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FOOD BANKS, PANTRIES & MEALS

OVERVIEW

Regarding: Eligibility Requirements – Most food banks require that families are living at or below the Low Income Cut Off (LICO) in order to be eligible to access their service. The LICO is a measure the government uses to determine poverty, based on family size and annual net (combined) income. Please see the chart below for a rough estimate.

In addition, and in order to further qualify, each of the organizations typically require proof that clients meet the LICO measure and that they are a resident of the city where the food bank is located. As such, the following documents are generally required, but may slightly vary across organizations:

- **Photo Identification** – for each person in the family (government issued)
- **Proof of Address** – e.g., rental agreement, lease agreement, or recent rent receipt.
- **Income/ Expenses** – e.g., notice of tax assessment (NOA), pay stubs or t4, child tax benefits, recent OW/ ODSP cheques; proof of expenses/ bills (hydro, heat, etc.); recent bank statements when requested.

Size of Family Unit	Annual Net Income
1 person	\$24,949
2 people	\$31,061
3 people	\$38,185
4 people	\$46,362
5 people	\$52,583
6 people	\$59,304
7 people	\$66,027
* For more than 7 people in the household, add \$6,723 for each additional person.	

Please Note: Some cities (e.g., Burlington) prohibit residents to use more than one food bank, however they do allow use of “food pantries” to supplement. Other cities (e.g., Oakville) encourage residents to use as many in food banks as they need. Please see the **Food Pantry section** below if necessary, and please encourage Participant’s to **contact local church parishes** below for additional food supplement help. Please note: This list is not exhaustive; many churches are able to offer small amounts of food when available.

FOOD PANTRIES

Each of these organizations offers food to individuals in need, however capacity/ food availability is not generally as great as the food banks listed above. Individual eligibility and restrictions exist, please call numbers below for more information.

Dar Foundation: (905) 904-0195
Wednesdays, 11am – 1pm
- Serving Oakville

Safety Net: (905) 845-7233
By appointment
- Serving Halton, see listing below.

Oak Park Neighbourhood Center: (905) 257-6029
Wednesdays, 12pm – 12:30pm
- Serving Oakville

Serving Halton
Compassion Society of Halton: (905) 592-3722
Monday – Friday, 12pm – 3:30pm
- Serving Halton, see listing below.

ST. VINCENT DE PAUL SOCIETY – HALTON

The St. Vincent de Paul Society Halton conference provides assistance with food (vouchers and/or Fresh Food Box), clothing and some furniture for those in need. Individual eligibility and restrictions may exist, please call numbers below for more information.

Oakville

Mary Mother of God Parish - (289) 300-1023
St. Andrew Parish - (905) 827-2373
St. Dominic Parish - (905) 827-2373
St. James Parish - (905) 845-3603
St. Matthew Parish - (905) 825-0219
St. Michael Parish - (905) 844-7971

Burlington

Holy Rosary Parish - (905) 631-6111
St. John the Baptist Parish - (905) 979-6460
St. Patrick Parish - (905) 632-6114
St. Paul the Apostle Parish - (905) 522-8222
St. Raphael Parish - (905) 681-6394

Milton

Holy Rosary Parish - (905) 299-5935
St. Benedict Parish - (905) 875-7995

OAKVILLE:

	Req. Documents	Access	Hours of Operation
OAKVILLE			
Kerr Street Mission	Photo Identification Proof of Address Income/ Expenses	One visit per week.	Various – see entry.
Oakville Fareshare	Photo Identification Proof of Address Income/ Expenses	One visit per month.	Monday: 10am – 2pm Thursday: 3pm – 7pm
Salvation Army - Oakville	Photo Identification Proof of Address Income/ Expenses	Once every month. * <i>by appointment only</i>	Monday, Wednesday, Friday: 9am – 12pm, 1pm – 4pm

KERR STREET MISSION

*KSM offers a **food bank** and **fresh food boxes** for registered clients and **community meals** for members of the public. **Christmas hampers** are also provided in during the winter holiday season.*

NOTES:

Hours for Food Bank & Meals:

Monday *Family Night Dinner* - for parents and kids 18 years and under

Doors open at 6:00pm

Dining room opens at 6:15pm,

Dinner and food bank from 6:30pm – 7:30pm

Tuesday *Soup and Refreshments*

Doors open at 9:00am

Dining room opens at 9:30am

Food bank opens from 10:15am – 12:15pm

Soup and snack served at 10:30am

Thursday *Community Dinner* – adults only please

Doors open at 6:00pm

Dining room opens at 6:15pm

Dinner and food bank from 6:30pm – 7:30pm

Friday *Soup and Refreshments*

Doors open at 9:00am

Dining room opens at 9:30am

Food bank opens from 10:15am – 12:15pm

Soup and snack served at 10:30am

Saturday *Community Breakfast*

Doors open at 9:00am

Dining room opens at 9:15am

Breakfast served at 9:15am

Food bank opens from 9:30am – 10:30am

- Additional market/ shopping times are offered for the **Kids & Me** (Thursday from 9:30am to 11am during the school year) and **Pre-natal Class** (Wednesday from 10:00am - 10:45am) for registered participants.

Registration (food bank): Clients must first call to book an intake appointment; emergency food provisions will be provided until the registration process is complete.

Fresh Food Boxes: Available to anyone in the community at full cost (large box - \$20, medium box - \$15, small bag - \$10). Discounted rates available on a case-by-case basis for eligible clients; fully subsidizes for those on OW or ODSP. Please call to inquire.

Christmas Hampers: Available for registered clients; registration for the program begins in October each year. Please call for more information.

CONTACT:

Phone: (905) 845-7485

Email: admin@kerretreet.com

Website: www.kerrstreet.com

Address: 485 Kerr Street, Oakville, ON, L6L 4M2

OAKVILLE FARESHARE FOOD BANK

*Oakville Fareshare Food Bank offers a **food bank** and grocery store vouchers for registered clients.*

NOTES:

Registration:

- **First Visit:** Clients may come during the open times to and receive an Emergency Order of Food.
 - They will then be given a list of documents to bring for an interview to ensure they qualify.
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CONTACT:

Phone: (905) 847-3988

Email: www.oakvillefoodbank.com/contact

Website: www.oakvillefoodbank.com

Address: 6-1240 Speers Rd, Oakville, ON L6L 2X4

SALVATION ARMY - OAKVILLE

*The Salvation Army of Oakville offers a **food bank** for registered clients. **Christmas hampers** are also available during the winter holiday season.*

NOTES:

Hours for Food Bank: *Please call ahead for an appointment.*

Registration:

- **First visit:** Families and individuals will be asked to bring in photo identification and verification of address for all members of the household.
 - **Second visit:** Proof of income and expenses for all members of the household must be provided.
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CONTACT:

Phone: (905) 827-6523

Email: tsaoakville@cogeco.net

Website: www.salvationarmyoakville.ca

Address: 1225 Rebecca Street, Oakville, ON L6L 1Z1

BURLINGTON

	Req. Documents	Access	Hours of Operation
BURLINGTON			
Burlington Food Bank	Photo Identification Proof of Address Income/ Expenses Bank Statements (2 months)	One visit every 3 weeks.	Monday – Friday: 9am – 11:30am
Salvation Army - Burlington	Photo Identification Proof of Address Income/ Expenses Bank Statements (2 months)	One visit every 3 weeks.	Monday – Friday: 9am – 11:30am
Open Doors @ St. Christopher’s	Photo Identification	One visit per month.	Tuesday: 4pm – 6:30pm Thursday: 12:45pm – 2pm Saturday: 10am – 12pm

BURLINGTON FOOD BANK

*The Burlington Food Bank offers a **food bank** for registered clients and information about **meal programs** throughout the city.*

NOTES:

Registration: Intake to be completed during time of first visit.

Food Bank Hours: Additional afternoon appointments available if arranged one-day prior.

Community Meals:

- **St. Christopher’s Anglican Church** – 662 Guelph Line
 - Dinner: Tuesdays 6pm
 - Senior’s Lunch: Thursdays 12pm
- **Wellington Square United Church** – 2121 Caroline Street
 - Dinner: Fridays 6pm
- **Glad Tidings Church** – 1401 Guelph Line
 - Dinner: Wednesdays (second and fourth of each month) 6pm
- **St. Luke’s Anglican** – 1382 Ontario Street
 - Lunch: Wednesdays, 11:30am
- **Next Door Social Place** – 650 Plains Road East
 - Lunch: Wednesdays & Fridays 12pm
- **Appleby United** – 4407 Spruce Avenue
 - Senior’s Lunch: third Tuesdays of the month, 12pm
- **St. Mathew’s on the Plains** – 126 Pains Road East
 - Senior’s Lunch: Mondays 12pm

CONTACT:

Phone: (905) 637-2273

Email: info@burlingtonfoodbank.ca

Website: www.burlingtonfoodbank.ca

Address: 1254 Plains Rd E, Burlington, ON, L7S 1W6

SALVATION ARMY - BURLINGTON

*The Salvation Army of Burlington offers a **food bank** for registered clients.*

NOTES:

Registration: Intake form completed on first visit to verify residency and needs. Identification must be shown on subsequent visits.

CONTACT:

Phone: (905) 637-3893

Website: www.sally-ann.org

Address: Unit 9 - 5040 Mainway, Burlington, ON, L7L 7G5

OPEN DOORS @ ST. CHRISTOPHERS

*Open Doors @ St. Christopher's Church offers a **food bank** for registered clients and **meal programs** twice each week. Additional programming (e.g., for families and children) are also available.*

NOTES:

Registration: Intake to be completed during time of first visit.

Community Meals:

- **St. Christopher's Anglican Church** – 662 Guelph Line
 - Dinner: Tuesdays 6pm
 - Senior's Lunch: Thursdays 12pm

Program Schedule: <http://stchristophersburlington.com/documents/OpenDoorsProgramsandHoursApr2018.pdf>

CONTACT:

Phone: (905) 637-2273

Email: info@burlingtonfoodbank.ca

Website: www.burlingtonfoodbank.ca

Address: 9-5040 Mainway, Burlington ON, L7L 7G5

MILTON

	Req. Documents	Access	Hours of Operation
MILTON			
Salvation Army - Oakville	Photo Identification – 2pc each Proof of Address Income/ Expenses	One visit per month.	Monday, Wednesday, Friday & Saturday: 9am – 3pm

SALVATION ARMY – KHI COMMUNITY

*The Khi Community of Milton (Salvation Army) offers a **food bank** and **fresh food boxes** for registered clients.*

NOTES:

Eligibility: Eligibility requirements slightly differ from LICO. The Salvation Army uses the following formula to qualify:

Step 1: (total income) - (housing expenses) = (net income)

Step 2: (net income) / (household members) = **\$350.00 or less**

Registration: Please call during times open (above) to make an appointment.

Food Boxes: Available (to purchase: large - \$20, medium - \$15, small - \$10) on the third Tuesday of every month. Please inquire within.

CONTACT:

Phone: (905) 875-1022

Website: www.khicomunity.com

Address: 820 Nipissing Road - Unit 4, Milton, ON L9T 4Z9

HALTON HILLS – ACTON & GEORGETOWN

	Req. Documents	Access	Hours of Operation
ACTON & GEORGETOWN			
Acton Foodshare	Photo Identification Proof of Address Income/ Expenses	Two visits per month.	Tuesday: 8:30am – 11:30am, 12:30pm – 2:30pm
Salvation Army - Acton	Photo Identification Proof of Address Income/ Expenses	One visit per month.	Monday – Friday: 10am – 4pm
Georgetown Bread Basket	Photo Identification Proof of Address Income/ Expenses	Once every two weeks.	Tuesday: 5pm – 7pm Wednesday: 8:30am – 12pm Saturday: 8:30am – 12pm
Salvation Army - Georgetown	Photo Identification Proof of Address Income/ Expenses	One visit per month.	Tuesday – Friday: 9:30am – 12:30pm

ACTION FOOD SHARE

*The Acton Foodshare offers a **food bank** for registered clients.*

NOTES:

Entrance is at the rear of the building.

CONTACT:

Phone: (519) 853-0457

Website: www.actonfoodshare.com

Email: www.actonfoodshare.com/contact-us

Address: 6-352 Queen Street, Acton, ON, L7J 1R2

SALVATION ARMY – ACTON

*The Salvation Army of Acton offers a **food bank** for registered clients.*

NOTES:

Registration: Intake form completed on first visit to verify residency and needs. Identification must be shown on subsequent visits.

CONTACT:

Phone: (519) 853-5610

Email: sa.acton@bellnet.ca

Website: www.salvationarmyacton.ca

Address: 130 Mill Street East, Acton, ON, L7J 1J1

GEORGETOWN BREAD BASKET

*The Georgetown Bread Basket offers a **food bank** for registered clients.*

NOTES:

Emergency help is available outside regular hours. Please call to inquire.

Registration: You will be asked to bring in the required documents during your first visit. If you are unable to provide everything, you will have up to 3 visits to provide that information.

CONTACT:

Phone: (905) 873-3368

Website: www.georgetownbreadbasket.ca

Email: info@georgetownbreadbasket.net

Address: 49B Mountainview Road North, Georgetown, ON, L7G 4J7

SALVATION ARMY – GEORGETOWN

*The Salvation Army of Georgetown offers a **food bank** for registered clients.*

NOTES:

Eligibility: Special requirements apply.

Website states: Assistance available to individuals who have been receiving General Welfare from the Region of Halton, for a period of time in excess of three months, or Family Benefits from the Ministry of Community and Social Services (MCSS).

Please contact for more details.

CONTACT:

Phone: (905) 877-1374

Website: www.georgetowncommunitychurch.ca/emergency-assistance.html

Address: 271 Mountainview Road South, Georgetown, ON, L7G 5K8

REGIONAL:

HALTON FRESH FOOD BOX

*The Halton Fresh Food Box program offers a fresh produce in the form of **food boxes** for anyone in the community.*

NOTES:

- HFFB offers \$10, \$15 and \$20 boxes, available for pick up once a month.
- The \$10 boxes are recommended for singles or small families; the \$15 and \$20 boxes are ideal for larger households.
- Each month the box contents vary and depend on seasonal production.

To Order: Ordering is currently processed online, or through a community service agency listed above.

www.haltonfreshfoodbox.com/order-a-box/

Pick Up Locations: www.haltonfreshfoodbox.com/?page_id=16

- Home delivery available at extra cost.
 - The Fresh Food Box is almost always delivered on a Tuesday once per month. Please check with your specific pick-up location to determine which week of the month it is.
 - Orders must be placed at least 11 days before your pick up sites delivery day.
 - Products are packed into boxes that are reused every month, so please bring personal bags to carry purchases.
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CONTACT:

Phone: (647) 887-4435

Email: www.haltonfreshfoodbox.com/our-program/where-you-can-find-us-and-when/

Website: www.haltonfreshfoodbox.com/

FURNITURE & CLOTHING

COMPASSION SOCIETY OF HALTON

Compassion Society offers clothing, food, and community referrals to residents of Halton.

PROGRAMS:

Clothing: Clothing, coats, shoes, and small household goods (including pillows, blankets and sheets) available.

Emergency Food Pantry: Small food bank with staple items offered.

Holiday Programs: Christmas hampers, back to school supplies, etc.

NOTES:

Hours of Operation: Mondays 12:00pm – 3:30pm, Wednesdays 12:00pm – 4:30pm, Fridays 12:00pm – 3:30pm

Eligibility: Must be a resident of Halton and demonstrate financial need (i.e., living at or below LICO).

Registration Process: Please call to make an intake appointment.

Required Documents: Proof of income (OW, ODSP, etc.) from the last three months OR notice of assessment, photo identification showing residency in Halton.

CONTACT:

Phone: (905) 592-3722

Email: contact@compassionsociety.net

Website: www.compassionsociety.ca

Mailing Address: 484 Plains Rd E, Unit 14, Burlington, ON L7T 2E1

SAFETY NET – CHILDREN AND YOUTH CHARITIES

*Free clothing bank for infants, youth, and adults; business suits for men and women re-entering the workforce.
Other programs available for children and youth.*

PROGRAMS:

Clothing Bank: Clothing, coats, and shoes for children, youth, and adults; business attire for individuals re-entering the workforce.

Household Items/ Furniture: Offers furniture, household and kitchen items, small appliances and bicycles.

Children & Youth: Free tutoring and music classes are offered.

NOTES:

Hours of Operation (Clothing Bank): Monday - Friday 9:30am – 1:00pm.

Eligibility: Must be a resident of Halton and demonstrate financial need (i.e., living at or below LICO).

Registration Process: Intake appointment is required; Families must call ahead to make appointment; recommend calling right at 9:30am as they book quickly.

Required Documents: Proof of income (OW, ODSP, etc.) from the last three months OR notice of assessment, photo identification showing residency in Halton.

- There is a cost associated with furniture and bicycle delivery; charges depend on size and distance: Within Halton or Mississauga, to the curb: \$200 for 2 large plus 3 small items. Hamilton, Brampton, Etobicoke add \$75. \$300 up to 6 large and 3 small items.
 - Tutoring and music lessons tend to have long waiting lists and fill quickly at the start of each school year. For tutoring, call to make a registration appointment; an educational assessment must be completed with the organization to determine child/ youth needs.
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CONTACT:

Phone: (905) 845-7233

Email: info@safetynetservices.ca

Website: www.safetynetservices.ca

Address: 1317 Speers Road, Oakville ON, L6L 2X5

* MISSISSUAGA FURNITURE BANK

The Mississauga Furniture Bank (MFB) recycles new and gently used household furnishings from individuals and corporate donors to our client base which includes women and children, refugees, the homeless, families living below the poverty line and victims of domestic violence.

PROGRAMS:

Furniture Bank: Provides new and gently-used furniture items for free and delivers them to families in need in Halton and Peel Regions for a fee.

BED BANK PROGRAM: Offers new and clean mattresses, box springs, and bed bug covers at a heavily discounted rate.

NOTES:

Application: Referrals to receive furniture must come through agencies registered with MFB (NCN is in this process); as such, they do not make appointments directly with recipients. Support Volunteers can liaise with MFB and Participants in order to receive furniture.

- Delivers to: Mississauga, Oakville, Burlington, Milton, Brampton, Caledon and Halton Hills.

BED BANK: Delivery is a flat fee of \$50. Pick up is free.

- Email: bedbank@mifb.ca
 - Clients can access the Bed Bank Program without through the Mississauga Furniture Bank.
 - Pricing estimates: Twin mattress & box spring: \$175, Queen mattress & box spring: \$290
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CONTACT:

Phone: (905) 845-7233

Email: info@safetynetservices.ca

Website: www.safetynetservices.ca

Address: 8-505 Iroquois Shore Road, Oakville