

Food Banks and Community Meal Programs

During COVID 19, if not specified, you **MUST** call first to arrange delivery or pick up and to ensure they are still running.

Caledon Food Banks/Multi-Service Programs

Caledon Community Services - The Exchange

- 55 Healey Rd
Caledon, L7E 5A2 Phone: (289) 966 1715
- COVID HOURS – Phone intake and to make appointments for new and existing clients
Pick up on Monday, Wednesday and Fridays by appointment only 10:00 AM – 3:00 PM (items will be pre-selected and brought outside for clients to take) CLOSED Tuesdays and Thursdays
- Regular hours Mon-Fri: 10:00 AM – 3:00 PM [Get Directions](#) [Visit Website](#)

Brampton Food Banks and Community Meal Programs:

Salvation Army Brampton and North Peel [Food bank](#)

- 9395 Bramalea Rd
Brampton L6S 4B7 Phone: 905 791 1085
- Regular hours: Monday to Friday 9:00 AM – 12:00 PM, and 1:00 – 4:00 PM
- By appointment only (call by phone)
- Food requirements tailored to budget
- On first visit must provide: ID for self, spouse, children and proof of income etc.

Knights' Table [Food bank, community meals and programs](#)

- 116 Kennedy Rd South, Unit 6
- Brampton L6W 3E7 Phone: 905 454 8725
- COVID HOURS and Programs: At this time, Knights Table will continue to remain OPEN by transitioning temporarily to a food take out only model, our dine-in facility will remain closed. All of our food programs continue as scheduled. Breakfast, Lunch & Dinner programs are available daily from 8:00 AM – 6:00 PPM using a grab & go format. Food Bank support is available through pre-packed hampers that will be distributed to our regular service users. Wednesdays – Fridays 10:00am -4:00pm

Regular Programs:

- First Bite Breakfast Program – FREE – 8:00 a.m. – 10:00 a.m. every day
- Cecil's Kitchen Program - \$1.00 per meal – Mon.-Fri. Noon – 6:00 p.m.
- Pantry Program (Food Bank) – Wed., Thurs., Fri. – Noon – 4:00 p.m.
- Families Zone Wed. 4-6:00 p.m. (provides a caring, environment to foster positive relationships with families.
- Good Neighbourhood Program (FREE baked goods and bread)
- Mon. – Fri. 12:00 PM – 6:00 PM Sat. & Sun. 12:00 PM – 4 :00 PM
- Good Neighbour Mobile Service Saturday : 12:00 PM – 2:00 PM
- (provides baked goods, dessert and other food supplies to seniors and families in high needs neighbourhoods in Mississauga and Brampton

Redemption [Community Meal Program \(Soup Kitchen\)](#)

- 2 Wellington St
Brampton, L6W 1Y2 **Phone: (647) 741 8469**
- Opening hours Tues only: drop-in at noon, dinner at 4:00 [Get Directions](#)

Gurdwara Sikh Sangat

Community Meal Program (Soup Kitchen)

- 32 Regan Rd
Brampton, L7A 1A7 **Phone: (416) 996 4355**
- **COVID HOURS to pick up meals 10:00 AM – 8:00 PM**
- Regular hours open 4 AM-10 PM [Get Directions](#)

Regeneration Outreach Community

Multi-service (Breakfast, Soup kitchen, Community garden)

- 156 Main St N
Brampton, L6V 1N9 **Phone: (905) 796 5888**
- **COVID HOURS – Breakfast 8 AM – 9:30 AM 7 days a week (served in takeout containers only)**
- **Lunch 11:30 AM – 12:30 PM Monday to Thursday (meals served in takeout containers only)**
- **Emergency Food Bank is running at the Regeneration Thrift Store at 253 Queen St East, Brampton and is open on Wednesdays from 12:00 PM – 2:00 PM**
- Regular Opening hours 7 days/week-breakfast 7am-9:30am; Mon-Thurs lunch 11:30am-12:30pm; Food Bank available on Wednesdays 12pm-2pm at Thrift Store location [Get Directions](#) [Visit Website](#)

Ste. Louise Outreach Centre of Peel

Food Bank

- 32 Haggert Ave N
Brampton, L6X 1Y3 **Phone: (905) 454 2144**
- **COVID HOURS - Open but only to existing clients. Please call for details of service**
- [Get Directions](#) [Visit Website](#)

Sri Guru Nanak Sikh Centre

Community Meal Program (Soup Kitchen)

- 99 Glidden Rd
Brampton, L6T 5N4 **Phone: (416) 996 4355**
- **COVID HOURS to pick up meals 10:00 AM – 8:00 PM**
- Regular hours open 4 AM-10 PM [Get Directions](#)

Islamic Forum of Canada

Food Bank

- 200 Advance Blvd
Brampton, L6T 4V4 **Phone: (905) 799 0763**
- Regular Hours:
- First Tuesdays of each month - 4:00 – 7:00 PM.
- Non-denominational, One visit per month
- For first visit, call ahead to make an appointment
- On first visit - Must provide:
- Proof of income, rental agreement and address, Government issued photo identification, picture ID, for self, spouse and children. [Get Directions](#) [Visit Website](#)

Sai Dham Food Bank

Multi-service (Food bank, Soup kitchen, Food delivery, Community garden)

- 8 Automatic Rd, Unit 2A
Brampton, L6S5N3 **Phone: (905) 956 2646 437 988 4422 647 291 3838**
- **COVID PRIORITY – Delivering food to seniors, assisting with YMCA Breakfast Program in Malton through deliveries.**
- **COVID & Regular Hours open every day 10am-10pm; and available by phone 24/7** [Get Directions](#) [Visit Website](#)

Saint Vincent de Paul St. John Fisher Conference

Food bank

- 300 Balmoral Dr
Brampton **Phone: 905 790 2479**
- Home Visits only
- Calls picked up daily
- Food Vouchers delivered by volunteers as quickly as possible
- No paperwork is required, at least on the first visit. Possibly requested on subsequent visits.

Saint Vincent de Paul St. Leonard's Conference

Food bank

- 187 Conestoga Rd.
Brampton **Phone: 905 846 5385**
- Home Visits Only
- Emergency food service for those in need.
- Service boundaries: Bovaird, Highway 410, Old School Road, McLaughlin.
- Calls picked up on weekends only
- Food and or food vouchers delivered by volunteers

Brampton Food Pantries

Many local places of worship have small food pantries for their community, but have chosen not to list with the Region of Peel. You can always approach your local place of worship.

Bramalea Baptist Church

Food Pantry

- 9050 Dixie Rd
Brampton, L6S 1J3 **Phone: (905) 451 6088**
- Opening hours Mon-Fri: 8:30am-4:30pm [Get Directions](#) [Visit Website](#)

Mississauga Food Banks, Community Meal Programs and Food Pantries

Seva Food Bank

Multi-service (Food bank, Food education (communal cooking))

- 2832 Slough St - serves Malton L4V, L5S, L4T, L5T, L5P
Mississauga, L4T 1G3 **Phone: (905) 361 7382**
- **COVID and Regular Hours:**
Mondays by appointment 4:00 – 8:00 PM, drop in 5:30 – 7:30 PM; Tuesdays by appointment 12:00 – 4:00 PM, drop in 1:30 – 3:30 PM; Wednesdays – closed; Thursdays by appointment 4:00 – 8:00 PM, drop in 5:30 – 7:30 PM; Fridays by appointment 1:00 AM – 3:00 PM, drop in 12:30 – 2:30 PM [Get Directions](#) [Visit Website](#)
- 3413 Wolfedale Rd, Unit 10 – serves L5B, L5C
Mississauga, L5C 1V8
- **COVID AND Regular Hours:**
Mondays Closed; Tuesdays Closed; Wednesdays by appointments: 4:00 PM – 8:00 PM, Drop-In 5:30-7:30PM; Thursdays by appointments: 4:00 PM – 8:00 PM, Drop-In 5:30-7:30 PM; Fridays by appointments 12:00 PM – 4:00 PM, drop-in 1:30-3:30 PM [Get Directions](#) [Visit Website](#)

Sai Dham Food Bank

Multi-service (Food bank, Soup kitchen, Food delivery, Community garden)

- 7140 Goreway Dr
Mississauga, L4T 2J6
- 3663 Mavis Rd, Unit 6
Mississauga L5C 3G1
- COVID PRIORITY – Delivering food to seniors, assisting with YMCA Breakfast Program in Malton through deliveries.
- COVID and Regular hours Open every day 10am-10pm; and available by phone 24/7
- [Get Directions](#) [Visit Website](#)

Phone: (905) 956 2646 437 988 4422 647 291 3838

Mount Zion Apostolic Church

[Food Bank](#)

- 6810 Professional Crt
Mississauga, L4V 1X6
- Opening hours Fri: 2pm-6pm

Phone: (905) 677 8389

[Get Directions](#) [Visit Website](#)

Grace Mt. Zion Apostolic Church

[Food bank](#)

- 5865 Coopers Ave
Mississauga, L4Z 1R9
- Opening hours Fri: 6pm-8pm; last Sat of each month: 11am-1pm

Phone: (905) 501 8958

[Get Directions](#) [Visit Website](#)

St. Mary's Food Bank – Coopers

[Food Bank](#)

- 5715 Coopers Ave
Mississauga, L4Z 0C5
- COVID HOURS – Tuesdays 6:00 PM – 8:00 PM Walk-ins accepted
- Regular hours Tues 12-2pm, Wed 7-9pm, Thurs 7-9pm

Phone: (905) 890 0900

[Get Directions](#)

St. Mary's Food Bank – Dundas

[Food Bank](#)

- 1699 Dundas St E
Mississauga, L4X 1L5
- COVID HOURS – Mondays 6:00 – 8:00 PM Walk-ins accepted
- Regular hours Mon 6-8pm; Tues 6-8pm; Wed 11:30am-2:00pm

Phone: (905) 238 9008

[Get Directions](#)

St. Mary's Food Bank – Streetsville

[Food Bank](#)

- 6277 Mississauga Rd
Mississauga, L5N 1A7
- COVID HOURS – Wednesdays 12:30 PM – 2:30 PM Walk-ins accepted
- Regular hours Monday 6:00pm- 8:00pm & Wednesday 1:00pm-3:00pm

Phone: (905) 286 9987

[Get Directions](#)

Salvation Army Mississauga Branch

[Food Bank](#)

- 3167 Cawthra Rd
Mississauga, L5A 2X4
- COVID and Regular hours Mon-Tue: 9:00 AM-12 PM and 1:00 PM-3:30 PM; Wed: 9 AM-12 PM and 1 PM-6:30 PM; Thurs: 1 PM-3:30 PM; Fri: 9 AM-12 PM

Phone: (905) 279 3941

[Get Directions](#)

[Visit Website](#)

Peel Youth Village

Multi-service (Breakfast, Food education (communal cooking))

- 99 Acorn Place
Mississauga, L4Z 4E2 **Phone: (905) 791 5576**
- COVID – No food programs provided
- Regular hours Mon-Fri: 7:30am-8:30am [Get Directions](#) [Visit Website](#)

Ecosource

Multi-service (Food bank, Food education (communal cooking), Food delivery)

- 5070 Fairwind Dr
Mississauga, L5R 2N4 **Phone: (905) 274 6222**
- Opening hours Wed: 2pm-4pm [Get Directions](#) [Visit Website](#)

Canadian Coptic Children's Program

Multi-service (Soup kitchen, Food education (communal cooking))

- 1245 Eglinton Ave W
Mississauga, L5V 2M4 **Phone: (905) 567 4032**
- [Get Directions](#) [Visit Website](#)

ICNA Relief Canada. Muslim Family Services

Multi-service (Food bank, Food education (communal cooking))

- 6120 Montevideo Rd
Mississauga, L5N 3W5 **Phone: (905) 858 1067**
- **Opening hours Suspended operations until April 5** [Get Directions](#) [Visit Website](#)

Eden Food for Change-1

Multi-service (Food bank, Food education (communal cooking), Food delivery)

- 3051 Battleford Rd. – serving L5M, L5L, L5N
Mississauga, L5N 5Z9 **Phone: (905) 785 3651**
- COVID and Regular hours Mondays 10:00 AM – 1:00 PM; Thursdays 5:00 PM – 8:00 PM
During COVID, food will be pre-packed and brought out to car. Only 1 family member allowed in, regular proof of ID, address, income for all family members required. Food provided to a family every 30 days.
[Get Directions](#) [Visit Website](#)

Eden Food for Change-2

Multi-service (Food bank, Soup kitchen, Food education (communal cooking), Food delivery)

- 3185 Unity Dr – serving L5M, L5L, L5N
Mississauga, L4W 4L9 **Phone: (905) 785 3651**
- COVID and Regular hours Tues: 5pm-8pm, Wed: 1pm-4pm, Fri: 10am-1pm
During COVID, food will be pre-packed and brought out to car. Only 1 family member allowed in, regular proof of ID, address, income for all family members required. Food provided to a family every 30 days.
[Get Directions](#) [Visit Website](#)

Salvation Army Cornerstone Community Church

Food Bank

- 3020 Vanderbilt Rd
Mississauga, L5N 4W8 **Phone: (905) 824 0450**
- Opening hours Tues and Thurs 9am-12pm and 1pm-3pm; Friday 6-8pm [Get Directions](#)

Salvation Army Erin Mills Branch

Food Bank

- 2460 The Collegeway
Mississauga, L5L 1V3 **Phone: (905) 820 6868**
- Opening hours Mon 9am-12pm & 1:30pm-3:30pm; Wed: 9am-12pm; Fri: 9am-12pm [Get Directions](#) [Visit Website](#)

The Compass

Multi-service (Food bank, Soup kitchen)

- 310 Lakeshore Rd W - serves L5E, L5G, L5H, L5J
Mississauga, L5H 1G8 **Phone: (905) 274 9309**
- COVID Hours Monday 12:00 PM – 8:00 PM, Wednesday 9:30 AM – 5:00 PM, Friday 9:30 AM – 5:00 PM
- During COVID food will be packaged in a hamper style, respecting your food requests as much as possible. Food will be picked up at the door. Fill out online form or call.
- You may qualify for home delivery if you meet criteria. Check out website or call for details.
- Regular hours Mon 3-8pm; Wed 12-5pm; Fri 12-5pm [Get Directions](#) [Visit Website](#)

St. Mary Star of the Sea

Community Meal Program (Soup Kitchen)

- 11 Peter St S
Mississauga, L5H 2G1 **Phone: (905) 278 2058**
- Opening hours Suspended operations until April 12 [Get Directions](#) [Visit Website](#)

Saint Vincent De Paul

Food Bank

- 625 Atwater Ave
Mississauga, L5G 2A8 **Phone: (905) 278 7762**
- Opening hours Mon-Thurs: 9:30am-8:30pm ; Fri: 9:30am-4pm (closed: noon-1pm) [Get Directions](#) [Visit Website](#)

Food4Kids Mississauga

School snack pilot program and weekend food delivered to schools on Fridays

- 305 Iroquois Avenue
Mississauga, ON L5G 1M8 **Phone: (647) 226 2927**
School Pilot Program – Brian Fleming P.S. for school snack program
- Participants aged 4 – 13 years are referred by (Mississauga) schools aware of students with limited access to food in their homes. The school submits a referral and parental permission form. Food items are packed by Food4Kids volunteers and delivered to schools each Friday morning.
- COVID Program – mailing low-income students/families presently in their program grocery gift cards
Visit Website: <https://www.food4kidsmiss.ca/about>

Caring and Sharing Program

Food delivery program in Mississauga with referrals only made by social workers in community agencies.

COVID – all services are suspended until further notice.

Mississauga Food Pantries

Many local places of worship have small food pantries for their community, but have chosen not to list with the Region of Peel. You can always approach your local place of worship.

Malton Neighbourhood Services

Food Pantry

- 3540 Morning Star Dr
Mississauga, L4T 1Y2 **Phone: (905) 677 6270**
- Opening hours Mon-Thurs: 9am-8pm ; Fri: 9am-4:30pm [Get Directions](#) [Visit Website](#)

Martha's Table

Food Pantry

- 3535 Dixie Rd
Mississauga, L4Y 2B3 **Phone: (905) 624 9261**
- Opening hours CLOSED Until further notice [Get Directions](#) [Visit Website](#)

JFJ Hope Centre

Food Pantry

- 6655 Kitimat Rd
Mississauga, L5N 6J4 **Phone: (905) 812 9515**

- Opening hours Mon-Fri: 9am-4pm

[Get Directions](#)

[Visit Website](#)

Mississauga Seventh Day Adventist Church [Food Pantry](#)

- 2250 Credit Valley Rd
Mississauga, L5M 4L9 **Phone: (905) 608 0013**

- Opening hours Wed at 12pm-2pm

[Get Directions](#)

[Visit Website](#)

Deacon's Cupboard (St. Peter's Church Erindale) [Food Pantry](#)

- 3041 Mississauga Rd
Mississauga, L5L 0B7 **Phone: (905) 828 1588**

- Opening hours Wed: 9:00am-1:00pm; and the last Monday of each month from 5:30pm-7:30pm

- [Get Directions](#) [Visit Website](#)

St. Hilary's Food Cupboard [Food Pantry](#)

- 2055 Hurontario St
Mississauga, L5A 2E6 **Phone: (905) 279 2304**

- Opening hours Thurs: 10am-12pm

[Get Directions](#)

[Visit Website](#)