, includes a hot breakfast. Assistance with homework is also available. Program runs from 7:45am to 8:45am, 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](tel:905-545-1175)

Fax Number: [905-544-9403](tel:905-544-9403)

Contact:

Email: grocereaseadmin@banyanccs.org

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

Address:

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
- Sobeyes

Program is funded through the Local Health Integration Network.

Seniors for Seniors Driver Companions

Phone:

Work: [905-572-6162](tel:905-572-6162)

Toll-Free Number: [1-844-422-7399](tel:1-844-422-7399)

Contact: Amy Chan, Communications Coordinator

Email:

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

Address:

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, or social events and gatherings.

Wesley Seniors Shopping by Bus

Phone:

Work: [905-528-5629](tel:905-528-5629) x306

Fax Number: [905-528-9977](tel:905-528-9977)

Contact: Karen Baxmeier, Outreach Coordinator

Email: seniors.services@wesley.ca , shopping.bus@wesley.ca

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

Address:

Hours: Second Wednesday and Thursday of each month 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)

Fax Number: [905-692-9406](tel:905-692-9406)

Contact: Carole Taylor, Program Coordinator , Karen Thompson, Executive Director

Email: carole@glanbrookcommunityservices.ca

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

Address: 4280 Binbrook Rd, Binbrook, ON L0R 1C0, Canada

Hours: Mon-Fri 8:30am-12:30pm Temporary office hours during COVID-19

Cost: Service \$8 to \$19 per trip or on a per km basis if considered out of town. Administration fees apply for rides cancelled less than 24 hours in advance.

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

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.

