

# Food Access Guide

Hamilton, Ontario



[www.foodaccessguide.ca](http://www.foodaccessguide.ca)

October 2020

Food Access Guide, 3rd Edition, 2020-10-27 Revision  
Download the current version at <http://foodaccessguide.ca>

Copyright © Hamilton Public Library

Some rights reserved. You may reproduce or transmit this publication, in whole or in part, if doing so will improve someone's access to food. You may not charge a fee for reproductions of this publication or derivative works except to cover the costs of printing.

Hamilton Public Library values its partnerships with organizations and community groups to distribute reliable, up-to-date community information in accessible formats. If you intend to use the information in this publication for a project of community benefit, please let us know. Structured, relational community data is available in electronic form that produces a result superior to manual transcription from this book.

Red Book by HPL  
Hamilton Public Library (Central branch)  
55 York Blvd. L8N 4E4

905-546-3200  
[redbook@hpl.ca](mailto:redbook@hpl.ca)  
[redbook.hpl.ca](http://redbook.hpl.ca)

Inclusion in this publication does not imply an endorsement and should not be construed as a comment on the quality of any service listed. Omission should not be construed as a statement on the suitability or quality of any agency, program, or service. Hamilton Public Library, as publisher, accepts no liability for loss or damage resulting from errors or omissions in this directory.

Information Hamilton ISBN: 978-0-9947700-6-6

Printed in Canada

## The Hamilton Food Access Guide

The Food Access Guide lists places in Hamilton, Ontario where food can be obtained for free or at low cost.

In 1997, the City of Hamilton Public Health Services created the Food Access Guide as mandated by the Government of Ontario. All public health units were to develop and disseminate an inventory of local programs and services which increase access to healthy foods. In 2008 when provincial mandates changed, a City of Hamilton Public Health Services survey found that service providers valued the Food Access Guide and supported its continuation.

A grant from the Hamilton Community Foundation enabled to the integration of the Food Access Guide with the Red Book of Hamilton services database. Information Hamilton took over production of the guide in 2016, and developed a real time version of the guide in 2018.

When Information Hamilton closed in December 2018, the database for the Red Book of Hamilton was transitioned to the Hamilton Public Library (HPL). In 2019, HPL re-engaged City of Hamilton Public Health Services to collaborate on the Food Access Guide.

### Get the Best Version

The listings in the Food Access Guide are updated every business day. Online listings identical to this document with interactive maps can be viewed at [foodaccessguide.ca](http://foodaccessguide.ca). The most current version of the printable PDF can be downloaded and a full copy or sections of the Food Access Guide can be printed as needed. It is recommended that printed versions of the Food Access Guide be replaced on a quarterly basis.

### To suggest changes to this guide, please contact us at:

Red Book by Hamilton Public Library

Phone: 905-546-3200

Email: [redbook@hpl.ca](mailto:redbook@hpl.ca)

Online: Visit [redbook.hpl.ca](http://redbook.hpl.ca) and use the *Suggest an Update* links



# Table of Contents

**3 Community Gardens**

**4 Community Kitchens**

**7 Congregate Dining**

**10 Community Meals**

**14 Food Banks**

**21 Food Cooperatives**

**22 Free Meals**

**29 Good Food Box Programs**

**30 Low Cost Meals**

**33 Meals on Wheels Programs**

**35 Prenatal Nutrition Programs**

**40 Shopping and Transportation**

**44 Student Nutrition Programs**

## 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.

### Hamilton Community Garden Network

**Phone:** 905-574-1334 x302

**Contact:** Amy Angelo,

**Email:** aangelo@n2ncentre.com

**Web:** [www.n2ncentre.com/hamilton-community-food-centre/community-garden-networking-program/](http://www.n2ncentre.com/hamilton-community-food-centre/community-garden-networking-program/)

**Address:**

**Dates:** varies by location \* phone or email contact listed in the Garden Directory for information about your local garden

**Hours:** varies by location \* phone or email contact listed in the Garden Directory for information about your local garden

**Cost:** Program - fees vary \* see information listed in Garden Directory by visiting the website;

**Who can access this service:** see information listed in Garden Directory by visiting the website

**How to apply:** see information listed in Garden Directory by visiting the website

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: <http://www.n2ncentre.com/hamilton-community-food-centre/community-garden-networking-program> HCGN is currently organized by the Neighbour to Neighbour Centre's Hamilton Community Food Centre.

## 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.

### Cooking Programs

#### Living Rock Ministries

**Phone:** 905-528-7625 x229

**Contact:** Kevin Vos, Rock Resources

**Email:** mail@livingrock.ca

**Web:** www.livingrock.ca

**Address:** 30 Wilson St, Hamilton, ON, L8R 1C5

**Hours:** Mon-Fri 9:30 am-4:30 pm

**Cost:** None

**Who can access this service:** Age 13 years to 25 years; Open to all

**How to apply:**

Cooking and kitchen training in the Living Rock industrial kitchen. Provides work experience and training for at risk youth in the Hamilton community. Youth cook and participate in clean-up. 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.

### Cooking Up Justice

#### Neighbour to Neighbour Centre

**Phone:** 905-574-1334 x308

**Contact:** LeeAnne MacGregor, Program Coordinator

**Email:** lmacgregor@n2ncentre.com

**Web:** www.n2ncentre.com/

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

**Dates:** Temporarily closed during COVID-19 pandemic

**Hours:** Tue 3:30 pm-5:30 pm

**Cost:** None

**Who can access this service:** Age 12 years to 18 years

**How to apply:** Contact to register

Due to the COVID-19 virus this service has been temporarily suspended. 12-week cooking

program offered twice throughout the school year. Youth-led creation and facilitated discussion on food justice topics. Recipes feature whole foods and locally sourced ingredients with vegetarian and halal options.

### Diabetes Kitchen Program

#### Compass Community Health Centre

**Phone:** 905-523-6611 x3047

**Contact:** Cory Ma, Registered Dietitian

**Web:** www.nhchc.ca/programs-services/managing-your-health-wellness

**Address:** 438 Hughson St N, Hamilton, ON, L8L 4N5

**Dates:** Jan-Mar, Apr-Jun, Sep-Nov \* 1 Friday per month

**Hours:** 9:30am-12:30pm

**Cost:** None

**Who can access this service:** People living with diabetes, and their families, or those who are at increased risk of development of Diabetes.

**How to apply:** Contact for information.

Due to the COVID-19 pandemic, all Compass Community Health Groups are cancelled until further notice. All non-essential programs and services including the gym services are also cancelled. Program provides learning opportunities that help participants develop skill and confidence in the kitchen, and learn about choice and preparation of diabetes friendly food. Topics include: food safety education, cooking more to limit processed food and restaurant use, make healthy choices taste great, cooking techniques, healthy alternatives, vegetarian protein options and money saving tips. Sessions run one Friday per month, for three Months: September - November January - March April - June

**Food Access Programs, Cooking at the Core  
Hamilton Urban Core Community Health Centre**

**Phone:** 905-522-3233  
**Email:** administration@hucchc.com  
**Web:** www.hucchc.com/programs.html  
**Address:** 71 Rebecca St, Hamilton, ON, L8R 1B6  
**Hours:** Hours vary - 8 week sessions offered 4 times per year  
**Cost:** None  
**Who can access this service:** Open to all  
**How to apply:** Contact for information \*  
Registration required

Due to COVID-19 this service is experiencing a closure. Offering a weekly, eight-week program in which participants learn about food, nutrition, healthy eating, kitchen safety, safe food handling, and basic cooking techniques. Offered up to four times per year.

**Food Access Programs, Inner City Women's Collective Kitchen  
Hamilton Urban Core Community Health Centre**

**Phone:** 905-522-3233  
**Contact:** Denise Brooks, Executive Director  
**Email:** administration@hucchc.com  
**Web:** www.hucchc.com  
**Address:** 71 Rebecca St, Hamilton, ON, L8R 1B6  
**Hours:** Twice each month, contact for information  
**Cost:** None  
**Who can access this service:** Female identifying individuals  
**How to apply:**

Due to COVID-19 this service is experiencing a closure. 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  
Neighbour to Neighbour Centre**

**Phone:** 905-574-1334 x304  
**Contact:** Caitlin Craven or Narmin Mzouri ,  
Food Skills Coordinator  
**Email:** ccraven@n2ncentre.com  
**Web:** www.n2ncentre.com/  
communityfoodcentre/  
**Address:** 310 Limeridge Rd W, Hamilton, ON, L9C 2V2  
**Dates:** TEMPORARILY CLOSED  
**Hours:** Wed and Thu 11:30 am-2:30 pm  
**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

Due to the COVID-19 virus this service has been temporarily suspended. 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.

**Seniors Community Kitchen  
Compass Community Health Centre**

**Phone:** 905-523-6611 x3006  
**Contact:** Andrew Sweetnam,  
**Web:** compassch.org/programs-services/  
community-health-promotion  
**Address:** 438 Hughson St N, Hamilton, ON, L8L 4N5  
**Dates:** Third Wednesday of the month  
**Hours:** 11:30am-2:30pm  
**Cost:** None

**Who can access this service:** Older adults  
**How to apply:** Registration required, contact for more information.

Due to the COVID-19 pandemic, all Compass Community Health Groups are cancelled until further notice. All non-essential programs and services including the gym services are also cancelled. Teaches senior residents and clients nutrition strategies and cooking skills. Participants participate in a luncheon

to develop friendships and socialize. Also offers special guest speakers about topics that interest participants.



## Congregate Dining

Congregate and dining programs provide lowcost meals that are enjoyed in a community setting. Transportation may be provided.

### Cafe 55 Plus

#### Salvation Army (The)

**Phone:** 905-627-0572

**Contact:** Shirley Molloy, Director

**Web:** [www.salvationarmy.ca](http://www.salvationarmy.ca)

**Address:** Salvation Army Community and Family Services, 150 King St W, Dundas, ON, L9H 1V4

**Dates:** Sep-Jun

**Hours:** Thu 10 am-2:30 pm

**Cost:** Program - \$5

**Who can access this service:** Age 55 years and older; Residents in Dundas, Ancaster, Flamborough and West Hamilton (west of Highway 403).

**How to apply:**

Program provides games, fellowship, and learning opportunities in a fun environment to develop companionship among seniors. Congregate/Group Senior Dining available from Sep-Jun.

### Congregate Dining

#### VON Hamilton

**Phone:** 905-522-1022

**Contact:** Annette Thompson, Coordinator, Community Support Services

**Email:** [voncsshamilton@von.ca](mailto:voncsshamilton@von.ca)

**Web:** [www.von.ca/en/service/congregate-dining](http://www.von.ca/en/service/congregate-dining)

**Address:** St. Joseph's Healthcare Hamilton, 2757 King St E, Hamilton, ON, L8G 5E4

**Hours:** Administration: Mon-Fri 8:30 am-4:30 pm \* Every other Tue 12 noon-2 pm

**Cost:** Program - Program: \$9.50/meal maximum \* Transportation: available for additional fee; fees adjusted to ability to pay \* participants are invoiced monthly

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

**How to apply:**

Due to the COVID-19 virus, all VON congregate dining programs have been temporarily cancelled. Participants receive a meal served in a group setting that provides an opportunity for socializing. Developed for older adults and adults with disabilities who would like to get out of the house more. Transportation is available for a fee.

### Diners Club

#### Welcome Inn Community Centre

**Phone:** 905-525-5824

**Contact:** Ruth Kaulback, Seniors Program Coordinator and Volunteer Coordinator

**Email:** [info@welcomeinn.ca](mailto:info@welcomeinn.ca)

**Web:** [welcomeinn.ca/seniors-support-programs/](http://welcomeinn.ca/seniors-support-programs/)

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

**Dates:** Temporarily closed during COVID-19 pandemic (Sept-June)

**Hours:** Tue 12 noon-2 pm

**Cost:** None - social interaction; Program - Tuesday meal: \$4.50

**Who can access this service:** Seniors living in the central and north end of Hamilton

**How to apply:**

Due to the COVID-19 pandemic Seniors Diners Club has been suspended until further notice. Weekly home-cooked lunch followed by activities such as singing, games, and excursions. Summer schedule available in July and August including brunch and/or a day trip.

### Diners' Club Congregate Dining Program

#### Glanbrook Community Services

**Phone:** 905-692-3464

**Contact:** Carole Taylor, Program Coordinator

**Email:**

[carole@glanbrookcommunityservices.ca](mailto:carole@glanbrookcommunityservices.ca)

**Web:** [www.glanbrookcommunityservices.ca/diners\\_club.html](http://www.glanbrookcommunityservices.ca/diners_club.html)

**Address:** The 447 Wing, 3210 Homestead Dr, Mount Hope, ON, LOR 1W0

**Hours:** Third Thu of each month 12 noon-1 pm

**Cost:** Program - \$12 includes meal, dessert, and tea/coffee;

**Who can access this service:** Open to seniors and most older adults

**How to apply:** Call to register

Due to the COVID-19 virus Glanbrook Community Services has cancelled all programs and services except for Meals on Wheels deliveries. 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.

### **McQuesten Senior's Program Boys and Girls Clubs of Hamilton**

**Phone:** 905-544-0050 x261

**Contact:** Emily Carroll, Program Lead, Roxborough Seniors

**Email:** [emily.carroll@kboysandgirlsclub.com](mailto:emily.carroll@kboysandgirlsclub.com)

**Web:** [www.kboysandgirlsclub.com](http://www.kboysandgirlsclub.com)

**Address:** St. Helen's Community Centre, 785 Britannia Ave, Hamilton, ON, L8H 2B6

**Dates:** TEMPORARILY CLOSED

**Hours:** Hours vary by program \* contact for information

**Cost:** Membership - \$10/year

**Who can access this service:** Age 55 years and older; Seniors, people who are retired

**How to apply:**

Due to the COVID-19 virus all of Boys and Girls Clubs Hamilton's programs have been cancelled and all locations are closed. 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.

### **Meal Services, Congregate Dining VON Hamilton**

**Phone:** 905-522-1022

**Email:** [voncsshilton@von.ca](mailto:voncsshilton@von.ca)

**Web:** [www.von.ca/en/service/congregate-dining](http://www.von.ca/en/service/congregate-dining)

**Address:** Idlewyld Manor, 449 Sanatorium Rd, Hamilton, ON, L9C 2A7

**Hours:** Administration: Mon-Fri 8:30 am-4:30 pm \* Every other Tue 12 noon-2 pm

**Cost:** Program - Program: \$9.50/meal maximum \* Transportation: available for additional fee; fees adjusted to ability to pay \* participants are invoiced monthly

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

**How to apply:**

Due to the COVID-19 virus, all VON congregate dining programs have been temporarily cancelled. Program offered to older adults and adults with disabilities who don't get out and would like to. Each meal is served in a group setting providing opportunity for socializing, and transportation is available for a fee.

### **Seniors Drop-In Centre St. Matthew's House**

**Phone:** 905-523-5546 x240

**Contact:** Mel Delorme, Supervisor, Social Services

**Email:** [admin@stmatthewshouse.ca](mailto:admin@stmatthewshouse.ca)

**Web:** [www.stmatthewshouse.ca](http://www.stmatthewshouse.ca)

**Address:** Eva Rothwell Centre, 460 Wentworth St N 1st Floor, Hamilton, ON, L8L 5W8

**Hours:** Mon-Thu 9 am-4 pm: Breakfast 9 am-9:45 am and Lunch 12 pm-1:15 pm \* Fri 9 am-1 pm: Breakfast 9 am-9:45 am and Lunch 11:30 am-12:30 pm

**Cost:** None

**Who can access this service:** Age 55 years and older; Older adults

**How to apply:** Drop in, no registration required

Due to the COVID-19 virus, St. Matthew's House Seniors Centre has been closed. Program provides a casual space for seniors to gather and socialize with an emphasis on low-income seniors who are vulnerable, potentially isolated or are living in at-risk conditions. Also

offering light breakfast and lunch daily, TV, movies, newspapers, books, games and a free weekly chair exercise program. Provides referrals to internal services at St. Matthew's House or external organizations or agencies that provide financial assistance, legal aid, housing, medical treatment and other services. Outreach workers provide friendly visiting to seniors at home for health and safety checks, and assist seniors in crisis situations.

### **Seniors Luncheon Saint James United Church**

**Phone:** 905-689-6223

**Contact:** Wendy Thomson, Administrator

**Email:** [stjames@stjameswaterdown.ca](mailto:stjames@stjameswaterdown.ca)

**Web:** [www.stjameswaterdown.ca](http://www.stjameswaterdown.ca)

**Address:** 306 Parkside Dr, Waterdown, ON,  
L0R 2H0

**Dates:** Sep-May

**Hours:** Third Tue of each month 11:30 am-1 pm

**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.

Due to COVID-19 this program has been temporarily cancelled. Program offers a lunch for all seniors.

## 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.

### Community Breakfast Knox Presbyterian Church

**Phone:** 905-689-8115

**Contact:** George Robertson, Pastor

**Web:** [www.knoxwaterdown.ca/event/community-breakfast](http://www.knoxwaterdown.ca/event/community-breakfast)

**Address:** 80 Mill St N, Waterdown, ON, L0R 2H0

**Hours:** Second and third Sat of the month 8 am-10 am

**Cost:** None

**Who can access this service:** Open to all

**How to apply:** No registration required

Due to the COVID-19 pandemic, the church building is closed and all in-person programming has been suspended until further notice. Program offers Saturday morning breakfast to the community twice per month.

### Community Outreach Program New Vision United Church

**Phone:** 905-522-6843

**Contact:** Pam Wilson, Office Secretary

**Email:** [officeadmin@newvisionunited.org](mailto:officeadmin@newvisionunited.org)

**Web:** [www.newvisionunited.org](http://www.newvisionunited.org)

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

**Hours:** Thu 10 am-1 pm (Lunch 12:15 pm-1 pm)

**Cost:** None

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

**How to apply:**

During COVID-19, New Vision United Church is offering snacks and rest space to homeless individuals and others in need. This service is available Mon-Sun 5 pm-10 pm. Meanwhile, the Thursday outreach program will not be running. Program provides lunch, worship service and fellowship. One-on-one

counselling and access to food cupboard is also available.

### De Mazenod Door Outreach

**Phone:** (905) 522-9828

**Contact:** Fr. Tony O'Dell, President & CEO

**Email:** [demazenod@stpatrickshamilton.ca](mailto:demazenod@stpatrickshamilton.ca)

**Web:** [demazenod-door.ca](http://demazenod-door.ca)

**Address:** St. Patrick Parish, 440 King St E, Hamilton, ON, L8N 1C6

**Hours:** Sat-Thurs Breakfast 10 am-11 am, Lunch 11 am-1 pm; Fri (BBQ) Breakfast 10 am-11 am, Lunch 1 pm-2:30 pm

**Cost:** None

**Who can access this service:** Open to all ages.

**How to apply:**

During the COVID-19 pandemic, De Mazenod Door Outreach is continuing to run with a modified method of service. Please see website (<http://demazenod-door.ca/>) for more details. Provides free daily breakfast and lunch meals to individuals in need. Friday meals are provided as a BBQ. Located in St. Patrick Parish with meal service area in St. Patrick Catholic Elementary School.

### Drop-In Programs

#### Boys and Girls Clubs of Hamilton

**Phone:** 905-549-2814

**Contact:** Mila Minic, Manager, School Age Services

**Email:** [frontdesk@kboysandgirlsclub.com](mailto:frontdesk@kboysandgirlsclub.com)

**Web:** [www.kboysandgirlsclub.com/index.html](http://www.kboysandgirlsclub.com/index.html)

**Address:** 45 Ellis Ave, Hamilton, ON, L8H 4L8

**Dates:** TEMPORARILY CLOSED

**Hours:** Hours vary by program \* contact for information

**Cost:** Membership - Child (ages 12 and under) \$5; Youth (ages 13-18 and full-time students up to 24) \$10; Adult \$107.35; Senior (ages 55

and over) \$56.50; Program - all programs free with club membership

**Who can access this service:** Open to all \* some programs are geared towards specific age groups \* contact for more information

**How to apply:**

Due to the COVID-19 virus all of Boys and Girls Clubs Hamilton's programs have been cancelled and all locations are closed. Tech Centre Provides public free high speed Internet access for use as a resource for job searches or to enhance digital literacy. There are also scanners and a laser printer. Games Centre A variety of games available including pool, foosball, air hockey, board games, ping-pong, and the latest video games. Jam 101 A music education program in collaboration with <https://redbook.hpl.ca/redbook/record/HAM2112> Hamilton Music Collective's, An Instrument for Every Child Program</a>. Introduces children to a wide variety of musical instruments to spark children's curiosity and interest. Dinner Club Mon-Fri 5 pm-5:30 pm - Provides young people with resources to enhance and expand their access to food, education relating to food, and the development of healthy habits and life skills. Cool Moves A healthy lifestyle program that tackles poor eating habits and inactivity among kids (ages 7 and older)

### **Food Access Programs, Dinner With a Movie Hamilton Urban Core Community Health Centre**

**Phone:** 905-522-3233

**Email:** [administration@hucchc.com](mailto:administration@hucchc.com)

**Web:** [www.hucchc.com](http://www.hucchc.com)

**Address:** 71 Rebecca St, Hamilton, ON, L8R 1B6

**Hours:** 3rd Friday of each month, 5 pm-8 pm

**Cost:** None

**Who can access this service:** Open to all, with a focus on low income individuals and families

**How to apply:**

Due to COVID-19 this service is experiencing a closure. Program offers dinner and a movie to the community.

### **Let's Do Lunch**

#### **Saint Andrew's Presbyterian Church**

**Phone:** 905-648-6024

**Contact:** Rev. John T Read

**Email:** [secretary@standrews.ws](mailto:secretary@standrews.ws)

**Web:** [www.standrews.ws](http://www.standrews.ws)

**Address:** Ancaster Apsotolic Church, 91 Carrington Court, Ancaster, ON, L9G 1R2

**Dates:** Sept - May

**Hours:** 3rd Wednesday of each month at 12 pm-1 pm

**Cost:** None - Donation accepted

**Who can access this service:** Open to all

**How to apply:**

Due to the COVID-19 pandemic, the church building is closed and all in-person programming has been suspended until further notice. Program offers a monthly lunch for seniors in Ancaster the community.

### **Loonie Lunch**

#### **Saint Andrew's United Church**

**Phone:** 905-383-7411

**Contact:** Laurie White, Minister

**Email:** [standrewsofc@shaw.ca](mailto:standrewsofc@shaw.ca)

**Web:** [www.standrewsunitedhamilton.ca](http://www.standrewsunitedhamilton.ca)

**Address:** 479 Upper Paradise Rd, Hamilton, ON, L9C 5E2

**Dates:** Fall to Spring \* Closed in the summer

**Hours:** 12pm-1:30pm

**Cost:** Program - \$1 or donation

**Who can access this service:** Open to all

**How to apply:**

Due to the COVID-19 pandemic, the church building is closed and all in-person programming has been suspended until further notice. Program offers 2 kinds of soup (one vegetarian) and a sandwich lunch along with the opportunity for community fellowship.

### **Lunch in the Country**

#### **Jerseyville United Church**

**Phone:** 905-648-5433

**Contact:** Mamie McCromack, Chair

**Email:** [mamiemccormack@gmail.com](mailto:mamiemccormack@gmail.com)

**Web:** [fc.churchwebcanada.ca/jerseyville](http://fc.churchwebcanada.ca/jerseyville)

**Address:** 17 Field Rd, Ancaster, ON, LOR 1R0

**Dates:** Sep-Jun

**Hours:** Second Wed of each month at 12 noon

**Cost:** None

**Who can access this service:** Open to all

**How to apply:**

Due to the COVID-19 pandemic, the church building is closed and all in-person programming has been suspended until further notice. Program offers free soup, sandwiches, coffee, tea and dessert. There is a free will donation for those who are able.

### **Men's Breakfast**

**Hess Street Baptist Mission Inc.**

**Phone:** 905-529-4187

**Address:** 179 Hess St N, Hamilton, ON, L8R 2T1

**Hours:** Hours vary \* contact for details

**Cost:** None

**Who can access this service:** Men

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

Offers community breakfast for men to gather, eat, share, and pray.

### **Oasis Coffeehouse Breakfast Program**

**Living Rock Ministries**

**Phone:** 905-528-7625

**Email:** mail@livingrock.ca

**Web:** www.livingrock.ca

**Address:** 30 Wilson St, Hamilton, ON, L8R 1C5

**Hours:** Mon-Fri 7:45 am-9:30 am

**Cost:** None

**Who can access this service:** Age 13 years to 25 years; Youth

**How to apply:** Drop-In, no registration required

Due to the COVID-19 virus all Living Rock facilities are closed. Breakfast is being handed out at the side door Monday to Friday 9 am-10 am. Free breakfast available Mon-Fri for youth aged 13-25. During the program youth also have access to showers, hygiene products, clothing, wifi, computers, and crisis and housing support. Weekly themed activities such as wellness, arts and crafts. Program is part of the Oasis Coffeehouse supported through the <a href=https://redbook.hpl.ca/redbook/record/HAM4656>Living Rock Cooking Programs</a>

### **Oasis Coffeehouse Evening Drop-In Living Rock Ministries**

**Phone:** 905-528-7625

**Email:** mail@livingrock.ca

**Web:** www.livingrock.ca

**Address:** 30 Wilson St, Hamilton, ON, L8R 1C5

**Hours:** Tue, Wed, Thu 6:30 pm-9 pm

**Cost:** None

**Who can access this service:** Age 13 years to 25 years; youth

**How to apply:** Drop-In, no registration required

Due to the COVID-19 virus all Living Rock facilities are closed. Dinner is being handed out at the side door Monday to Friday 4 pm-5 pm. A safe community for youth to come and share a warm and nutritious meal. Also offers a variety of positive social activities such as wellness spa night, sports and recreation, cultural theme nights, and movie and game nights. Youth are able to access support through crisis response, referrals, and use the "work to earn" model to receive incentives such as bus tickets or snacks. Program is part of the Oasis Coffeehouse supported through the <a href=https://redbook.hpl.ca/redbook/record/HAM4656>Living Rock Cooking Programs</a>

### **Out of the Cold Day Program Hamilton Out of the Cold**

**Phone:** 905-308-8447

**Email:** hootc97@gmail.com

**Web:** www.hamiltonoutofthecold.ca

**Address:** St. Stephen on the Mount Anglican Church, 625 Concession St, Hamilton, ON, L8V 1B7

**Dates:** Nov 1, 2019 to Mar 31, 2020

**Hours:** Wed 4:30 pm; Temporarily closed during COVID-19 pandemic

**Cost:** None

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

**How to apply:**

This service/organization is experiencing a closure or cancellation due to the COVID-19 virus. Visit the City of Hamilton <a href=https://www.hamilton.ca/coronavirus/affected-city-services>Closures and Cancellations website</a> for details and updates. Provides

free hot meals to people in need on Tuesdays. Organized through Hamilton Out of the Cold which is a not-for-profit, non-denominational program serving hot nutritious meals six days a week from 10 locations throughout November to March.

**Seniors Fitness and Breakfast  
Neighbour to Neighbour Centre**

**Phone:** 905-574-1334 x305

**Web:** [www.n2ncentre.com/hamilton-community-food-centre/food-access-programs/](http://www.n2ncentre.com/hamilton-community-food-centre/food-access-programs/)

**Address:** Hamilton Community Food Centre, 310 Limeridge Rd W, Hamilton, ON, L9C 2V2

**Hours:** Tue & Fri; fitness program 9:30 am-10:30 am; breakfast 10:30 am-11:00 am

**Cost:** None

**Who can access this service:** Age 55 years and older; Older adults, with no strict age requirements

**How to apply:** No registration required

Due to the COVID-19 virus, all meals are take-out only and are offered at no cost. Free program focused on wellness for seniors includes exercise with YWCA staff and breakfast.

## Food Banks

Food Banks and Emergency Food programs provide individuals and families with grocery items free of charge.

### BlueDoor Food Pantry Hamilton Dream Center (The)

**Phone:** 905-527-8605

**Contact:** Brenda Paszkat, Food Bank Manager

**Web:** [www.hamiltondreamcenter.ca](http://www.hamiltondreamcenter.ca)

**Address:** 627 Main St E, Hamilton, ON, L8M 1J5

**Hours:** Office hours: Tue-Thu 9:30am-3:30pm

\* Food Bank hours: Tue 9:30am until last

appointment \* Thu 9:30am until last

appointment \* By appointment only

**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 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 the file.

During the COVID-19 pandemic The Hamilton Dream Center is offering food bank support by appointment only - call 905-527-8605 to arrange to pick up a 10 item food bag. No clothing is being provided at this time. Provides food and clothing to individuals in need.

### Community Outreach Program New Vision United Church

**Phone:** 905-522-6843

**Contact:** Pam Wilson, Office Secretary

**Email:** [officeadmin@newvisionunited.org](mailto:officeadmin@newvisionunited.org)

**Web:** [www.newvisionunited.org](http://www.newvisionunited.org)

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

**Hours:** Thu 10 am-1 pm (Lunch 12:15 pm-1 pm)

**Cost:** None

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

**How to apply:**

During COVID-19, New Vision United Church is offering snacks and rest space to homeless individuals and others in need. This service is available Mon-Sun 5 pm-10 pm. Meanwhile, the Thursday outreach program will not be running. Program provides lunch, worship service and fellowship. One-on-one counselling and access to food cupboard is also available.

### East Hamilton Food Centre Mission Services of Hamilton

**Phone:** 905-574-6201

**Email:** [ehfc@mission-services.com](mailto:ehfc@mission-services.com)

**Web:** [www.mission-services.com](http://www.mission-services.com)

**Address:** 625 Greenhill Ave, Hamilton, ON, L8K 5N8

**Dates:** Temporarily closed during COVID-19 pandemic

**Hours:** Tue and Thu 1 pm-4 pm

**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.

Bring: identification for all members of the household, proof of address, rent or mortgage statements, and copies of utility statements

Due to the COVID-19 virus, the East Hamilton Food Centre has been closed until further notice. The Good Food Centre at 196 Wentworth St N remains open. An emergency food bank operated in partnership with Davis Creek neighbourhood organization. Also offers hygiene supplies when available.



### **Emergency Food Pantry Eva Rothwell Centre**

**Phone:** 905-526-1558 x419

**Web:** [www.evarothwell.ca](http://www.evarothwell.ca)

**Address:** 460 Wentworth St N, Hamilton, ON, L8L 5W8

**Hours:** Mon-Fri 10 am-4 pm

**Cost:** None

**Who can access this service:** Open to all individuals and families in need.

**How to apply:** Contact for information.

Due to COVID-19, visitors must wear a mask. To request assistance from the Emergency Food Pantry, please email [sam.campanella@evarothwell.ca](mailto:sam.campanella@evarothwell.ca) or call 905-526-1558 x419 to set up an appointment. Food Pantry is available to anyone in need. Donations are welcome. Donations accepted and greatly needed (canned fruit, Kraft dinner, cereal bars, rice, pasta and pasta sauce, peanut butter, Chef Boyardee cans).

### **Emergency Food Program Parkview Church**

**Phone:** 905-574-6917

**Contact:** Rev Jon Huxtable, Pastor

**Web:** [www.parkviewchurchhamilton.ca/food/](http://www.parkviewchurchhamilton.ca/food/)

**Address:** 1120 West 5th St, Hamilton, ON, L9B 1J6

**Hours:** Mon-Thu 10 am-1 pm, Fri 10 am-12 noon

**Cost:** None

**Who can access this service:** Individuals and families in need

**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.

### **Emergency Outreach Program Native Women's Centre**

**Phone:** 905-664-1114

**Contact:** Emergency Outreach Worker

**Email:** [eow1@nativewomenscentre.com](mailto:eow1@nativewomenscentre.com)

**Web:** [www.nativewomenscentre.com](http://www.nativewomenscentre.com)

**Address:**

**Hours:** Admin: Mon-Fri 8:30 am-4:30 pm \*

Food hamper delivery hours vary

**Cost:** None

**Who can access this service:** Hamilton Aboriginal population

**How to apply:** Call and leave message

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.

### **Emergency food and clothing bank Good Shepherd Centres, Main Administration**

**Phone:** 905-972-9485 press option 1

**Contact:** Mark Tennant,

**Email:** [info@gsch.ca](mailto:info@gsch.ca)

**Web:** [www.goodshepherdcentres.ca/food-bank-clothing-room](http://www.goodshepherdcentres.ca/food-bank-clothing-room)

**Address:** 155 Cannon St E, Hamilton, ON, L8L 0A2

**Hours:** Mon-Fri 9:30 am-3 pm

**Cost:** None

**Who can access this service:** All families (including newcomer families) and individuals that meet a low income assessment are eligible.

**How to apply:** Contact for information. An attendant will schedule an appointment for the caller to attend and be registered.

Due to the COVID-19 virus the Venture Centre is enforcing social distancing by limiting number of clients shopping in the Market Place to 10 at any given time, while eliminating clothing and housewares from the shop until further notice. To ensure social distancing only one household member will be allowed in at one time and a maximum of 10 guests in the waiting room. Provides emergency food and clothing for families and individuals in need.

### **Flamborough Food Bank**

**Phone:** 905-690-1036

**Email:** [flamborough1@hotmail.com](mailto:flamborough1@hotmail.com)

**Web:** [carlisleuc.ca/flamborough-food-bank](http://carlisleuc.ca/flamborough-food-bank)

**Address:** Carlisle United Church, 1432 Centre Rd, Carlisle, ON, LOR 1H1

**Hours:** Wed 1 pm-3 pm and 7 pm-8:30 pm

**Cost:** None

**Who can access this service:** Anyone in need of food and personal care supplements who is 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.

Due to the COVID-19 virus food bank clients are no longer entering the food bank for personal shopping. All food bank items are gathered into pre-packaged hampers. Hours of operation remain Wednesday 1pm-3pm and 7pm-8:30pm. Community food bank located in Carlisle United Church. Food drop off places 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 as we can not accept donations during office hours.

### Food Bank

#### All Nations Full Gospel Church

**Phone:** 416-667-9333

**Contact:** Pastor Dike Odimuko, Pastor

**Email:** info.hamilton@anfgc.org

**Web:** www.anfgc.org/

**Address:** 1209 Main St E, Hamilton, ON, L8K 1A3

**Hours:** Sun 12:30 pm-1:30 pm

**Cost:** None

**Who can access this service:** Open to all

**How to apply:** Contact for information. Photo ID is required.

Provides emergency food assistance to people in need.

### Food Bank

#### Restoration House Hamilton

**Phone:** 905-527-1622

**Contact:** Pastor Olayinka Dada,

**Email:** office@restorationhouse.ca

**Web:** www.restorationhouse.ca

**Address:** 54 Vine St, Hamilton, ON, L8R 2A7

**Hours:** Tue, Fri, Sun 12 noon-2 pm

**Cost:** None

**Who can access this service:** Open to any family or individual in need on a low income.

**How to apply:** Call for information

The food bank offers emergency food assistance to all persons living in poverty and with low incomes.

### Food Bank

#### Salvation Army (The)

**Phone:** 905-627-0572

**Contact:** Shirley Molloy, Program Director

**Web:** www.salvationarmy.ca

**Address:** 150 King St W Ste 1, Dundas, ON, L9H 1V4

**Hours:** Mon, Wed, Fri 9:30 am-11:30 am \* Fri 1 pm-3:30 pm

**Cost:** None

**Who can access this service:** Open to all families and/or individuals who are in need and on a low income.

**How to apply:** Call ahead to make an appointment

Due to COVID-19 Salvation Army is offering food delivery to isolated seniors and vulnerable individuals. Provides emergency help in the form of a community food bank. The food bank sometimes has fresh fruits and vegetables.

### Food Bank

#### Salvation Army (The)

**Phone:** 905-540-1888

**Contact:** Shirley Molloy, Program Director

**Email:** graham\_brown@can.salvationarmy.org

**Address:** 80 Bay St N, Hamilton, ON, L8R 3N3

**Hours:** Mon-Wed, Fri 9:30 am-11:45 am, 1 pm-3:30 pm \* Thu 9:30 am-11:45 am

**Cost:** None

**Who can access this service:** Open to all families and/or individuals who are in need and on a low income.

**How to apply:** Users can access the food bank monthly, to a maximum of 12 times per year.

Due to COVID-19 Salvation Army is offering food delivery to isolated seniors and

vulnerable individuals. Provides emergency help in the form of a community food bank.

### Food Bank

#### Welcome Inn Community Centre

**Phone:** 905-525-5824

**Contact:** Krista Rao, Community Programs Coordinator

**Email:** info@welcomeinn.ca

**Web:** welcomeinn.ca/food-bank/

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

**Hours:** Mon, Wed, Thu, Fri 10:30 am-2 pm

**Cost:** None

**Who can access this service:** Open to all

**How to apply:** Contact for information \* ID is required for each member of the household

During COVID-19 the Welcome Inn Food Bank will be distributing food as prepackaged hampers, Mon, Wed, Thu, Fri 10:30 am-2 and Tues 12 noon-4 pm. Emergency food bank. Provides three-day supply of food and personal hygiene products. Can be accessed once per household every 30 days.

### Food Bank

#### Hamilton Jewish Family Services

**Phone:** 905-627-9922

**Contact:** Alexis Wenzowski, Director

**Email:** alexis.jss@gmail.com

**Web:** www.hamiltonjss.com/

**Address:** 30 King St E, Dundas, ON, L9H 5G4

**Hours:** Mon-Thu 10 am-12:30 pm

**Cost:** None

**Who can access this service:** Interview required to determine eligibility.

**How to apply:**

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.

### Food Bank

#### Ancaster Community Services

**Phone:** 905-648-6675

**Contact:** Paula Jones, Supervisor, Volunteer and Social Services

### Email:

AncasterCommunityServices@gmail.com

**Web:** www.ancastercommunityservices.ca/programs-and-services/food-bank/

**Address:** Ancaster Municipal Service Centre and Library, 300 Wilson Lower Level, Ancaster, ON, L9G 2B9

**Hours:** Office: Mon-Fri 9 am-4 pm, Food Bank: Mon, Tue 9 am-4 pm by appointment only

**Cost:** None

**Who can access this service:** Low income individuals and families residing in the Ancaster or surrounding area

**How to apply:** By appointment only \* Must provide identification for each member of the household, proof of income, proof of expenses (utility bills, telephone and cable bills etc.), and proof of address

Food bank services are available during the COVID-19 pandemic by appointment only. Social-distancing measures are in place for food pick up. Provides non-perishable food on an emergency basis to residents in need.

### Food Bank and Emergency Services Neighbour to Neighbour Centre

**Phone:** 905-574-1334

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

**Email:** warehouse@n2ncentre.com

**Web:** www.n2ncentre.com/community-food-programs/food-bank/

**Address:** 28 Athens St, Hamilton, ON, L9C 3K9

**Hours:** Mon-Wed 9:30 am-3:30 pm \* Thu 12:30 pm-7:30 pm \* Fri Closed

**Cost:** None

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

**How to apply:** Contact for information and to book intake appointment Bring: \* Identification for all members of the household \* Proof of address \* Proof of income

Supplementary and emergency food, for residents of Hamilton mountain and neighbouring communities. Pet food assistance is also available. Mobile food bank for community members who cannot access

food bank, due to illness or disability. Mountain residents only. Doctor referral is required.

### Food Pantry

#### King's Way Outreach Centre (The)

**Phone:** 905-296-9473

**Contact:** Antoinette Laffrenier, Manager

**Email:** a.laffrenier@alifeatatime.com

**Web:** alifeatatime.com

**Address:** 649 King St E, Hamilton, ON, L8N 1E5

**Hours:** Mon-Thu 11 am-12:30 pm, 1:30pm - 3pm

**Cost:** None

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

**How to apply:** No registration 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

#### Grace Anglican Church Waterdown

**Phone:** 905-689-6715 x80

**Contact:** Cindy Allen, Administrator

**Email:**

foodwgrace@graceanglicanwaterdown.org

**Web:** www.graceanglicanwaterdown.org/food-with-grace

**Address:** 157 Mill St N, Waterdown, ON, L0R 2H0

**Hours:** Pickup: Tue 2pm-6pm \*Donation drop off Tues 11am-5pm; Wed, Thurs 10am-3pm

**Cost:** None

**Who can access this service:** Anyone in need of food or personal care items

**How to apply:**

During COVID 19 Food with Grace remains open with precautionary restrictions. Food bank is operating Tuesdays 2 pm-6 pm. Please do not arrive before 1:30 pm. Food assistance will be provided with pre-made bags of food at the entrance door. Provides emergency food parcels and personal care items for families and individuals in need of assistance. Donations of non-perishable items can be

dropped off in the Food with Grace boxes at Sobey's, Fortino's, or No Frill's stores in Waterdown, or at Grace Church.

### Giving Cupboard (The)

#### Crown Point Community Church

**Phone:** 905-545-2002

**Contact:** Pastor Liana Brown

**Email:** churchoffice@crownpointcommunity.ca

**Web:** www.crownpointcommunity.ca

**Address:** 92 Ottawa St N, Hamilton, ON, L8H 3Z1

**Hours:** Wed 12 pm-2 pm

**Cost:** None

**Who can access this service:** Open to all neighbourhood residents

**How to apply:**

During the COVID-19 pandemic, The Giving Cupboard will remain open on Wednesdays from 12 - 2pm for those who are in need of food for now. Please check the website (<http://crownpointcommunity.ca/>) for updates. 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

#### Christ Church Woodburn

**Phone:** 905-692-3781

**Email:** woodburnanglican@rogers.com

**Web:** niagaraanglican.ca/parish/christ-church-woodburn/ministry-team

**Address:** Christ Anglican Church, 1307 Woodburn Rd, Binbrook, ON, L0R 1P0

**Hours:** Thu 9 am-11 am

**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

Community food bank operated by Christ Anglican Church that provides emergency help to individuals and families.

## Good Food Centre Mission Services of Hamilton

**Phone:** 905-528-4212

**Contact:** Sue Smith, Director of Food Services

**Email:** communityservices@mission-services.com

**Web:** www.mission-services.com

**Address:** 196 Wentworth St N, Hamilton, ON, L8L 5V7

**Hours:** Mon, Wed, Fri 9 am-12 noon, 1 pm-3 pm;  
Tue, Thu 9 am-12 noon

**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.

Bring: identification for all members of the household, proof of address, rent or mortgage statements, and copies of utility statements

During COVID-19 the Good Food Centre will remain open while supplies last. Provides emergency access to food in a community-based setting while working to improve skills related to healthy eating. Each hamper aims to include all 5 food groups and each contains a 3-5 day supply of food for every person in the household. Hamper contents depend of availability, can also provide personal care items such as toothpaste, diapers, and razors.

## Hamilton East Campus Food Bank Seventh Day Adventist Church, East Hamilton Location

**Phone:** 905-545-6180

**Email:** acs4hamiltoneast@cogeco.net

**Web:** www.hamiltoneastsda.org/

**Address:** 203 Bell Ave, Hamilton, ON, L8K 3E5

**Hours:** Hours vary \* contact for details

**Cost:** None

**Who can access this service:** Individuals and families requiring urgent basic needs

**How to apply:** Call or send an email describing the need or situation.

Community service exists to fill in the gap for individuals and families in urgent need of basic needs such as food, supplies or any type of immediate emotional support for those who are grieving. Donations of non-perishable

food items, cleaning supplies and toiletries are welcome from the community.

## Infant Formula and Diaper Bank Essential Aid and Family Services

**Phone:** 289-799-9514

**Contact:** Raven van Bommel, Founder and Executive Director

**Email:** info@essentialaid.ca

**Web:** www.essentialaid.ca

**Address:** 100 Main St E Suite 109, Hamilton, ON, L8N 1G5

**Hours:** Mon, Wed, Fri 10 am-12 noon

**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 Niwasa Kendaaswin Teg

**Phone:** 905-549-4884

**Email:** office@niwasa.ca

**Web:** niwasa.ca/food-bank/

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

**Hours:** Mon and Thurs 9 am-12 noon, Wed 2 pm-5 pm

**Cost:** None

**Who can access this service:** Open to all.

**How to apply:** Photo identification required.

During the COVID-19 pandemic, Niwasa Kendaaswin Teg has closed all programs and services until further notice. Niwasa Food Bank will be operating by delivery and appointment only. To book an appointment please call (905) 549-4884 Ext 416, Mon-Thurs 9 am -4 pm. Please see website (<https://niwasa.ca/>) for more details. Provides food to residents in need.

## Resource Centre & Food Bank ICNA Relief Canada

**Phone:** 289-780-8901

**Contact:** Sheikh Abu Noman Tarek,

**Email:** hamiltonfb@icnareliefcanada.ca

**Web:** www.icnareliefcanada.ca

**Address:** 192 Greenwich St, Brantford, ON,  
N3S 2X6

**Hours:** Hours vary \* contact for details

**Cost:** None

**Who can access this service:** Individuals or families on a low income in the greater Hamilton area.

**How to apply:** Online Registration

Required: Register online <a href=https://icnareliefcanada.ca/register-food-bank>here</a> After registration email proof of income at hamiltonfb@icnareliefcanada.ca

During COVID-19 the Food Bank is still making deliveries to vulnerable people and people with food needs. Also providing support through professional counsellors available via phone and online. Community-supported project, completely dependent on donations of cash and non-perishable foods and open to all those in need. Home Delivery Service only. Food delivered to your home once a month upon approval.

## Stacey's Place Youth Food Bank and Rock Shop

### Living Rock Ministries

**Phone:** 905-528-7625 x259

**Contact:** Melissa Henley, Coordinator, Food Bank

**Email:** mail@livingrock.ca

**Web:** www.livingrock.ca

**Address:** 30 Wilson St, Hamilton, ON, L8R 1C5

**Hours:** Tue, Thu 1 pm-4 pm \* Wed 1:30 pm-4 pm \* Sat 1:30 pm-4 pm

**Cost:** None

**Who can access this service:** Age 13 years to 25 years; Must bring ID to verify birth date

**How to apply:**

Due to the COVID-19 virus all Living Rock facilities are closed. Food hampers are available at the side door Tuesday and Thursday 1 pm-4 pm. See website (<https://www.livingrock.ca/>) for weekly calendar.

Emergency services and grocery support for youth in the community. Provides food, clothing, hospital care packages, baby products and hygiene items. Offers nutrition and budgeting programs. Provides connection to Wellness Works Coordinator. Distributes Christmas Hampers to those in need. 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

**Phone:** 905-643-2090

**Contact:** Wilf Rogers, Chairperson

**Address:** Former Creek Community Church, Rear Entrance, 605 Hwy 8, Stoney Creek, ON, L8G 5G2

**Hours:** Mon, Wed, Thu 9:30 am-1 pm

**Cost:** None

**Who can access this service:** Open to any family or individual in need and on a low income. Must be a resident of Stoney Creek.

**How to apply:** Must provide proof of Stoney Creek residency.

The purpose of the food bank is to provide assistance to the people of Stoney Creek who are economically disadvantaged. Adequate stocks of nutritional foods are distributed to the clientele. A piece of I.D is required e.g. utility bill, drivers licence etc. to prove residence.

## Food Cooperatives

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

### **Mustard Seed (The)**

**Phone:** 289-492-2667

**Contact:** Mary Lou Tanner, President

**Email:** info@mustardseed.coop

**Web:** www.mustardseed.coop

**Address:** 460 York Blvd, Hamilton, ON, L8R 3J8

**Hours:** Grocery: Mon-Fri 9 am-8 pm, Sat 8 am-6 pm, Sun 10 am-5 pm \* Cafe: Mon-Fri 7am-5pm, Sat 8 am-5 pm, Sun 10 am-4 pm

**Cost:** Membership - \$100 share initial fee \* \$50 each year for renewal;

**Who can access this service:** Age 16 years and older; Open to all

**How to apply:**

During COVID-19, and until further notice, The Mustard Seed will be open Mon-Fri 9 am-6 pm and Sun 10 am-5 pm. Ordering of Large Local Bounty Boxes has been suspended until further notice due to supply difficulties. Offers grocery services in a co-operative model with a priority given to local producers and manufacturers. Open to members and non-members. Members are part-owners and receive benefits such as discounts, member only specials, bulk ordering privileges, and educational opportunities. Local bounty food box program and workshops. Also offers a café with low cost hot drinks and food items.

## Free Meals

Meals are provided free of charge in the community through volunteer labour and donations.

### Family Dinner

#### Neighbour to Neighbour Centre

**Phone:** 905-574-1334 x305

**Web:** [www.n2ncentre.com/hamilton-community-food-centre/food-access-programs/](http://www.n2ncentre.com/hamilton-community-food-centre/food-access-programs/)

**Address:** Hamilton Community Food Centre, 310 Limeridge Rd W, Hamilton, ON, L9C 2V2

**Hours:** Thu 5:30 pm-6:30 pm

**Cost:** None

**Who can access this service:** Open to all

**How to apply:** No registration required

Due to the COVID-19 virus, Hamilton Community Food Centre is closed until further notice. Please visit the 28 Athens Street location for food bank services. Program provides a healthy free meal each Thursday.

### Food Access Programs, Pancake Tuesdays

#### Hamilton Urban Core Community Health Centre

**Phone:** 905-522-3233

**Contact:** Denise Brooks, Executive Director

**Email:** [administration@hucchc.com](mailto:administration@hucchc.com)

**Web:** [www.hucchc.com](http://www.hucchc.com)

**Address:** 71 Rebecca St, Hamilton, ON, L8R 1B6

**Hours:** 3rd Tuesday of every month, 10 am-12 pm

**Cost:** None

**Who can access this service:** Open to all

**How to apply:**

Due to the COVID-19 pandemic, all non-essential appointments, services, and programs at Hamilton Urban Core have been suspended until further notice. Please see website (<http://www.hucchc.com/CoronaVirus.html>) for details Drop in for a quick meal and to connect with service

providers, health information, emergency supplies and other items.

### Food Access Programs, Street Drop In Hamilton Urban Core Community Health Centre

**Phone:** 905-522-3233

**Contact:** Denise Brooks, Executive Director

**Email:** [administration@hucchc.com](mailto:administration@hucchc.com)

**Web:** [www.hucchc.com](http://www.hucchc.com)

**Address:** 71 Rebecca St, Hamilton, ON, L8R 1B6

**Hours:** Mon, Thu 10 am

**Cost:** None

**Who can access this service:** Open to all

**How to apply:** Drop-in program, No appointment required

Due to the COVID-19 pandemic, all non-essential appointments, services, and programs at Hamilton Urban Core have been suspended until further notice. Please see website (<http://www.hucchc.com/CoronaVirus.html>) for details 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.

### Gathering (The) Living Rock Ministries

**Phone:** 905-528-7625

**Email:** [mail@livingrock.ca](mailto:mail@livingrock.ca)

**Web:** [www.livingrock.ca](http://www.livingrock.ca)

**Address:** 30 Wilson St, Hamilton, ON, L8R 1C5

**Hours:** Tue 12 noon-1 pm, Wed, 12 noon-1:30 pm, Thu 12 noon-1 pm

**Cost:** None



**Who can access this service:** Age 13 years to 25 years; Youth-At-Risk; Supporters of Youth-At-Risk

**How to apply:**

Program 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. Program is part of the Oasis Coffeehouse supported through the [Living Rock Cooking Programs](https://redbook.hpl.ca/redbook/record/HAM4656)

**Hot Meals**

**Good Shepherd Centres, Main Administration**

**Phone:** 905-528-9109

**Contact:** Carmen Salciccioli, Director

**Email:** info@goodshepherdcentres.ca

**Web:** www.goodshepherdcentres.ca/emergency-shelter-hot-meals-trusteeship

**Address:** 135 Mary St, Hamilton, ON, L8N 3R1

**Hours:** Mon-Sat 3:30 pm-4:45 pm

**Cost:** None

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

**How to apply:**

Due to COVID-19 Good Shepherd is currently offering only packed meals handed out at the Good Shepherd Centre on Mary Street. A meal program for anyone in need.

**Lunch Nook**

**Helping Hands Street Mission**

**Phone:** 905-522-4263

**Contact:** Marion Van den Akker, Outreach Worker

**Email:** info@hsmhamilton.com

**Web:** www.hsmhamilton.com/lunch-nook/

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

**Hours:** One Sunday of the month, 1 pm-2:30 pm \* Call for details

**Cost:** None

**Who can access this service:** Open to all

**How to apply:** No registration required For information about volunteering fill out [this form](https://www.hsmhamilton.com/lunch-nook/)

Due to the COVID-19 pandemic, Lunch Nook is cancelled due to risk management at this time. See website for details and updates. Program offers free lunch for the community on Sundays.

**Meals and Feeding Programs  
King's Way Outreach Centre (The)**

**Phone:** 905-296-9473

**Contact:** Antoinette Laffrenier, Manager

**Email:** a.laffrenier@alifeatatime.com

**Web:** alifeatatime.com

**Address:** 649 King St E, Hamilton, ON, L8N 1E5

**Hours:** Breakfast: Mon-Thu 11 am-12:30 pm \*

Lunch: Mon-Thu 1:30 pm-3 pm

**Cost:** None

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

**How to apply:**

Due to the COVID-19 virus, the King's Way Outreach is temporarily closed and this program has been temporarily suspended. Program offers continental breakfast, hot lunches and pizza night for those in need.

**Mobile Meal Service  
Salvation Army (The)**

**Phone:** 905-527-1444

**Web:** www.SalvationArmy.ca

**Address:**

**Hours:** Mon-Sun 8 pm-8:45 pm

**Cost:**

**Who can access this service:** Open to all.

**How to apply:** No application required.

Provides daily meals of soup, and sandwiches. Also offers emergency supplies such as blankets, sleeping bags, coats, hats, mittens, etc. when supplies are available. Truck stops at Hamilton Urban Core Community Health Centre at 8 pm-8:45 pm.

### **Mobile Meal Service Salvation Army (The)**

**Phone:** 905-527-1444

**Web:** [www.SalvationArmy.ca](http://www.SalvationArmy.ca)

**Address:**

**Hours:** Mon-Sun 9 pm-9:45 pm

**Cost:**

**Who can access this service:** Open to all.

**How to apply:** No application required.

Provides daily meals of soup, and sandwiches. Also offers emergency supplies such as blankets, sleeping bags, coats, hats, mittens, etc. when supplies are available. Truck stops at Bayfront Park at 9 pm-9:45 pm.

### **Mobile Meal Service Salvation Army (The)**

**Phone:** 905-527-1444

**Web:** [www.SalvationArmy.ca](http://www.SalvationArmy.ca)

**Address:**

**Hours:** Mon-Sun 10 pm-10:45 pm

**Cost:**

**Who can access this service:** Open to all.

**How to apply:** No application required.

Provides daily meals of soup, and sandwiches. Also offers emergency supplies such as blankets, sleeping bags, coats, hats, mittens, etc. when supplies are available. Truck stops at Barton Street at 10 pm-10:45 pm.

### **Notre Dame House Good Shepherd Centres, Main Administration**

**Phone:** 905-308-8090

**Contact:** Loretta Hill-Finamore, Director

**Email:** [info@gsch.ca](mailto:info@gsch.ca)

**Web:** [www.goodshepherdcentres.ca/notre-dame-house](http://www.goodshepherdcentres.ca/notre-dame-house)

**Address:** 14 Cannon St W, Hamilton, ON, L8R 2B3

**Hours:** Administration Mon-Fri 9 am-5 pm \*

Shelter Mon-Fri 24 hours

**Cost:** None

**Who can access this service:** Age 16 years to 21 years; Youth-At-Risk

**How to apply:**

Due to COVID-19 this service/organization is experiencing closures or cancellations.

Contact or visit website before visiting in person. Multi-agency resource centre for at-risk youth residing within the community. Case coordinator assists the youth in navigating community and internal services based on their identified needs. Services include: \* 24 Hour a day intake and admissions \* Meets basic needs by providing all meals and snacks, clothing, laundry and hygiene products, etc. \* Advocacy and Case Co-ordination \* Recreational / Therapeutic programming \* On-Site Access to Mental Health Services and Consulting Psychiatry \* On-Site Access to a General Practitioner and/or Nurse Practitioner \* On-Site Addiction / Substance Use Supports (Alternatives for Youth) \* On-Site sexual health clinic \* On-Site Withdrawal Management Assessment and Monitoring (St. Joseph's Hospital) \* Aftercare services through our Community Resource Centre The Notre Dame Community Resource Centre, is a multi-agency resource centre for at-risk youth residing within the community who are between 16 and 21 years of age. Youth have access to a number of outreach support services and programs to assist them in remaining housed; diverting them from homelessness and street involvement. A case coordinator assists the youth in navigating community and internal services based on their identified needs.

### **One Dish Lunch Neighbour to Neighbour Centre**

**Phone:** 905-574-1334 x305

**Contact:** Mark Raymond, Community Chef

**Web:** [www.n2ncentre.com/hamilton-community-food-centre/food-access-programs/](http://www.n2ncentre.com/hamilton-community-food-centre/food-access-programs/)

**Address:** Hamilton Community Food Centre, 310 Limeridge Rd W, Hamilton, ON, L9C 2V2

**Hours:** Fri 12:30 pm-1:30 pm

**Cost:** None

**Who can access this service:** Open to all

**How to apply:** No registration required

Due to the COVID-19 virus, Hamilton Community Food Centre is closed until further notice. Please visit the 28 Athens Street location for food bank services. Provides a free lunch of healthy, fresh, culturally diverse

plates along with the opportunity to make new friends.

### **Out of the Cold Day Program Hamilton Out of the Cold**

**Phone:** 905-308-8447

**Email:** hootc97@gmail.com

**Web:** hamiltonoutofthecold.ca

**Address:** Central Presbyterian Church, 165 Charlton St W, Hamilton, ON, L8P 2C7

**Dates:** Nov 1 2019 to Mar 31, 2020

**Hours:** Thu 4 pm-5:30 pm

**Cost:** None

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

**How to apply:**

Due to the COVID-19 virus all Hamilton Out of the Cold meals for this season have been cancelled. Provides free hot meals to people in need on Thursdays. Organized through Hamilton Out of the Cold which is a not-for-profit, non-denominational program serving hot, nutritious meals six days a week from 10 locations throughout November to March.

### **Out of the Cold Day Program Hamilton Out of the Cold**

**Phone:** 905-308-8447

**Email:** hootc97@gmail.com

**Web:** hamiltonoutofthecold.ca

**Address:** Christ's Church Cathedral, 252 James St N, Hamilton, ON, L8R 2L3

**Dates:** Nov 1, 2019 to Mar 31, 2020

**Hours:** Sat 4 pm-5:30 pm; Temporarily closed during COVID-19 pandemic

**Cost:** None

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

**How to apply:**

This service/organization is experiencing a closure or cancellation due to the COVID-19 virus. Visit the City of Hamilton <a href=https://www.hamilton.ca/coronavirus/affected-city-services>Closures and Cancellations website</a> for details and updates. Provides free hot meals to people in need on Saturdays. Organized through Hamilton Out of the Cold which is a not-for-profit, non-denominational program serving hot nutritious meals six

days a week from 10 locations throughout November to March.

### **Out of the Cold Day Program Hamilton Out of the Cold**

**Phone:** 905-308-8447

**Email:** hootc97@gmail.com

**Web:** www.hamiltonoutofthecold.ca

**Address:** Erskine Presbyterian Church, 19 Pearl St N, Hamilton, ON, L8R 2Y6

**Dates:** Nov 1, 2019 to Mar 31, 2020

**Hours:** Wed 5 pm-6:30 pm

**Cost:** None

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

**How to apply:**

Due to the COVID-19 virus all Hamilton Out of the Cold meals for this season have been cancelled. Provides free hot meals to people in need on Wednesdays. Organized through Hamilton Out of the Cold which is a not-for-profit, non-denominational program serving hot nutritious meals six days a week from 10 locations throughout November to March.

### **Out of the Cold Day Program Hamilton Out of the Cold**

**Phone:** 905-308-8447

**Email:** hootc97@gmail.com

**Web:** hamiltonoutofthecold.ca

**Address:** MacNab Presbyterian Church, 116 MacNab St S, Hamilton, ON, L8P 3C3

**Dates:** Nov 1, 2019 to Mar 31, 2020

**Hours:** Mon, Sat 4 pm-5:30 pm; Temporarily closed during COVID-19 pandemic

**Cost:** None

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

**How to apply:**

This service/organization is experiencing a closure or cancellation due to the COVID-19 virus. Visit the City of Hamilton <a href=https://www.hamilton.ca/coronavirus/affected-city-services>Closures and Cancellations website</a> for details and updates. Provides free hot meals to people in need on Mondays and Saturdays. Organized through Hamilton Out of the Cold which is a not-for-profit, non-denominational program serving hot nutritious

meals six days a week from 10 locations throughout November to March.

### **Out of the Cold Day Program Hamilton Out of the Cold**

**Phone:** 905-308-8447

**Email:** hootc97@gmail.com

**Web:** hamiltonoutofthecold.ca/

**Address:** Wentworth Baptist Church, 120 Wentworth St N, Hamilton, ON, L8L 5Z7

**Dates:** Nov 1, 2019 to Mar 31, 2020

**Hours:** Fri 4 pm-5:30 pm

**Cost:** None

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

**How to apply:**

Due to the COVID-19 virus all Hamilton Out of the Cold meals for this season have been cancelled. Provides free hot meals to people in need on Fridays. Organized through Hamilton Out of the Cold which is a not-for-profit, non-denominational program serving hot nutritious meals six days a week from 10 locations throughout November to March.

### **Out of the Cold Day Program Hamilton Out of the Cold**

**Phone:** 905-308-8447

**Email:** hootc97@gmail.com

**Web:** hamiltonoutofthecold.ca/page-2-2/

**Address:** Central Presbyterian Church, 165 Charlton Ave W, Hamilton, ON, L8P 2C7

**Dates:** Nov 1, 2019 to Mar 31, 2020

**Hours:** Mon 8:30 am; Temporarily closed during COVID-19 pandemic

**Cost:** None

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

**How to apply:**

This service/organization is experiencing a closure or cancellation due to the COVID-19 virus. Visit the City of Hamilton <a href=https://www.hamilton.ca/coronavirus/affected-city-services>Closures and Cancellations website</a> for details and updates. Provides free breakfast to people in need on Mondays. Organized through Hamilton Out of the Cold which is a not-for-profit, non-denominational program serving hot nutritious meals six

days a week from 10 locations throughout November to March.

### **Out of the Cold Day Program Hamilton Out of the Cold**

**Phone:** 905-308-8447

**Email:** hootc97@gmail.com

**Web:** hamiltonoutofthecold.ca

**Address:** St Mary's Church, 56 Mulberry St, Hamilton, ON, L8R 2C7

**Dates:** Nov 1, 2019 to Mar 31, 2020

**Hours:** Tue 4 pm-5:30 pm; Temporarily closed during COVID-19 pandemic

**Cost:** None

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

**How to apply:**

This service/organization is experiencing a closure or cancellation due to the COVID-19 virus. Visit the City of Hamilton <a href=https://www.hamilton.ca/coronavirus/affected-city-services>Closures and Cancellations website</a> for details and updates. Provides free hot meals to people in need on Tuesdays. Organized through Hamilton Out of the Cold which is a not-for-profit, non-denominational program serving hot nutritious meals six days a week from 10 locations throughout November to March.

### **Out of the Cold Day Program Hamilton Out of the Cold**

**Phone:** 905-308-8447

**Email:** hootc97@gmail.com

**Web:** www.hamiltonoutofthecold.ca

**Address:** Immanuel Christian Reformed Church, 61 Mohawk Rd W, Hamilton, ON, L9C 1V9

**Dates:** Nov 1, 2019 to Mar 31, 2020

**Hours:** Mon 5 pm; Temporarily closed during COVID-19 pandemic

**Cost:** None

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

**How to apply:**

This service/organization is experiencing a closure or cancellation due to the COVID-19 virus. Visit the City of Hamilton <a href=https://www.hamilton.ca/coronavirus/affected-

city-services>Closures and Cancellations website</a> for details and updates. Provides free hot meals to people in need on Mondays. Organized through Hamilton Out of the Cold which is a not-for-profit, non-denominational program serving hot nutritious meals six days a week from 10 locations throughout November to March.

### **Out of the Cold Day Program Hamilton Out of the Cold**

**Phone:** 905-308-8447

**Email:** hootc97@gmail.com

**Web:** www.hamiltonoutofthecold.ca

**Address:** St. Stephen on the Mount Anglican Church, 625 Concession St, Hamilton, ON, L8V 1B7

**Dates:** Nov 1, 2019 to Mar 31, 2020

**Hours:** Wed 4:30 pm; Temporarily closed during COVID-19 pandemic

**Cost:** None

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

**How to apply:**

This service/organization is experiencing a closure or cancellation due to the COVID-19 virus. Visit the City of Hamilton <a href=https://www.hamilton.ca/coronavirus/affected-city-services>Closures and Cancellations website</a> for details and updates. Provides free hot meals to people in need on Tuesdays. Organized through Hamilton Out of the Cold which is a not-for-profit, non-denominational program serving hot nutritious meals six days a week from 10 locations throughout November to March.

### **Out of the Cold Day Program Hamilton Out of the Cold**

**Phone:** 905-308-8447

**Email:** hootc97@gmail.com

**Web:** www.hamiltonoutofthecold.ca/

**Address:** St Nicholas Ukrainian Catholic Church, 280 Melvin Ave, Hamilton, ON, L8H 2K2

**Dates:** Nov 1, 2019 to Mar 31, 2020

**Hours:** Tue 4 pm-5:30 pm; Temporarily closed during COVID-19 pandemic

**Cost:** None

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

**How to apply:**

This service/organization is experiencing a closure or cancellation due to the COVID-19 virus. Visit the City of Hamilton <a href=https://www.hamilton.ca/coronavirus/affected-city-services>Closures and Cancellations website</a> for details and updates. Provides free hot meals to people in need on Tuesdays. Organized through Hamilton Out of the Cold which is a not-for-profit, non-denominational program serving hot nutritious meals six days a week from 10 locations throughout November to March.

### **Soup Kitchen Salvation Army (The)**

**Phone:** 905-527-1444

**Contact:** James Moulton, Executive Director

**Web:** www.SalvationArmy.ca

**Address:** 94 York Blvd, Hamilton, ON, L8R 1R6

**Hours:** Breakfast: 7 am \* Lunch: 11:45 am \*  
Dinner: 5 pm

**Cost:** None - \$1 per meal or \$10 for one meal per day for one month

**Who can access this service:** Open to all

**How to apply:**

Due to COVID-19 the soup kitchen is currently only offering take-away lunches Mon-Fri from 11:15 am-12 pm. Hot meals provided to the public and residents of the Booth Centre men's shelter. Serves breakfast, lunch, and dinner.

### **The Table Hamilton Dream Center (The)**

**Phone:** 905-527-8605

**Web:** www.hamiltondreamcenter.ca/home.html

**Address:** 627 Main St E, Hamilton, ON, L8M 1J5

**Hours:** Wed 6:30 pm

**Cost:** None

**Who can access this service:** Open to all

**How to apply:**

During the COVID-19 pandemic The Hamilton Dream Center is offering food bank support by appointment only - call 905-527-8605 to

arrange to pick up a 10 item food bag. Pick up hours are between 9:30am-11am Serves free hot take-away meals to everyone, from 6:30pm until the food runs out.

### **Wesley Day Centre**

#### **Wesley**

**Phone:** 905-528-5640

**Email:** wesleycentre@wesley.ca

**Web:** wesley.ca/housing/wesley-day-centre/

**Address:** 195 Ferguson Ave N, Hamilton, ON, L8L 8J1

**Hours:** Mon-Fri 8:30 am-4 pm, Sat 9 am-1:30 pm, Sun 12:30 pm-5 pm \* Health Clinic: Mon-Fri 8:30 am-4:30 pm

**Cost:** None

**Who can access this service:** Age 22 years and older; At-risk and vulnerable individuals

**How to apply:**

Wesley Day Centre has been deemed an essential service for the homeless and vulnerable during COVID-19. Offers take-away meals, indoor space, support and on site Shelter Health Networks staff. The hours and details remain the same. Visit website (<https://wesley.ca/services/housing-homelessness/wesley-day-centre/>). Updates about COVID-19 from Wesley are available online (<https://wesley.ca/covid-19-update/>). Drop-in centre offering daily meals and recreation, harm reduction groups, health care services, professional services, housing support, and social engagement programming. Includes onsite health clinic and Ontario Works office.

### **Willow's Place**

#### **Mission Services of Hamilton**

**Phone:** 905-528-4211 x1200

**Email:** admin@mission-services.com

**Web:** www.mission-services.com

**Address:** 196 Wentworth St N, Hamilton, ON, L8L 5V7

**Hours:** Mon-Sun 9 am-8:30 pm

**Cost:** None

**Who can access this service:** Female identifying individuals.

**How to apply:** Drop in or contact for information.

Willow's place is focusing on serving unsheltered women only during this pandemic and have put measures in place to maintain social distancing as they eat and share space together. Phone and food support is available for women who are precariously housed but need help. An isolation space is prepared for women waiting for tests/test results. Pre-screening in place. Monday-Sunday 9 am-8:30 pm, please call in advance: 905-528-5100 x1200 This drop in centre provides a safe, female-identified space for women to receive compassionate care in a way that creates opportunities to build on their strengths. The women have access to meals, a washer and dryer, personal hygiene products, and can participate in free, women-led activities like yoga, creative writing, craft workshops, and cooking classes.

## 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.

### Dundas Good Food Box

**Phone:**

**Web:** [www.dundascommunityservices.on.ca/good-food-box](http://www.dundascommunityservices.on.ca/good-food-box)

**Address:**

**Dates:** Sep-Jun

**Hours:** Order by the last Fri of each month \*

Pick up Hamilton West and Hamilton East:

First Tue of each month \* Pick up Downtown

Hamilton: 4th Fri of each month

**Cost:** Program - \$18 per box \* Subsidies available for folks on ODSP, OW, low wage earners and students

**Who can access this service:** Open to all

**How to apply:** Find a community pick-up location near you using the online map at: <https://bit.ly/2QM DP22>. Order at least one week before the pick-up date by contacting the pick-up location. Pick up the box one week later.

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/2QM DP22>. Contact the pick up location nearest to you for more information.

### Good Food Box (The Environment Hamilton)

**Phone:** 905-549-0900

**Contact:** Juby Lee, Project Manager

**Email:** [jlee@environmenthamilton.org](mailto:jlee@environmenthamilton.org)

**Web:** [www.environmenthamilton.org/good\\_food\\_box](http://www.environmenthamilton.org/good_food_box)

**Address:** c/o Environment Hamilton, 22 Wilson St Suite 4, Hamilton, ON, L8R 1C5

**Hours:** Pick up date: 3rd Wed of the month \* Times vary by location

**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:

[https://www.google.com/maps/d/viewer?](https://www.google.com/maps/d/viewer?mid=1Nyl83ILjyVHUnQ1dzwyTg6qJilw&ll=43.235469362)

[mid=1Nyl83ILjyVHUnQ1dzwyTg6qJilw&ll=43.235469362](https://www.google.com/maps/d/viewer?mid=1Nyl83ILjyVHUnQ1dzwyTg6qJilw&ll=43.235469362)

\* Order and pay at least one week before the pick up date by contacting your pick up site. \*

Pick up box one week later.

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. Visit website to find information about specific pick-up sites.

## 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.

### 541 Eatery and Exchange

**Phone:** 289-389-0541

**Contact:** Rev. Sue Carr, Executive Director

**Web:** [www.fivefortyone.ca](http://www.fivefortyone.ca)

**Address:** 541 Barton St E, Hamilton, ON, L8L 2X2

**Hours:** Mon-Sat 8 am-4 pm (Closed to the public) \* Free Lunch: Mon-Sat from 11 am-12 noon

**Cost:** Service - Reasonable and affordable prices for homemade food;

**Who can access this service:** Open to all

**How to apply:** To donate, purchase buttons, or volunteer call or apply [online](http://fivefortyone.ca/exchange/).

During COVID-19 541 Eatery and Exchange will be distributing free bagged lunches Mon-Sat from 11 am-12 noon while supplies last and staff are able. Eatery serving affordable home made food and a venue for exchanging ideas. Proceeds are used to facilitate local educational community initiatives such as a homework club, a youth employment program, eating well workshops, kitchen skills training and other skills training opportunities. Offers a program to buy a button that those in need can exchange for meals.

### First Start Cafe

#### Wesley

**Phone:** 289-639-2938

**Email:** [firststart.cafe@wesley.ca](mailto:firststart.cafe@wesley.ca)

**Web:** [wesley.ca/services/social-enterprises/first-start-cafe/](http://wesley.ca/services/social-enterprises/first-start-cafe/)

**Address:** First Place, 350 King St E 3C Floor, Hamilton, ON, L8N 3Y3

**Hours:** Mon-Fri 9:30 am-1:30 pm, 4 pm-5:30 pm \* Sat-Sun 11 am-1:30 pm, 4 pm-5:30 pm

**Cost:** Service - Low cost

**Who can access this service:** Open to all

**How to apply:**

Due to the COVID-19, First Start Cafe is offering meals for takeaway only. Please contact for additional details. Provides kitchen and food training, job opportunities and development to disenfranchised youth and people experiencing poverty. Operates a downtown café from the 3rd floor of the First Place building and also provides catering and home replacement meals.

### Frozen Meal Program

#### Dundas Community Services

**Phone:** 905-627-5461

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

**Email:** [dcs@dundascommunityservices.on.ca](mailto:dcs@dundascommunityservices.on.ca)

**Web:** [www.dundascommunityservices.on.ca](http://www.dundascommunityservices.on.ca)

**Address:** Grafton Square, 2 King Street W Suite 3A, Dundas, ON, L9H 6Z1

**Hours:** Wed 11 am-1 pm

**Cost:** Service - Entre: \$6.00, Entre & Dessert Combo: \$7.25, Soup only: \$2.75; 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 not beyond the railway line at Sydenham and York Road or beyond the Conservation Area on Governor's Road

**How to apply:** Contact for information \*

Pre-Registration is required Registration forms may be completed [online](http://www.dundascommunityservices.on.ca/meals-on-wheels#MealsOnWheelsOnlineRegistrationForm)

\* Cancellations must be done with 24 hours notice

The frozen meals program is operating during COVID-19. Call for more information.



Providing nutritious flash-frozen meals for people with disabilities, 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.

### **Frozen Meals**

#### **Ancaster Community Services**

**Phone:** 905-648-6675

**Contact:** Paula Jones, Supervisor, Volunteer and Social Services

**Email:**

ancastercommunityservices@gmail.com

**Web:** ancastercommunityservices.ca

**Address:** Ancaster Municipal Service Centre and Library, 300 Wilson St E Lower Level, Ancaster, ON, L9G 2B9

**Hours:** Office: Mon-Fri 9 am-4 pm \* Order every Thu before 2 pm \* Delivery the following Wed for those eligible for delivery \* Pick up at the ACS office Wed after 12 pm

**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:** Registration is required, contact for information \* 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 pm

Frozen meal services are available during the COVID-19 pandemic. Social-distancing measures are in place for this service. 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.

### **Meals on Wheels (Frozen)**

#### **Glanbrook Community Services**

**Phone:** 905-692-3464

**Contact:** Carole Taylor, Program Coordinator

**Email:**

carole@glanbrookcommunityservices.ca

**Web:** glanbrookcommunityservices.ca/meals-made-easy

**Address:** 4280 Binbrook Rd Unit 2, Binbrook, ON, L0R 1C0

**Hours:** Mon-Thu 8:30am-4:30pm, Fri 8:30am-12:30pm

**Cost:** Service - meal: \$5.75 \* meal and soup or meal and desert: \$6.50 \* desert or soup: \$1.75;

**Who can access this service:** Glanbrook and area resident seniors and other adults with limitations

**How to apply:** Contact for information

Meals can be ordered online with email confirmation <a href=https://glanbrookcommunityservices.ca/meals-made-easy/> click here</a>

During COVID-19 Glanbrook Community Services is still making deliveries through the Meals on Wheels Program. Contact for more information. Service provides healthy, frozen meals to seniors and those requiring additional nutritional assistance. Meals are delivered weekly, meals can also be picked up at the GCS office. Meals provided by Ina Grafton Village in St. Catharine's and by Zarky's in Hamilton.

### **Meals on Wheels (Hot)**

#### **Dundas Community Services**

**Phone:** 905-627-5461

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

**Email:** dcs@dundascommunityservices.on.ca

**Web:** www.dundascommunityservices.on.ca

**Address:** Grafton Square, 2 King St W Suite 3A, Dundas, ON, L9H 6Z1

**Hours:** Mon-Fri from 11 am-1 pm \* no delivery on holidays

**Cost:** Service - Approximately \$7.35 per meal - includes soup, bread, main course, and a dessert; 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 not beyond the railway line at Sydenham and York Road or beyond the Conservation Area on Governor's Road

**How to apply:** Contact for information \* Pre-Registration is required Registration forms may be completed <http://www.dundascommunityservices.on.ca/meals-on-wheels#MealsOnWheelsOnlineRegistrationForm> or [https://irp-cdn.multiscreensite.com/9e5846d0/files/uploaded/DCS\\_Meals-on-Wheels-Registration-Form.pdf](https://irp-cdn.multiscreensite.com/9e5846d0/files/uploaded/DCS_Meals-on-Wheels-Registration-Form.pdf) printed, filled out and delivered to Dundas Community Services. \* Cancellations must be done with 24 hours notice

During COVID-19 the Meals on Wheels program has been temporarily suspended. The Frozen Meals program is still operating. Contact for additional information. Provides a hot nutritious meal 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 (/redbook/record/HAM0569).

**Meals on Wheels (Hot)  
Glanbrook Community Services**

**Phone:** 905-692-3464  
**Contact:** Carole Taylor, Program Coordinator  
**Email:** carole@glanbrookcommunityservices.ca  
**Web:** glanbrookcommunityservices.ca/meals-on-wheels  
**Address:** 4280 Binbrook Rd Unit 2, Binbrook, ON, L0R 1C0  
**Dates:** Weekdays only \* Civic holidays excluded  
**Hours:** Mon-Thu 8:30am-4:30pm, Fri 8:30am-12:30pm \* Delivery Mon-Fri 11:30am-1pm  
**Cost:** Service - \$6.85/meal;

**Who can access this service:** Seniors and other adults with physical limitations in the Binbrook/Mount Hope/Glanbrook areas

**How to apply:**

During COVID-19 Glanbrook Community Services is still making deliveries through the Meals on Wheels Program. Contact for more information. Hot, nutritious, three-course meal delivered during the noon hour. Meal includes salad, main course of meat, potato and vegetable and dessert. Specialized meals can be made upon request.

## Meals on Wheels Programs

Meals on Wheels delivers hot, nutritious meals to people who may have difficulty leaving their home or cooking for themselves.

### Meals on Wheels

#### VON Hamilton

**Phone:** 905-522-1022

**Contact:** Annette Thompson, Coordinator of Volunteers

**Email:** annette.thompson@von.ca

**Web:** [www.von.ca/en/hamilton/service/meals-wheels](http://www.von.ca/en/hamilton/service/meals-wheels)

**Address:** 414 Victoria Ave N Ste M2, Hamilton, ON, L8L 5G8

**Hours:** Administration : Mon-Fri 8:30am-4:30pm \* Delivery of meals : Mon-Fri 11am-1:30pm

**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 persons with disabilities

**How to apply:**

For residents who are unable to attend to their own nutritional needs, but 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 recipient.

### Meals on Wheels

#### Canadian Red Cross Society

**Phone:** 905-637-5664

**Contact:** Amanda Baker, Community Services Coordinator

**Email:** [burlington@redcross.ca](mailto:burlington@redcross.ca)

**Web:** [www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/meals-on-wheels/burlington-branch-meals-on-wheels](http://www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/meals-on-wheels/burlington-branch-meals-on-wheels)

**Address:** 262 Guelph Line, Burlington, ON, L7R 3K7

**Hours:** Office: Mon-Fri 8:30 am-3:30 pm Hot meal delivery: Mon-Fri 11 am-12:30 pm Frozen meal delivery: Weekly

**Cost:** Service - for meals; Billed monthly

**Who can access this service:** Seniors or those with chronic illness, with mental or physical challenges, or who are recovering from illness

**How to apply:** Call to register

Services altered in response to COVID-19 (Coronavirus) Branch is closed to the public \* Meals on Wheels continues to operate Mon-Fri \* transportation service, Mon-Fri, for medical, dental and specialist appointments only ----- Nonprofit program that provides hot or frozen meals for those who have difficulty preparing food \* fee for meals, billed monthly \* available short-term or long-term Special diets can be accommodated, including: \* diabetic \* low fat \* low residue \* low cholesterol \* low sodium \* gluten free \* allergies \* renal \* minced \* pureed Hot meals Delivered daily by volunteers (no delivery on statutory holidays) Frozen meals Delivered weekly, suitable for oven or microwave reheating

### Meals on Wheels (Frozen)

#### Glanbrook Community Services

**Phone:** 905-692-3464

**Contact:** Carole Taylor, Program Coordinator

**Email:**

[carole@glanbrookcommunityservices.ca](mailto:carole@glanbrookcommunityservices.ca)

**Web:** [glanbrookcommunityservices.ca/meals-made-easy](http://glanbrookcommunityservices.ca/meals-made-easy)

**Address:** 4280 Binbrook Rd Unit 2, Binbrook, ON, L0R 1C0

**Hours:** Mon-Thu 8:30am-4:30pm, Fri 8:30am-12:30pm

**Cost:** Service - meal: \$5.75 \* meal and soup or meal and desert: \$6.50 \* desert or soup: \$1.75;

**Who can access this service:** Glanbrook and area resident seniors and other adults with limitations

**How to apply:** Contact for information Meals can be ordered online with

email confirmation <a href=https://glanbrookcommunityservices.ca/meals-made-easy/> click here</a>

During COVID-19 Glanbrook Community Services is still making deliveries through the Meals on Wheels Program. Contact for more information. Service provides healthy, frozen meals to seniors and those requiring additional nutritional assistance. Meals are delivered weekly, meals can also be picked up at the GCS office. Meals provided by Ina Grafton Village in St. Catharine's and by Zarky's in Hamilton.

### **Meals on Wheels Ancaster Ancaster Community Services**

**Phone:** 905-648-6675

**Contact:** Paula Jones, Supervisor, Volunteer & Social Services

**Email:**

AncasterCommunityServices@gmail.com

**Web:** www.ancastercommunityservices.ca/  
community-services/meals-on-wheels

**Address:** 300 Wilson St E Lower Level,  
Ancaster, ON, L9G 2B9

**Hours:** Office: Mon-Fri 9 am-4 pm \* Delivery:  
Mon-Fri 11 am-12:30 pm

**Cost:** Service - \$7.25 per meal, invoiced  
monthly

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

**How to apply:** Contact for information - pre-  
registration is required - 24 hours notice  
required to initiate or cancel

Meals on Wheels services are available during the COVID-19 pandemic. Social-distancing measures are in place. Hot noon meals are delivered to the homes of elderly, convalescent, disabled persons, or any person in need of a meal and unable to provide for themselves. \*24 hours notice required to initiate or cancel.

### **Resource Centre & Food Bank ICNA Relief Canada**

**Phone:** 289-780-8901

**Contact:** Sheikh Abu Noman Tarek,

**Email:** hamiltonfb@icnareliefcanada.ca

**Web:** www.icnareliefcanada.ca

**Address:** 192 Greenwich St, Brantford, ON,  
N3S 2X6

**Hours:** Hours vary \* contact for details

**Cost:** None

**Who can access this service:** Individuals  
or families on a low income in the greater  
Hamilton area.

**How to apply:** Online Registration  
Required: Register online <a href=https://  
icnareliefcanada.ca/register-food-bank>here</  
a> After registration email proof of income at  
hamiltonfb@icnareliefcanada.ca

During COVID-19 the Food Bank is still making deliveries to vulnerable people and people with food needs. Also providing support through professional counsellors available via phone and online. Community-supported project, completely dependent on donations of cash and non-perishable foods and open to all those in need. Home Delivery Service only. Food delivered to your home once a month upon approval.

# 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.

## Aboriginal Prenatal and Nutritional Program

### Hamilton Regional Indian Centre

**Phone:** 905-548-9593 x227

**Contact:** Amy Vukosa, Prenatal/Nutrition Coordinator

**Email:** cpnp@hric.ca

**Web:** www.hric.ca/

**Address:** 34 Ottawa St N, Hamilton, ON, L8H 3Y7

**Hours:** Admin: Mon-Fri 9 am-5 pm \* Summer Hours: Mon-Fri 8:30 am-4:30 pm

**Cost:** None;

**Who can access this service:** Pregnant women who are willing to learn through native styles or families.

**How to apply:**

Due to COVID-19 services are currently being offered online and over the phone. Check-in calls will be made by staff to all participants. One-on-one supports available by phone. Contact for more details. Prenatal education classes, designed to enhance native education and fetal outcome. Program is offered in small groups and individual sessions, stressing traditional native birthing methods, as well as the current medical methods.

## Prenatal Nutrition Program Centre de santé communautaire Hamilton/Niagara - Hamilton

**Phone:** 905-528-0163 x3233

**Contact:** Melanie Morrison,

**Email:** cschn@cschn.ca

**Web:** www.cschn.ca

**Address:** 1320 Barton St E, Hamilton, ON, L8H 2W1

**Hours:** Mon, Wed, Thu 8:30 am-5 pm \* Tue 8:30 am-8 pm \* Fri 8:30 am-4:30 pm

**Cost:** None

**Who can access this service:** Future mothers and their partners \* Mothers of children up to one year of age and their partners

**How to apply:**

Due to the COVID-19 virus only essential primary care visits are permitted. All non-essential appointments will be either postponed or done remotely by telephone. Hours of operation are now Mon-Fri 9 am-5 pm. All group activities have been cancelled and all foot care services have been cancelled. Educational program for new mothers including prenatal/postnatal program focusing on healthy interactions between babies and mothers with follow-ups concerning nutrition and postnatal home visits. Promotes healthy behaviours during pregnancy, prepares mothers for delivery, teaches about breastfeeding. Postnatal depression outreach, care for mothers and babies following the birth.

## Welcome Baby Public Health Services

**Phone:** 905-546-2424 x1585

**Contact:** Jennifer Yates, Coordinator

**Email:** jenniferyates@hamilton.ca

**Web:** www.hamilton.ca/public-health/clinics-services/prenatal-nutrition-programs-in-hamilton

**Address:** Dominic Agostino Riverdale Community Centre, 150 Violet Dr, Hamilton, ON, L8E 6B4

**Dates:** Phone: Mon-Fri 8:30 am-4:30 pm

**Hours:** Wed 1 pm-3 pm

**Cost:** None

**Who can access this service:** Pregnant women (participation in the program can continue until the baby is 6 months old). A participant can only be registered in one CPNP funded program.

**How to apply:** Register at the group the first time you attend.

This service/organization is offering service over the phone. In-person groups are closed due to the COVID-19 virus. Visit the City of Hamilton Closures and Cancellations website (<https://www.hamilton.ca/coronavirus/affected-city-services>) for details and updates. New participants are being accepted for the Welcome Baby program. To register contact Jen Yates, Welcome Baby coordinator Phone: 905-546-2424 x1577 Email: [jennifer.yates@hamilton.ca](mailto:jennifer.yates@hamilton.ca) Other services available: Online prenatal education is available and can be accessed by calling 905-546-2424 ext. 3591. The Health Connections phone line (905-546-3550) is open Monday to Friday, 8:30 am to 4:30 pm for expecting families and families that have children 0-6 years of age to learn and ask questions about: breastfeeding, child safety, growth and development, healthy eating, positive parenting, perinatal mood and anxiety disorders, preparing for a healthy pregnancy and other programs and services. Free weekly groups for women during pregnancy and until their babies are 6 months of age to learn about healthy eating, prenatal care, breastfeeding and caring for your baby with a Registered Nurse and Registered Dietitian. Prepare and enjoy a snack. Grocery gift cards and bus tickets provided. Free childcare during the program is available for children under the age of six.

### **Welcome Baby Public Health Services**

**Phone:** 905-546-2424 x1968  
**Contact:** Jennifer Yates, Coordinator  
**Email:** [jennifer.yates@hamilton.ca](mailto:jennifer.yates@hamilton.ca)  
**Web:** [www.hamilton.ca/public-health/clinics-services/prenatal-nutrition-programs-in-hamilton](http://www.hamilton.ca/public-health/clinics-services/prenatal-nutrition-programs-in-hamilton)  
**Address:** Boys and Girls Clubs of Hamilton, 45 Ellis Ave, Hamilton, ON, L8H 4L8  
**Dates:** Phone: Mon-Fri 8:30 am-4:30 pm  
**Hours:** Thu 9:30 am-11:30 am  
**Cost:** None  
**Who can access this service:** Pregnant women (participation in the program can continue until the baby is 6 months old). A

participant can only be registered in one CPNP funded program.

**How to apply:** Register at the group the first time you attend.

This service/organization is offering service over the phone. In-person groups are closed due to the COVID-19 virus. Visit the City of Hamilton Closures and Cancellations website (<https://www.hamilton.ca/coronavirus/affected-city-services>) for details and updates. New participants are being accepted for the Welcome Baby program. To register contact Jen Yates, Welcome Baby coordinator Phone: 905-546-2424 x1577 Email: [jennifer.yates@hamilton.ca](mailto:jennifer.yates@hamilton.ca) Other services available: Online prenatal education is available and can be accessed by calling 905-546-2424 ext. 3591. The Health Connections phone line (905-546-3550) is open Monday to Friday, 8:30 am to 4:30 pm for expecting families and families that have children 0-6 years of age to learn and ask questions about: breastfeeding, child safety, growth and development, healthy eating, positive parenting, perinatal mood and anxiety disorders, preparing for a healthy pregnancy and other programs and services. Free weekly groups for women during pregnancy and until their babies are 6 months of age to learn about healthy eating, prenatal care, breastfeeding and caring for your baby with a Registered Nurse and Registered Dietitian. Prepare and enjoy a snack. Grocery gift cards and bus tickets provided. Free childcare during the program is available for children under the age of six.

### **Welcome Baby Public Health Services**

**Phone:** 905-546-2424 x7854  
**Contact:** Jennifer Yates, Coordinator  
**Email:** [jennifer.yates@hamilton.ca](mailto:jennifer.yates@hamilton.ca)  
**Web:** [www.hamilton.ca/public-health/clinics-services/prenatal-nutrition-programs-in-hamilton](http://www.hamilton.ca/public-health/clinics-services/prenatal-nutrition-programs-in-hamilton)  
**Address:** 735 King St E Floor 1A, Hamilton, ON, L8M 1A1  
**Dates:** Phone: Mon-Fri 8:30 am-4:30 pm  
**Hours:** Tue 9:30 am-11:30 am  
**Cost:** None

**Who can access this service:** Pregnant women (participation in the program can continue until the baby is 6 months old). A participant can only be registered in one CPNP funded program.

**How to apply:** Register at the group the first time you attend.

This service/organization is offering service over the phone. In-person groups are closed due to the COVID-19 virus. Visit the City of Hamilton Closures and Cancellations website (<https://www.hamilton.ca/coronavirus/affected-city-services>) for details and updates. New participants are being accepted for the Welcome Baby program. To register contact Jen Yates, Welcome Baby coordinator Phone: 905-546-2424 x1577 Email: [jennifer.yates@hamilton.ca](mailto:jennifer.yates@hamilton.ca) Other services available: Online prenatal education is available and can be accessed by calling 905-546-2424 ext. 3591. The Health Connections phone line (905-546-3550) is open Monday to Friday, 8:30 am to 4:30 pm for expecting families and families that have children 0-6 years of age to learn and ask questions about: breastfeeding, child safety, growth and development, healthy eating, positive parenting, perinatal mood and anxiety disorders, preparing for a healthy pregnancy and other programs and services. Free weekly groups for women during pregnancy and until their babies are 6 months of age to learn about healthy eating, prenatal care, breastfeeding and caring for your baby with a Registered Nurse and Registered Dietitian. Prepare and enjoy a snack. Grocery gift cards and bus tickets provided. Free childcare during the program is available for children under the age of six.

### Welcome Baby Public Health Services

**Phone:** 905-523-6611 x3047

**Contact:** Jennifer Yates, Coordinator

**Email:** [jennifer.yates@hamilton.ca](mailto:jennifer.yates@hamilton.ca)

**Web:** [www.hamilton.ca/public-health/clinics-services/prenatal-nutrition-programs-in-hamilton](http://www.hamilton.ca/public-health/clinics-services/prenatal-nutrition-programs-in-hamilton)

**Address:** Compass Community Health, 438 Hughson St N, Hamilton, ON, L8L 4N5

**Hours:** Thu 12:30 pm-2:30 pm

**Cost:** None

**Who can access this service:** Pregnant women (participation in the program can continue until the baby is 6 months old). A participant can only be registered in one CPNP funded program.

**How to apply:** Register at the group the first time you attend.

This service/organization is offering service over the phone. In-person groups are closed due to the COVID-19 virus. Visit the City of Hamilton Closures and Cancellations website (<https://www.hamilton.ca/coronavirus/affected-city-services>) for details and updates. New participants are being accepted for the Welcome Baby program. To register contact Jen Yates, Welcome Baby coordinator Phone: 905-546-2424 x1577 Email: [jennifer.yates@hamilton.ca](mailto:jennifer.yates@hamilton.ca) Other services available: Online prenatal education is available and can be accessed by calling 905-546-2424 ext. 3591. The Health Connections phone line (905-546-3550) is open Monday to Friday, 8:30 am to 4:30 pm for expecting families and families that have children 0-6 years of age to learn and ask questions about: breastfeeding, child safety, growth and development, healthy eating, positive parenting, perinatal mood and anxiety disorders, preparing for a healthy pregnancy and other programs and services. Free weekly groups for women during pregnancy and until their babies are 6 months of age to learn about healthy eating, prenatal care, breastfeeding and caring for your baby with a Registered Nurse and Registered Dietitian. Prepare and enjoy a snack. Grocery gift cards and bus tickets provided. Free childcare during the program is available for children under the age of six.

### Welcome Baby Public Health Services

**Phone:** 905-546-2424 x7854

**Contact:** Jennifer Yates, Coordinator

**Email:** [jennifer.yates@hamilton.ca](mailto:jennifer.yates@hamilton.ca)

**Web:** [www.hamilton.ca/public-health/clinics-services/prenatal-nutrition-programs-in-hamilton](http://www.hamilton.ca/public-health/clinics-services/prenatal-nutrition-programs-in-hamilton)

**Address:** Church of Ascension, enter at red door, 258 John St S, Hamilton, ON, L8N 2C1

**Dates:** Phone: Mon-Fri 8:30 am-4:30 pm

**Hours:** Thu 12:30 pm-2:30 pm

**Cost:** None

**Who can access this service:** Pregnant women (participation in the program can continue until the baby is 6 months old). A participant can only be registered in one Canada Prenatal Nutrition Program (CPNP) funded program.

**How to apply:** Register at the group the first time you attend.

This service/organization is offering service over the phone. In-person groups are closed due to the COVID-19 virus. Visit the City of Hamilton Closures and Cancellations website (<https://www.hamilton.ca/coronavirus/affected-city-services>) for details and updates. New participants are being accepted for the Welcome Baby program. To register contact Jen Yates, Welcome Baby coordinator Phone: 905-546-2424 x1577 Email: [jenniferyates@hamilton.ca](mailto:jenniferyates@hamilton.ca) Other services available: Online prenatal education is available and can be accessed by calling 905-546-2424 ext. 3591. The Health Connections phone line (905-546-3550) is open Monday to Friday, 8:30 am to 4:30 pm for expecting families and families that have children 0-6 years of age to learn and ask questions about: breastfeeding, child safety, growth and development, healthy eating, positive parenting, perinatal mood and anxiety disorders, preparing for a healthy pregnancy and other programs and services. Free weekly groups for women during pregnancy and until their babies are 6 months of age to learn about healthy eating, prenatal care, breastfeeding and caring for your baby with a Registered Nurse and Registered Dietitian. Prepare and enjoy a snack. Grocery gift cards and bus tickets provided. Free childcare during the program is available for children under the age of six.

### **Welcome Baby Public Health Services**

**Phone:** 905-546-2424 x3706

**Contact:** Jennifer Yates, Coordinator

**Email:** [jenniferyates@hamilton.ca](mailto:jenniferyates@hamilton.ca)

**Web:** [www.hamilton.ca/public-health/clinics-services/prenatal-nutrition-programs-in-hamilton](http://www.hamilton.ca/public-health/clinics-services/prenatal-nutrition-programs-in-hamilton)

**Address:** Hamilton Community Food Centre, 310 Limeridge Rd W Unit 10, Hamilton, ON, L9C 2V2

**Dates:** Phone: Mon-Fri 8:30 am-4:30 pm

**Hours:** Tue 12:30 pm-2:30 pm

**Cost:** None

**Who can access this service:** Pregnant women (participation in the program can continue until the baby is 6 months old). A participant can only be registered in one CPNP funded program

**How to apply:** Register at the group the first time you attend.

This service/organization is offering service over the phone. In-person groups are closed due to the COVID-19 virus. Visit the City of Hamilton Closures and Cancellations website (<https://www.hamilton.ca/coronavirus/affected-city-services>) for details and updates. New participants are being accepted for the Welcome Baby program. To register contact Jen Yates, Welcome Baby coordinator Phone: 905-546-2424 x1577 Email: [jenniferyates@hamilton.ca](mailto:jenniferyates@hamilton.ca) Other services available: Online prenatal education is available and can be accessed by calling 905-546-2424 ext. 3591. The Health Connections phone line (905-546-3550) is open Monday to Friday, 8:30 am to 4:30 pm for expecting families and families that have children 0-6 years of age to learn and ask questions about: breastfeeding, child safety, growth and development, healthy eating, positive parenting, perinatal mood and anxiety disorders, preparing for a healthy pregnancy and other programs and services. Free weekly groups for women during pregnancy and until their babies are 6 months of age to learn about healthy eating, prenatal care, breastfeeding and caring for your baby with a Registered Nurse and Registered Dietitian. Prepare and enjoy a snack. Grocery gift cards and bus tickets provided. Free childcare during the program is available for children under the age of six.



## Welcome Baby Public Health Services

**Phone:** 905-546-2424 x1577 \* Health Connections 905-546-3550

**Contact:** Jennifer Yates, Coordinator

**Email:** jennifer.yates@hamilton.ca

**Address:** EarlyON Child and Family Centre - Main West, 1900 Main St W, Hamilton, ON, L8R 2V6

**Dates:** Phone: Mon-Fri 8:30 am-4:30 pm

**Hours:** Wed 1 pm-3 pm

**Cost:** None

**Who can access this service:** Pregnant women (participation in the program can continue until the baby is 6 months old). A participant can only be registered in one CPNP funded program.

**How to apply:** Register at the group the first time you attend.

This service/organization is offering service over the phone. In-person groups are closed due to the COVID-19 virus. Visit the City of Hamilton Closures and Cancellations website (<https://www.hamilton.ca/coronavirus/affected-city-services>) for details and updates. New participants are being accepted for the Welcome Baby program. To register contact Jen Yates, Welcome Baby coordinator Phone: 905-546-2424 x1577 Email: jenniferyates@hamilton.ca Other services available: Online prenatal education is available and can be accessed by calling 905-546-2424 ext. 3591. The Health Connections phone line (905-546-3550) is open Monday to Friday, 8:30 am to 4:30 pm for expecting families and families that have children 0-6 years of age to learn and ask questions about: breastfeeding, child safety, growth and development, healthy eating, positive parenting, perinatal mood and anxiety disorders, preparing for a healthy pregnancy and other programs and services. Free weekly groups for women during pregnancy and until their babies are 6 months of age to learn about healthy eating, prenatal care, breastfeeding and caring for your baby with a Registered Nurse and Registered Dietitian. Prepare and enjoy a snack. Grocery gift cards and bus tickets provided. Free

childcare during the program is available for children under the age of six.

## Shopping and Transportation

Transportation is provided to purchase or deliver groceries for people with limited mobility.

### Assisted Transportation Services Dundas Community Services

**Phone:** 905-627-5461

**Contact:** Ariele Leung, Coordinator, Friendly Calling/Visiting Program & Assisted Transportation Services

**Email:** [dcs@dundascommunityservices.on.ca](mailto:dcs@dundascommunityservices.on.ca)

**Web:** [dundascommunityservices.on.ca/transportation-services/](http://dundascommunityservices.on.ca/transportation-services/)

**Address:** Grafton Square, 2 King St W Ste 3A, Dundas, ON, L9H 6Z1

**Hours:** Office: Mon-Fri 9 am-5 pm

**Cost:** Service - \$6.50-\$16.50/round trip depending on distance

**Who can access this service:** Dundas residents \* Seniors and persons with disabilities with limited or no means of transportation Must be independently mobile and cognitively sound

**How to apply:** Contact for information \* pre-booking required, minimum one week notice

During COVID-19 Dundas Community Services is still operating the Assisted Transportation Services Program. A non-emergency, door-to-door transportation service within the Hamilton city. Our volunteer drivers accompany clients to and from medical appointments and grocery shopping.

### Community Grocery Bus Flamborough Connects

**Phone:** 905-689-7880

**Contact:** Amelia Steinbring, Executive Director

**Email:** [admin@flamboroughconnects.ca](mailto:admin@flamboroughconnects.ca)

**Web:** [flamboroughconnects.ca/information/community-bus/](http://flamboroughconnects.ca/information/community-bus/)

**Address:** Waterdown Library, 163 Dundas St E, Waterdown, ON, L0R 2H0

**Dates:** Every 2nd Fri

**Hours:**

**Cost:** Service; \$7 for a return trip

**Who can access this service:** Age 55 years and older; Older adults who are independently mobile and cognitively alert.

**How to apply:** Contact to reserve a seat

Due to COVID-19 this program has been temporarily suspended. The Rural Community Grocery Bus provides bi-weekly transportation to shopping centers for seniors who do not drive. The shopping locations are: Food Basics Plaza in Ancaster and Walmart Plaza in Waterdown. Operates in collaboration with [Glanbrook Community Services](https://redbook.hpl.ca/redbook/record/HAM4903) and is funded by the [Hamilton Community Foundation](https://redbook.hpl.ca/redbook/record/HAM0242)

### Grocer-Ease Program Banyan

**Phone:** 905-545-1175

**Email:** [grocereaseadmin@banyancs.org](mailto:grocereaseadmin@banyancs.org)

**Web:** [banyancommunityservices.org/programs-services/senior-services/grocer-ease/](http://banyancommunityservices.org/programs-services/senior-services/grocer-ease/)

**Address:** 688 Queensdale Ave E Suite 2B, Hamilton, ON, L8V 1M1

**Hours:** Mon-Thu 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 for information. Wait list in effect. Cost involved: \$11.50 for first \$100 of groceries, \$2.50 for each additional \$25 of groceries.

The COVID-19 pandemic has created heavy demand for this program. A wait list has been created to facilitate demand. Cost involved: \$11.50 for first \$100 of groceries, \$2.50 for each additional \$25 of groceries. Takes

individualized grocery lists from the clients, shops in the store of the client's choice, and if required puts the groceries away upon delivery. Program is funded through the <a href=https://redbook.hpl.ca/redbook/record/HAM1978>Local Health Integration Network</a>

### Rural Seniors Shopping Bus Ancaster Community Services

**Phone:** 905-648-6675

**Email:**

ancastercommunityservices@gmail.com

**Web:** www.ancastercommunityservices.ca/programs-and-services/community-shopping-and-events-bus/

**Address:** Ancaster Municipal Service Centre and Library, 300 Wilson St E Lower Level, Ancaster, ON, L9G 2B9

**Hours:** Admin: Mon-Fri 9 am-4 pm \* Bus Services: Every other Fri

**Cost:** Service - \$7/round trip; fee is invoiced by mail every three months

**Who can access this service:** Older adult individuals who: \* are independently mobile (may use a walker or cane) \* do not have a cognitive diagnosis (e.g. dementia, Alzheimer) \* do not have easy access to transportation \* reside within the ward boundaries of Ancaster, which includes outlying rural areas such as Lynden, Jerseyville, Sheffield, and Alberton

**How to apply:** Will vary depending upon service \* call the office for more information  
Participants must inform the office by Wednesday at 4 pm if they wish to attend  
Please provide 24 hours notice if you need to cancel a trip.

This service is experiencing a closure or cancellation due to the COVID-19 virus. Provides round-trip transportation for a bi-weekly grocery shopping outing on a Friday. DARTS Transit picks up clients at their door/entrance and transports them to Fortinos, Walmart, Longo's, or the Farmer's Market in Ancaster. Also provides transportation to local outings and events such as fairs, live theatre, musical venues, and community events in the Ancaster and surrounding area. Space is

limited for both services; please call the office for more information.

### Seniors for Seniors

**Phone:** Hamilton: 905-572-6162 Niagara: 905-937-3677

**Contact:** Amy Chan, Communications Coordinator

**Email:** amchan@spectrumhealthcare.com

**Web:** spectrumhealthcare.com/services/seniors-for-seniors/

**Address:** 21 Hunter Street E Unit 103, Hamilton, ON, L8N 1M2

**Hours:** Mon-Fri 8:30 am-5 pm

**Cost:** Service

**Who can access this service:** Age 60 years and older; Seniors \* Minimum age of 60 may be waived in special circumstances.

**How to apply:**

Caregiver program offering the opportunity for clients to share common experiences and foster relationships with companions who are close in age. Services include: drop-in companions, live-in companions, overnight assistance, house cleaners and driver companions.

### Shopping By Bus Wesley

**Phone:** 905-975-4718 x284

**Contact:** Karen Baxmeier, Outreach Coordinator

**Email:** karen.baxmeier@wesley.ca

**Web:** wesley.ca/services/newcomer-community/supports-for-seniors-and-older-adults/

**Address:** 52 Catharine St N, Hamilton, ON, L8R 1J1

**Dates:** Pickup and drop-off sites: second Wed and Thu of the month \* call for details

**Hours:** Administration: Mon-Fri 8:30 am-4:30 pm

**Cost:** None

**Who can access this service:** Tenants living in seniors apartment buildings who are physically able to travel.

**How to apply:**

Due to the COVID-19 virus the Shopping by Bus service has been cancelled until

further notice. Provides free bus service to local grocery stores for tenants in seniors' apartments every two weeks. A partnership of Wesley Urban Ministries, Danny's No Frills, Fortinos, and the HSR. Pick-up locations are located throughout the city. Please call for details.

### Stoney Creek Seniors Outreach Services

**Phone:** 905-643-1919

**Contact:** Dave Cage , President

**Email:** seniorsoutreach608@gmail.com

**Web:** www.seniorsoutreach.net

**Address:** 605 Hwy 8, Stoney Creek, ON, L8G 5G2

**Hours:** Mon-Fri 9am-12noon

**Cost:** Service - Fees are determined prior to service

**Who can access this service:** Age 60 years and older; Seniors, and People with Disabilities. Must be a resident of Stoney Creek

**How to apply:** Transportation Program: Two days advance notice is required for bookings

Due to the COVID-19 virus this service is no longer providing rides. The organization WILL pick up and deliver groceries. Orders must be paid for in cash or have been prepaid at the store. Fees range from \$14-\$20. Non-profit community organization that assists seniors and disabled persons to remain independent and in their homes. Provides services such as transportation to medical appointments, shopping, hair appointments, household assistance with minor home repairs, yard work, housekeeping and snow removal.

### Taxi Scrip Program

#### Hamilton. Public Works, Transit Division

**Phone:** 905-529-1212 x3

**Email:** ats@hamilton.ca

**Web:** www.hamilton.ca/hsr-bus-schedules-fares/accessible-transit/taxi-scrip-program

**Address:** 2200 Upper James St RR 1, Mount Hope, ON, LOR 1W0

**Hours:** Mon-Fri 8:30 am-4:30 pm

**Cost:** Program - \$24/book of coupons;

**Who can access this service:** All those who are eligible for the HSR DARTS program are also eligible for the Taxi Scrip program. This includes individuals with disabilities,

and those who are unable to access regular transit service. This service is also available to qualified residents of other municipalities while they are visiting Hamilton. Call to register and to assess eligibility.

**How to apply:** To apply for this service complete the application form and mail it to ATS, P.O. Box 340 Mount Hope, Ontario LOR 1W0, or fax it to: 905-679-7305. Once registered passengers can purchase Taxi Scrip coupon books from the Mountain Transit Centre, the Hunter Street GO Station, or any municipal service centre. Coupon books can also be purchased over the phone by calling:905-529-1212, ext. 3.

The Taxi-Scrip program will resume on July 1, 2020. July Taxi-Scrip allotments are available ONLY at the customer service centre at 36 Hunter St. Current Taxi Scrip clients may call DARTS at 905-529-1717 up until July 1 to book an essential trip. From July 1 and following, once the Taxi Scrip Program has been reinstated, Taxi Scrip clients who are not DARTS clients must apply for accessible transportation services and found eligible in order to use DARTS. More information about this process is available online (<https://redbook.hpl.ca/redbook/record/HAM1051>). Provides subsidized rides for people with disabilities through regular and accessible taxis. Coupons are sold in books that contain \$40 value in vouchers, and participants may purchase up to three books each month.

### Transportation Services

#### Canadian Red Cross Society

**Phone:** 905-522-8485

**Email:** hamilton@redcross.ca

**Web:** www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/transportation/hamilton-branch-transportation

**Address:** 400 King St E, Hamilton, ON, L8N 1C3

**Hours:** Mon-Fri 8:30am-4:30pm

**Cost:** Service - Fees start at \$7.50 for 0-12km, \$12.50 for 13-50km \* contact for more details

**Who can access this service:** Age 18 years and older; Unable to access other means of transportation

**How to apply:** By self-referral or referral from health care professional or social agency. Bookings must be made in advance.

Offers door-to-door transportation to appointments, for those unable to use public transportation or private means. An escort may join client at no extra cost.

### **Volunteer-Assisted Transportation Glanbrook Community Services**

**Phone:** 905-692-3464

**Contact:** Carole Taylor, Program Coordinator

**Email:**

carole@glanbrookcommunityservices.ca

**Web:** glanbrookcommunityservices.ca/  
transportation

**Address:** 4280 Binbrook Rd Unit 2, Binbrook,  
ON, L0R 1C0

**Hours:** Office Hours: Mon-Thu

8:30am-4:30pm, Fri 8:30am-12:30pm

**Cost:** Service - Cost is \$8.00 to \$19.00 or on a per km basis if considered out of town; Fee subject to change without notice

**Who can access this service:** Open to seniors and most older adults \* Clients must be cognitively alert and independently mobile, may use a walker

**How to apply:**

Due to the COVID-19 virus Glanbrook Community Services Volunteer Assisted Transportation is currently operating for grocery and medical appointment trips only. 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.

## 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.

### Children's Breakfast Club

#### Compass Community Health Centre

**Phone:** 905-523-6611 x3007

**Contact:** Jenna McHugh

**Email:** jmchugh@compassch.org

**Web:** compassch.org/programs-services/  
community-health-promotion

**Address:** 438 Hughson St N, Hamilton, ON,  
L8L 4N5

**Hours:** Mon-Fri 7:45am-8:45am \*on school  
days only

**Cost:** None

**Who can access this service:** Children and  
their parents/families.

**How to apply:** Registration is required. Contact  
for more information.

A supervised space for children to spend  
time before school, includes a nutritious,  
hot breakfast. Assistance with homework is  
also available. Program runs from 7:45am to  
8:45am, parents and families are welcome.

### Food4Kids

**Phone:** 905-741-0060

**Contact:** Lena Bassford, Executive Director

**Email:** lena@food4kids.ca

**Web:** www.food4kidshamilton.ca

**Address:** 405 Whitney Ave, Hamilton, ON, L8S  
2H6

**Hours:**

**Cost:** None

**Who can access this service:** Age 5 years to  
14 years

**How to apply:** Referrals made through schools  
that children attend

Due to COVID-19 this program is still operating  
but the office and phone lines are closed and  
all volunteer activities have been cancelled.  
Organization is not currently accepting food  
donations. Provides packages of healthy food

for children with limited or no access to food  
on weekends or during the summer months.

### Hamilton Tastebuds Student Nutrition Collaborative

**Phone:** 905-522-1148

**Contact:** Bhairavi Kumar, Community  
Development Worker

**Email:** info@tastebudshamilton.ca

**Web:** www.tastebudshamilton.ca

**Address:** First Place, 350 King St E Suite 104,  
Hamilton, ON, L8N 3Y3

**Hours:** Mon-Fri during school hours \* contact  
school for details

**Cost:** None

**Who can access this service:** Age 4 years to  
18 years; all students enrolled in schools with  
tastebuds programs

**How to apply:** New program applications are  
due by Feb 28 to start a program the following  
school year (Sep-Jun). Existing program grant  
renewals are completed on-line every June.  
Programs are available for all students in a  
school (students may need to register - check  
with school staff)

Helps schools provide healthy and delicious  
food to students either before or during  
the school day. Most programs are run by  
volunteers. For more information on nutrition  
guidelines, funding, and fundraising visit the  
website or contact Bhairavi Kumar. Not a direct  
service.

### Mountain Kidz Klub

**Phone:** 905-574-4190

**Contact:** Kathy Archer, Director/Founder

**Email:** kathy\_archer@rogers.ca

**Web:** www.mountainkidzklub.com

**Address:** Eastmount Park Community Centre,  
115 East 26th St, Hamilton, ON, L8V 3C5

**Hours:** Hours Vary, contact for details

**Cost:** Program; None; Programs are free or low cost

**Who can access this service:** Age 4 years and older; All programs are open to children ages 4-12 years, except for Cooking Club, which is 7-12 years \* Leadership-in-Training 13 yrs and up \* Youth Volunteers welcome

**How to apply:**

Due to COVID-19 this facility has been closed and all services cancelled. Provides low cost children's programs and services. March Break, PA Days, Winter Break Camp and Summer Camp programs are available. Integration of special needs children can be accommodated and will be reviewed on an individual basis. Wednesday Night Kid Night - Wed 6:15 pm-8 pm - children ages 5 and older drop-in for games, crafts, snacks, and community guests Friday Night Movies once per month Saturday Fun Zone - Children and Youth drop-in for a hot meal, games, and socializing Sunday Community Drop-in Sunday Lunch Kits Pick-Up 2 pm-2:30 om Holiday Celebrations New School Supply Drive provides back-to-school hampers between August and September. Christmas hampers available in December.

Funding for this project was provided by the George and Shirley  
McBride Foundation Fund at Hamilton Community Foundation.





# **Food Access Guide**

**Hamilton, Ontario**

**The Food Access Guide lists places in Hamilton, Ontario where health and social service providers can refer clients to receive free or low-cost food.**

**© Hamilton Public Library**