

Food Access Guide

Hamilton, Ontario



www.foodaccessguide.ca

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askhpl@hpl.ca

905-546-3200

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Community Gardens

A community garden is a space where plants are grown by the community to meet that community's needs. The garden engages community members to grow their own vegetables and herbs, to get exercise, and to meet new friends.

Hamilton Community Garden Network

Phone:

Work: [905-574-1334](tel:905-574-1334) x302

Contact: Amy Angelo, Manager of Food Access and Skills, Hamilton Community Food Centre, Neighbour to Neighbour Centre

Email: aangelo@n2ncentre.com

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

Address: [310 Limeridge Rd W, Hamilton, ON L9C 2V2, Canada](#)

Hours: Hours vary by location, see website for information.

Cost: Membership fees vary, contact the garden coordinator for more details

Who can access this service: Eligibility varies by location. More details are available in the garden directory or by visiting the website.

How to apply: Contact the coordinator for the garden you are interested in. Contact information is available in the garden directory online.

Provides resources and tools to start, run, or participate in community garden development, to sustain and expand the garden community in Hamilton and support Hamiltonians to use gardens to build the community, enhance the environment, and promote wellness. Website includes an interactive garden directory and map.

McQuesten Urban Farm Services

Phone:

Contact:

Email: mcquestenurbanfarm@niwasa.ca

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

Address: [785 Britannia Ave, Room 16, Hamilton, ON L8H 2B6, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Open to residents of the McQuesten neighbourhood.

How to apply: Contact for volunteer opportunities or to register for programs.

An initiative to increase food security in the McQuesten area by offering educational and recreational programs to community groups and school groups, weekly summer markets, fresh produce food boxes, and volunteer opportunities.

Community Kitchens

A community kitchen is a public space where people get together and cook on a regular basis. Community kitchens offer the opportunity to share skills, socialize, and reduce costs by purchasing collectively.

Living Rock Ministries Food Services Training

Phone:

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

Contact:

Email:

Web: <https://www.livingrock.ca/food-services-training>

Address: [30 Wilson St, Hamilton, ON L8R 1C5, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Open to all youth, 13-25 years old.

How to apply: Contact for information about how to apply to this program.

Provides work experience and training for at-risk youth in the Hamilton community. Youth cook and participate in clean-up in the Living Rock industrial kitchen. Incentives for participation include volunteer hours and Rock Bucks to be used in Stacey's Place Youth Food Bank and Rock Shop. Food produced in these programs is used to support the Oasis Coffeehouse meal programs.

Inner City Women's Collective Kitchen

Phone:

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

Contact:

Email:

Web: <https://hucchc.com/health-wellness/>

Address:

Hours:

Cost: None

Who can access this service: Female-identifying individuals.

How to apply: Contact to register.

Meets twice a month in a kitchen setting to plan and cook affordable meals, and learn and share skills helpful in budgeting, shopping, and preparation of healthy food. Aims to address food access, reduce social isolation, and to engage and build capacity in the community.

Congregate Dining

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

Diners' Club Congregate Dining Program

Phone:

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

Contact: Carole Taylor, Program Coordinator

Email: carole@glanbrookcommunityservices.ca

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

Address:

Hours: Third Thursday monthly (except July, August, December)

Cost: Program \$15 includes meal, dessert, and tea or coffee

Who can access this service: Older adults

How to apply: Contact to register

Program offers a monthly nutritious meal and social time at a location in Glanbrook/Binbrook. Participants from outside of Glanbrook are welcome, but must arrange their own transportation. Transportation can be arranged for participants who reside in Glanbrook.

Welcome Inn Community Centre Diners Club

Phone:

Work: [905-525-5824](tel:905-525-5824)

Contact: Ruth Kaulback, Seniors Program Coordinator and Volunteer Coordinator

Email: info@welcomeinn.ca

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

Address: [40 Wood St E, Hamilton, ON L8L 3Y3, Canada](#)

Hours:

Cost: Donation No fee. Donations welcome.

Who can access this service: Older adults living in the central and north end of Hamilton.

How to apply: Contact for information.

A weekly dining program for older adults, offering a home-cooked meal and social engagement. Lunch is followed by an afternoon program including live music, guest speakers, games, and more.

Life Long Care Program

Phone:

Work: [905-548-9593](tel:905-548-9593)

Contact:

Email:

Web: <http://www.hric.ca/>

Address: [34 Ottawa St N, Hamilton, ON L8H 3Y7, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Open to all urban Indigenous men, women, and their families.

How to apply: Contact to register.

Provides community support services to urban Indigenous clients, regardless of age, who are disabled, chronically ill, frail, or elderly. Services include:

- friendly visiting
- security checks/reassurance service

- congregate dining
- transportation
- Aboriginal support

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.

De Mazenod Door Outreach

Phone:

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

Contact: Tony O'Dell, President & CEO

Email: demazenod@stpatrickshamilton.ca

Web: <http://demazenod-door.ca/>

Address: [440 King St E, Hamilton, ON L8N 1C6, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all

How to apply: No application required

Provides free daily meals to individuals in need, year round. Offers light breakfast and coffee, as well as a hot lunch, with a barbeque every Friday.

Lunch in the Country

Phone:

Work: [905-648-5433](tel:905-648-5433)

Contact: Mamie McCromack, Chair

Email: mamiemccormack@gmail.com

Web: <https://fc.churchwebcanada.ca/jerseyville>

Address: [16 Field Rd, Jerseyville, ON L0R 1R0, Canada](#)

Hours: Contact for information.

Cost: None donations accepted

Who can access this service: Open to all.

How to apply: No application required.

Lunch program, offered every other month, with free soup, sandwiches, coffee, tea, and dessert. There is a free will donation for those who are able.

Oasis Coffeehouse Breakfast Program

Phone:

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

Contact:

Email:

Web: <https://www.livingrock.ca/food-programs>

Address: [30 Wilson St, Hamilton, ON L8R 1C5, Canada](#)

Hours:

Cost: None

Who can access this service: Open to youth ages 13 to 25.

How to apply: No registration required.

Provides a free warm, nutritious meal on weekday mornings for youth aged 13-25. Also provides access to showers, hygiene products, clothing, wi-fi, computers, and crisis and housing support. Program partners are on-site to give resources and support. This program is part of the Oasis Coffeehouse supported through the Living Food Training Service Programs.

King's Way Coffeehouse

Phone:

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

Contact:

Email: admin@alifeatatime.com

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

Address: [390 King William St, Hamilton, ON L8L 1P6, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

Offers free pizza and refreshments, as well as community connections.

Crossfire Assembly Community Meals

Phone:

Work: [905-525-8894](tel:905-525-8894)

Contact:

Email: office@crossfireassembly.com

Web: <https://www.crossfireassembly.com/serve-our-city/>

Address: [458 King St W, Hamilton, ON L8P 1B7, Canada](#)

Hours: See website for schedule.

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

Provides free community meals, including lunch on Saturdays and dinner on Wednesdays.

Meal Program, Notre Dame House

Phone:

Work: [905-308-8090](tel:905-308-8090)

Contact:

Email: youthservices@gsch.ca

Web: <https://goodshepherdcentres.ca/services/notre-dam...>

Address: [14 Cannon St W, Hamilton, ON L8R 2B2, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all youth ages 16-21 years old.

How to apply: No registration required.

Provides dine-in or take-out meals at lunch and dinnertime for youth.

Let's Do Lunch

Phone:

Work: [905-317-6897](tel:905-317-6897)

Contact:

Email: harveyherta@gmail.com

Web:

Address:

Hours: No meetings December or January.

Cost: None No charge, donations accepted.

Who can access this service: Open to all.

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

Offers a monthly drop-in lunch program in Ancaster, serving a variety of soup and sandwiches, along with dessert, coffee, and tea.

Food Banks

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

Blue Door Food Pantry

Phone:

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

Contact:

Email:

Web: <https://www.hamiltondreamcenter.ca/services/>

Address: [627 Main St E, Hamilton, ON L8M 1J5, Canada](#)

Hours:

Cost: None

Who can access this service: Individuals on low working income or low pension income who live in the City of Hamilton.

How to apply: By appointment only. Must provide an income statement, a rent receipt, proof of address, and photo ID for each person living in the home.

Provides food and clothing to individuals in need. Donations are welcome.

Venture Centre Market Place Emergency Food and Clothing Bank

Phone:

Work: [905-972-9485](tel:905-972-9485)

Contact:

Email: info@gsch.ca

Web: <https://www.goodshepherdcentres.ca/services/emerg...>

Address: [155 Cannon St E, Hamilton, ON L8L 2A6, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all families (including newcomer families) and individuals that meet a low income assessment.

How to apply: All new registrants must sign up in person. Registration hours are Monday to Friday, 8:30am-10am and 12:30pm-1:30pm. Please bring identification for all household members with proof of address.

A dignified, efficient, and safe space providing easily accessible emergency food and clothing to registered clients.

Parkview Church Emergency Food Program

Phone:

Contact:

Email:

Web: <https://www.parkviewchurchhamilton.ca/food/>

Address: [1120 West 5th Street, Hamilton, ON L9B 1J6, Canada](#)

Hours:

Cost: None

Who can access this service: Individuals and families in need of food assistance.

How to apply: No application required, service is first-come first-served. Please bring ID and proof of income (such as a stub from Ontario Works or ODSP) or a referral slip from a referring agency.

Distributes food to Hamilton residents through donations from local bakeries and grocery stores. No appointment necessary, service is first-come, first-served. This is not a food bank, but can occasionally supplement what individuals or families receive from food banks.

Native Women's Centre Emergency Outreach Program

Phone:Crisis Line Number: [1-888-308-6559](tel:1-888-308-6559)Work: [905-977-0234](tel:905-977-0234)Work: [905-664-1114](tel:905-664-1114)**Contact:** Vicki Montour, Executive Assistant**Email:** eow1@nativewomenscentre.com**Web:** <http://www.nativewomenscentre.com/programs>**Address:****Hours:** Food delivery hours vary, contact for details**Cost:** None**Who can access this service:** Indigenous individuals and families living in Hamilton.**How to apply:** Call the office and leave a voicemail to register for a food delivery.

Provides emergency food/clothing/household supplies to Indigenous people living in the Hamilton area who are homeless or at risk of being homeless. Supplies are delivered to the applicants homes.

Flamborough Food Bank Services

Phone:Work: [905-690-1036](tel:905-690-1036)**Contact:****Email:** flamborough1@hotmail.com**Web:** <https://www.flamboroughfoodbank.com/>**Address:** [1432 Centre Rd, Carlisle, ON L0R 1H1, Canada](#)**Hours:****Cost:** None**Who can access this service:** Open to individuals and families in need of food and personal care supplements who are not registered at another food bank.**How to apply:** Registration will be completed upon first visit. Documentation required includes:

- Government ID for each person in the household
- Income (sources, amount) and monthly expense information
- Dietary restrictions and requirements

Provides supplementary food support every two weeks to families that live in Flamborough. Donations are welcome at the food bank or the drop off locations:

- Sobeys (255 Dundas Street East, Waterdown)
- Fortino's (115 Hamilton Street North, Waterdown)
- Griffin Vintage Furniture (7 Griffin Street, Waterdown)
- Kitty's Ice Garage (810 Old Hwy 8, Rockton)

Ancaster Community Services Food Assistance Program

Phone:Work: [905-973-1180](tel:905-973-1180)**Contact:****Email:** AncasterCommunityServices@gmail.com**Web:** <https://ancastercommunityservices.ca/programs-ser...>**Address:** [300 Wilson St E, Ancaster, ON L9G 2B9, Canada](#)**Hours:****Cost:** None**Who can access this service:** Low or fixed income individuals and families who live in Ancaster or the surrounding area.**How to apply:** Appointments are required. ID with proof of address for each household member required. Proof of income and expenses required.

Emergency food bank providing non-perishable food and personal hygiene products to income-challenged residents of Ancaster and the surrounding area.

Hamilton Jewish Social Services Kosher Food Bank

Phone:

Work: [905-627-9922](tel:905-627-9922) x22

Contact:

Email: rachelb@hamiltonjfs.ca

Web:

Address: [30 King St E, Dundas, ON L9H 1B8, Canada](#)

Hours:

Cost: None

Who can access this service: Clients of the food bank must either:

- be a member of the Jewish community in Hamilton or surrounding areas
- live within 4 km of the Hamilton Jewish Family Services offices

How to apply: Contact to arrange an interview.

Provides Kosher food and personal care products to families and individuals. Allows clients to collect their own goods once a month according to the size of the household and their needs.

Restoration House Hamilton Food Bank

Phone:

Work: [905-527-1622](tel:905-527-1622)

Contact:

Email: office@restorationhouse.ca

Web: <https://www.restorationhouse.ca/csr>

Address: [103 MacNab St S, Hamilton, ON L8P 3C2, Canada](#)

Hours:

Cost: None

Who can access this service: Open to any family or individual in need of food assistance.

How to apply: Contact for information about how to apply.

Offers emergency non-perishable food assistance to all persons living in poverty and with low incomes.

Salvation Army Dundas Food Bank

Phone:

Work: [905-627-0572](tel:905-627-0572)

Contact:

Email:

Web: <https://www.sahamiltoncfs.ca/programs>

Address: [150 King St W, Dundas, ON L9H 1V4, Canada](#)

Hours:

Cost: None

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

How to apply: Contact to make an appointment. Must provide personal identification for each applicant and children claimed, proof of current address/rent, and proof of income for every adult applicant.

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

Salvation Army Central Hamilton Food Bank

Phone:

Work: [905-540-1888](tel:905-540-1888) x101

Contact:

Email:

Web: <https://www.sahamiltoncfs.ca/programs>

Address: [80 Bay St N, Hamilton, ON L8R 3N3, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all families and individuals who are in need and on a low income. Users can access the food bank monthly, to a maximum of 12 times per year.

How to apply: Contact to make an appointment. Must provide personal identification for each applicant and children claimed, proof of current address/rent, and proof of income for every adult applicant.

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

Welcome Inn Community Centre Food Bank

Phone:

Work: [905-525-5824](tel:905-525-5824)

Contact:

Email: info@welcomeinn.ca

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

Address: [40 Wood St E, Hamilton, ON L8L 3Y3, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all

How to apply: Contact for information. ID with proof of address is required for each household member.

Emergency food bank providing food and personal hygiene items to individuals and families. Can be accessed once per month per household.

Neighbour to Neighbour Centre Food Bank and Emergency Services

Phone:

Work: [905-574-1334](tel:905-574-1334) x300

Contact:

Email: admin@n2ncentre.com

Web: <https://n2ncentre.com/emergency-services/food-ban...>

Address: [28 Athens Street, Hamilton, ON L9C 3K9](#)

Hours: Closed for lunch: Mon-Wed 12 noon-12:45pm; Thu 3:15pm-3:45pm

Cost: None

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

How to apply: Contact to book an appointment. First-time users must provide identification for all members of the household, proof of address, and proof of income.

Offers emergency food support for residents of Hamilton mountain by providing 5-7 days of essential food, including fruits and vegetables, meat, dairy, bread and vital non-perishable items.

King's Way Weekly Grocery Pickup

Phone:

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

Contact:

Email: admin@alifeatatime.com

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

Address: [390 King William St, Hamilton, ON L8L 1P6, Canada](#)

Hours: Closed 12:30pm-1pm

Cost: None

Who can access this service: Families or individuals who are in need of food assistance.

How to apply: Walk-ins welcome, no registration required. Bring ID for each person in household.

Provides access to a variety of fresh fruits, vegetables, meats, dairy, and packaged foods as available. Clothing racks may be available. Please bring reusable grocery bags.

Food with Grace Waterdown Food Bank

Phone:

After-Hours Number: [905-818-9976](tel:905-818-9976)

Contact: Cindy Allen, Parish Administrator

Email: foodwgrace@graceanglicanwaterdown.org

Web: <http://www.graceanglicanwaterdown.org/food-with-g...>

Address: [157 Mill St N, Waterdown, ON L0R 2H0, Canada](#)

Hours:

Cost: None

Who can access this service: Families or individuals in Waterdown and Flamborough who are in need of food assistance or personal care items.

How to apply: Call to make an appointment. Please bring proof of residence when picking up food.

This program provides emergency food parcels and personal care items for families and individuals in need of assistance, operating by appointment at the door. Donations of non-perishable items can be dropped off in the Food with Grace boxes at Sobeys, Fortinos, or No Frills stores in Waterdown, or at Grace Anglican Church on Monday and Tuesday mornings (10am-11am.) Monetary donations can also be made to the church.

Crown Point Community Church The Giving Cupboard

Phone:

Work: [905-545-2002](tel:905-545-2002)

Contact: Liana Brown, Pastor

Email: churchoffice@crownpointcommunity.ca

Web: <http://crownpointcommunity.ca/>

Address: [92 Ottawa St N, Hamilton, ON L8H 3Z1, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all residents of the Crown Point neighbourhood.

How to apply: Contact for information about the application procedure.

Food pantry, stocked with non-perishable staples for those in need in the neighbourhood. Clients can shop once every calendar month, using a points system.

Glanbrook Community Food Bank

Phone:

Work: [905-692-3781](tel:905-692-3781)

Contact:

Email: woodburnanglican@rogers.com

Web: <https://christchurchwoodburn.com/glanbrook-foodba...>

Address: [1307 Woodburn Rd, Hannon, ON L0R 1P0, Canada](#)

Hours:

Cost: None

Who can access this service: Low income individuals and families residing in the Glanbrook area with the following postal codes: L0R 1C0 (Binbrook), L0R 1P0 (Hannon), and L0R 1W0 (Mount Hope).

How to apply: Call or drop in for information about application procedures.

Community food bank that provides emergency help to individuals and families.

Good Food Centre

Phone:

Work: [905-528-4212](tel:905-528-4212)

Contact:

Email: admin@mission-services.com

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

Address: [196 Wentworth St N, Hamilton, ON L8L 5V7, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all families and individuals who are on a low income and in need of food assistance.

How to apply: To register, bring identification for all members of the household, proof of address, income statement, rent or mortgage statements, and copies of utility statements.

Provides emergency access to 7 days worth of food and hygiene supplies in a community-based setting, while providing as much choice as possible, including culturally appropriate food.

Infant Formula and Diaper Bank

Phone:

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

Contact: Raven vanBommel, Founder and Executive Director

Email: info@essentialaid.ca

Web: <https://essentialaid.ca/programs>

Address: [100 Main St E, Hamilton, ON L8N 3W7, Canada](#)

Hours:

Cost: None

Who can access this service: Families and individuals with children aged 0-3 years who are in need of assistance.

How to apply: By appointment only.

Provides emergency supply of infant formula, baby food, and diapers to families with children aged 0-3 years.

Niwasa Food Bank

Phone:

Work: [905-549-4884](tel:905-549-4884) x1

Contact:

Email: office@niwasa.ca

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

Address: [785 Britannia Ave, Hamilton, ON L8H 2B6, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all

How to apply: Make an appointment by calling 905-549-4884 x1. Photo identification required.

Provides food to Hamilton residents in need. Limited delivery is available to seniors and those not able to pick up. By appointment only.

Stacey's Place Youth Food Bank

Phone:

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

Contact:

Email:

Web: <https://www.livingrock.ca/staceys-place-food-bank>

Address: [30 Wilson St, Hamilton, ON L8R 1C5, Canada](#)

Hours:

Cost: None

Who can access this service: Open to youth ages 13 to 25. ID must be shown to verify birth date.

How to apply: No application required.

Emergency services and grocery support for youth in the Hamilton community. Provides food, clothing, baby products, and hygiene items. Also offers nutrition and budgeting programs as well as referrals to Living Rock's Wellness Works Coordinator.

Stoney Creek Community Food Bank Services

Phone:Work: [905-643-2090](tel:905-643-2090)**Contact:**Email: mngr.stoneycreekfoodbank@gmail.comWeb: <https://www.stoneycreekfoodbank.com/>**Address:****Hours:**

Cost: None

Who can access this service: Open to any family or individual in need of food assistance and on a low income residing in Stoney Creek.**How to apply:** Government-issued ID for every family member in the household and proof of Stoney Creek residency must be brought to every food bank visit.

A food bank providing food to residents of Stoney Creek who are in need.

Seventh-Day Adventist Church Community Services and Food Bank

Phone:Work: [905-575-8764](tel:905-575-8764)**Contact:**Email: hamiltonbulletin@gmail.comWeb: <https://www.hamiltonmountain.org/foodbank>Address: [284 Concession St, Hamilton, ON L9A 1B3, Canada](#)**Hours:**

Cost: None

Who can access this service: Families and individuals who are in need and on a low income.**How to apply:** Contact to register.

Offers emergency services to families and individuals of any religion to assist in meeting immediate needs. Services include regular distribution of food and gift cards through the food bank, as well as occasionally providing clothing, furniture, and household items.

Community Pantry

Phone:Work: [905-526-1558](tel:905-526-1558) x407**Contact:**Email: chelsey@evarothwell.caWeb: <https://www.evarothwell.ca/community-resources-an...>Address: [460 Wentworth St N, Hamilton, ON L8L 5W8, Canada](#)**Hours:**

Cost: None

Who can access this service: Open to individuals living in the lower Hamilton area (postal codes L8H, L8K, L8L, L8M, L8N, L8P, L8R, L8S.)**How to apply:** Contact for information.

Provides food assistance to individuals living in the Lower Hamilton Area.

MSU Food Collective Centre

Phone:Work: [905-525-9140](tel:905-525-9140) x27685**Contact:**Email: fcc@msu.mcmaster.caWeb: <https://linktr.ee/msufccpromo>Address: [1280 Main St W, Hamilton, ON L8S 4L8, Canada](#)**Hours:** Closed during scheduled breaks in McMaster's academic calendar.

Cost: None

Who can access this service: Open to all McMaster students.**How to apply:** No application required.

A student-run food bank and food security resource, located on McMaster University's campus. Services include:

- **Food Bank and FCC Fridge:** offering fresh food, non-perishable items, and hygiene products at no cost
- **Community Kitchen Workshops:** free monthly cooking workshops with all ingredients provided, offers an accessible way to learn and connect
- **Lockers of Love:** a confidential way to collect ordered non-perishable food items ordered online
- **Good Food Box:** provides affordable, fresh produce once monthly

Additional events are run monthly to provide information and resources about food insecurity, raise awareness and support, and to gather funds to support the program.

Trans and Non-Binary Food Bank

Phone:

Work: [905-523-6611](tel:905-523-6611) x2022

Contact:

Email: agetty@compassch.org

Web: <https://www.n2ncentre.com/family-services/>

Address: [28 Athens Street, Hamilton, ON L9C 3K9](#)

Hours:

Cost: None

Who can access this service: Transgender and non-binary people and their family from anywhere in Hamilton.

How to apply: Contact Autumn Getty at 905-523-6611 x2022 or agetty@compassch.org

Food bank and support services for transgender and non-binary people and their families.

Crossfire Assembly Grocery Give-Away

Phone:

Work: [905-525-8894](tel:905-525-8894)

Contact:

Email: office@crossfireassembly.com

Web: <https://www.crossfireassembly.com/serve-our-city/>

Address: [458 King St W, Hamilton, ON L8P 1B7, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

Provides a bag of non-perishable food to people in need on the third Wednesday of every month.

Edith's Pantry

Phone:

Work: [905-545-9520](tel:905-545-9520)

Contact:

Email:

Web: <https://deltaunitedchurch.ca/services/community-f...>

Address:

Hours:

Cost: None

Who can access this service: Families and individuals who are in need.

How to apply: Please contact before arriving. Food bank can be used once per month.

On-site food bank at Delta United Church serving families and individuals in the community. Clients can visit once a month to select a limited number of items from a variety of packaged/canned foods as well as health and hygiene items. Food donations welcome during church hours.

Foodshare

Phone:

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

Contact:

Email:

Web: <https://hucchc.com/health-wellness/>

Address:

Hours: Contact for information.

Cost: None

Who can access this service: Clients facing food insecurity.

How to apply: Drop in, no application required.

A program designed to address the issues of food insecurity by assisting clients who are facing financial issues and food insecurity. Through food drives and donations from the community, the program distributes donated food to families in need. This program also promotes healthy eating on a budget.

Barakah Box

Phone:

Work: [289-864-4100](tel:289-864-4100)

Contact:

Email: bbox@mishkasocialservices.org

Web: <https://mishkasocialservices.org/barakah-box/>

Address:

Hours:

Cost: None

Who can access this service: Open to all who are on a low income and in need of food assistance. Proof of ID, bank statements, and rental/mortgage statements are required.

How to apply: Register using the form online, or in person at the Hamilton Mountain Mosque.

Food bank using a gift card system; monthly reloadable gift cards are distributed to be used at a local partner halal food market.

HCF Food Care

Phone:

Work: [905-527-4070](tel:905-527-4070)

Contact:

Email: johannenorris@live.com

Web: <https://hcfchurch.ca/ministry/food-care/>

Address:

Hours:

Cost: None

Who can access this service: Open to all in need of food.

How to apply: Drop in every second Monday, see website for schedule. Please bring bags.

A pop-up market for groceries, offering items such as bread, dairy, cereal, meats, personal hygiene items, and occasionally produce.

Community Fridges

Community fridges are a volunteer run, publicly accessible, low barrier resource, from which community members can get free food. Fridges are filled by donations from other community people and businesses.

Gilkson Community Pantry

Phone:

Contact:

Email: partnerships@todaysfamily.ca

Web:

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

A community pantry in which anyone in the neighbourhood can take or leave non-refrigerated food and essential good donations, in the spirit of mutual aid. See website for list of donation guidelines.

Crown Point East Community Fridge

Phone:

Contact:

Email: communityfridgeshamont@gmail.com

Web: https://linktr.ee/cf_hamont

Address: [204 Ottawa St N, Hamilton, ON L8H 3Z5, Canada](#)

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

A community fridge in which anyone in the neighbourhood can take or leave food donations, in the spirit of mutual aid. See website for list of donation guidelines. Volunteer opportunities available.

Locke Street Community Fridge

Phone:

Contact:

Email: lockest.fridge@gmail.com

Web: <https://linktr.ee/locke.street.fridge>

Address:

Hours: Mon-Sun 24 hours

Cost: None

Who can access this service: Open to all.

How to apply: No application required.

A community fridge in which anyone in the neighbourhood can take or leave food donations, in the spirit of mutual aid. See website for list of donation guidelines. Volunteer opportunities available.

Strathcona Community Pantry

Phone:

Contact:

Email: strathconapantry@gmail.com
Web: <https://linktr.ee/strathconapantry>
Address: [460 York Blvd, Hamilton, ON L8R 3J8, Canada](#)
Hours: Mon-Sun 24 hours
Cost: None
Who can access this service: Open to all.
How to apply: No application required.

A community pantry in which anyone in the neighbourhood can take or leave non-refrigerated food and essential good donations, in the spirit of mutual aid. See website for list of donation guidelines.

Immanuel Church Community Fridge

Phone:
Work: [905-385-0662](tel:905-385-0662)
Contact:
Email: office@immanuelministries.ca
Web: <https://www.immanuelministries.ca/>
Address: [61 Mohawk Rd W, Hamilton, ON L9C 1V9, Canada](#)
Hours: Mon-Sun 24 hours
Cost: None
Who can access this service: Open to all.
How to apply: No application required.

A community fridge with 24/7 access, in which anyone in the neighbourhood can take or leave food donations, in the spirit of mutual aid.

Community Fridge and Pantry at St. Michael's

Phone:
Work: [905-385-0722](tel:905-385-0722)
Contact:
Email: stmichaelsoffice@rogers.com
Web: <https://stmichaelshamiltonmountain.com/>
Address:
Hours: Mon-Sun 24 hours
Cost: None
Who can access this service: Open to all.
How to apply: No application required.

A community fridge and pantry with 24/7 access, in which anyone in the neighbourhood can take or leave food donations.

Free Meals

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

Hamilton Community Food Centre Community Dinner

Phone:

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

Contact:

Email: admin@n2ncentre.com

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

Address: [310 Limeridge Rd W, Hamilton, ON L9C 2V2, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all

How to apply: Drop-in

Provides freshly made meals, highlighting plant-based ingredients, at no cost. Dine-in and takeout options are available.

Oasis Coffeehouse Evening Program

Phone:

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

Contact:

Email:

Web: <https://www.livingrock.ca/food-programs>

Address: [30 Wilson St, Hamilton, ON L8R 1C5, Canada](#)

Hours:

Cost: None

Who can access this service: Open to youth ages 13 to 25.

How to apply: No application required.

Provides free warm, nutritious dinners on weekdays for youth aged 13-25, as well as positive social activities such as board games, movies, spa night, karaoke, and more. Youth are also able to access support through crisis response, referrals, and use the “work to earn” model to receive incentives. This program is part of the Oasis Coffeehouse supported through the Living Food Training Service Programs.

Living Rock Ministries The Gathering

Phone:

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

Contact:

Email:

Web: <https://www.livingrock.ca/chapel-services>

Address: [30 Wilson St, Hamilton, ON L8R 1C5, Canada](#)

Hours:

Cost: None

Who can access this service: Open to youth ages 13 to 25.

How to apply: Drop-in.

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.

Good Shepherd Centres, Daily Hot Meal Program

Phone:

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

Contact:

Email: info@gsch.ca

Web: <https://www.goodshepherdcentres.ca/services/good-...>

Address: [135 Mary St, Hamilton, ON L8R 1K4, Canada](#)

Hours:

Cost: None

Who can access this service: Open to anyone in need of food assistance.

How to apply: No application required.

Distributes free packed meals for anyone in need.

Hamilton Community Food Centre Community Lunch

Phone:

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

Contact:

Email: admin@n2ncentre.com

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

Address: [310 Limeridge Rd W, Hamilton, ON L9C 2V2, Canada](#)

Hours:

Cost: None

Who can access this service: Open to all.

How to apply: Drop-in

Provides a light, nutritious lunch highlighting a variety of fresh ingredients every Friday, at no cost. Dine-in and takeout options are available.

Hamilton Out of The Cold Free Meal Program

Phone:

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

Contact: Janice Ormond, Operations Manager

Email: hootc97@gmail.com

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

Address: [165 Charlton Ave W, Hamilton, ON L8P 2C8, Canada](#)

Hours: See website for schedule.

Cost: None

Who can access this service: Families or individuals in need.

How to apply: Drop-in.

Provides free hot meals to people in need through meals to go, sit-down dinners, or morning cafes. Operates in the winter, usually the beginning of November to the end of March. Schedule can be found on the website.

Good Food Box Programs

The Good Food Box is a non-profit fresh fruit and vegetable distribution program. It makes healthy, fresh food affordable and accessible to everyone. Weekly food boxes are delivered to various locations for pick-up.

Good Food Box

Phone:

Work: [905-974-9878](tel:905-974-9878)

Contact:

Email: tlchamilton2020@gmail.com

Web: <https://www.trinity-hamilton.com/social-ministries>

Address: [232 Fennell Ave E, Hamilton, ON L9A 1S7, Canada](#)

Hours: 2nd Thursday of the month, September through June

Cost: Program \$22 per month, subsidies available

Who can access this service: Open to all

How to apply: Fill out form located on website or contact for information.

Offers a bag of assorted fruits and vegetables for pickup.

MSU Food Collective Centre

Phone:

Work: [905-525-9140](tel:905-525-9140) x27685

Contact:

Email: fcc@msu.mcmaster.ca

Web: <https://linktr.ee/msufccpromo>

Address: [1280 Main St W, Hamilton, ON L8S 4L8, Canada](#)

Hours: Closed during scheduled breaks in McMaster's academic calendar.

Cost: None

Who can access this service: Open to all McMaster students.

How to apply: No application required.

A student-run food bank and food security resource, located on McMaster University's campus. Services include:

- **Food Bank and FCC Fridge:** offering fresh food, non-perishable items, and hygiene products at no cost
- **Community Kitchen Workshops:** free monthly cooking workshops with all ingredients provided, offers an accessible way to learn and connect
- **Lockers of Love:** a confidential way to collect ordered non-perishable food items ordered online
- **Good Food Box:** provides affordable, fresh produce once monthly

Additional events are run monthly to provide information and resources about food insecurity, raise awareness and support, and to gather funds to support the program.

Low Cost Meals

Restaurants, cafeterias and other eating establishments operated by hospitals, senior centers or other organizations which provide reduced-cost meals for low-income people, older adults or other targeted individuals.

Affordable Meal and Button Program

Phone:

Work: [289-389-0541](tel:289-389-0541)

Contact:

Email: hello@fivefortyone.ca

Web: <http://www.fivefortyone.ca>

Address: [541 Barton St E, Hamilton, ON L8L 2Z2, Canada](#)

Hours:

Cost: Service Meal prices vary

Who can access this service: Open to all.

How to apply: No application required. Contact to donate or purchase a button.

Offers an affordable meal program where people can purchase buttons that those in need can exchange for menu items.

Dundas Community Services Frozen Meal Program

Phone:

Work: [905-627-5461](tel:905-627-5461)

Contact:

Email: dcs@dundascommunityservices.com

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

Address: [2 King St W, Hamilton, ON L9H 6Z1, Canada](#)

Hours:

Cost: Service Nominal fee for meals, see website for information. Clients are invoiced monthly, accepted payments are cash, cheque, e-transfer, or credit.

Who can access this service: Pickup is open to all. Delivery is available for older adults living in Dundas and not beyond the railway line at Sydenham and York Road or beyond the Conservation Area on Governor's Road, with the purchase of 4 or more entrees.

How to apply: Pre-registration is required. Registration forms may be completed online or visit to fill out the form in person. Cancellations must be done with 24 hours notice.

Provides flash-frozen meals for older adults, adults living with a disability or recuperating from surgery, or anyone not able to cook a meal for themselves. Pick-up and delivery options are available. Special diet types available; cooking instructions are provided on the packaging. Meals prepared at Ina Grafton Gage Village in Niagara, specialty meals prepared by Set the Table in Ancaster.

Ancaster Community Service Frozen Meals

Phone:

Work: [905-648-6675](tel:905-648-6675)

Contact:

Email: ancastercommunityservices@gmail.com

Web: <https://ancastercommunityservices.ca/programs-ser...>

Address: [300 Wilson St E, Ancaster, ON L9G 2B9, Canada](#)

Hours:

Cost: Service Entrée - \$6.75; Dessert - \$2.50; Soup - \$3.00 ; Prices are subject to change without prior written notice

Who can access this service: Ancaster residents who are seniors, have a disability, or are confined to home.

How to apply: Contact to register. Meals are ordered every Thursday before 4 pm and delivered the following Wednesday for those eligible for delivery or picked up at the ACS office Wednesday after 12 noon.

Provides meals prepared from fresh foods and frozen the week prior to delivery or pick-up. Offers 35 different entrées and desserts and 7 different soups each week over a 5 week rotation. Meals are delivered to the door or can be picked up at the ACS office. Cooking

times and instructions are provided on the cellophane cover of every entrée. Some dietary restrictions available.

Glanbrook Community Services Meals on Wheels (Frozen) Program

Phone:

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

Contact: Carole Taylor, Program Coordinator

Email: carole@glanbrookcommunityservices.ca

Web: <https://glanbrookcommunityservices.ca/services/me...>

Address:

Hours: Contact for information.

Cost: Service Fees vary, contact for details

Who can access this service: Glanbrook and area resident seniors and other adults with physical or developmental disabilities, cognitive impairments, individuals suffering from illnesses and recovering from surgeries, and those who need special dietary planning and assistance.

How to apply: Contact to register. Meals can be ordered online with email confirmation. Delivery restricted to Glanbrook, Stoney Creek, Hamilton mountain.

Service provides frozen meals prepared from fresh foods to seniors and those requiring additional nutritional assistance. Meals are delivered weekly, or can be picked up at the Glanbrook Community Services office. Special diet types available, cooking instructions are provided on the packaging. Meals provided by Ina Grafton Village in St. Catharine's and by Zarky's in Hamilton.

Dundas Community Services Hot Meal Program

Phone:

Work: [905-627-5461](tel:905-627-5461)

Contact:

Email: dcsc@dundascommunityservices.com

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

Address: [2 King St W, Hamilton, ON L9H 6Z1, Canada](#)

Hours:

Cost: Service Nominal fee for meals, see website for information. Clients are invoiced monthly, accepted payments are cash, cheque, e-transfer, or credit.

Who can access this service: Seniors or adults living with a disability. Must be residents of Dundas and do not live beyond the railway line at Sydenham and York Road or beyond the Conservation Area on Governor's Road.

How to apply: Pre-registration is required. Registration forms may be completed online or visit to fill out the form in person. Cancellations must be done with 24 hours notice.

Provides a hot, nutritious meal for older adults, people with disabilities, or anyone not able to cook 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. Special diet types available. All meals are prepared at Wentworth Lodge Long-Term Care Facility.

Glanbrook Community Services Meals on Wheels (Hot) Program

Phone:

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

Contact: Carole Taylor, Program Coordinator

Email: carole@glanbrookcommunityservices.ca

Web: <https://glanbrookcommunityservices.ca/services/me...>

Address:

Hours:

Cost: Service \$7.50 per meal

Who can access this service: Binbrook, Mount Hope, or Glanbrook residents, seniors and other adults with physical or developmental disabilities, cognitive impairments, individuals suffering from illnesses and recovering from surgeries, and those who need special dietary planning and assistance.

How to apply: Contact to register for a delivery.

Hot, nutritious, three-course meal delivered during lunch hour. Meal includes salad, main course of meat, potato and vegetable, and dessert. Specialized meals can be made upon request. Meals are delivered Monday through Friday, excluding holidays; additional meals

may be requested to accommodate weekends and holidays.

Meals on Wheels Programs

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

Ancaster Community Services Meals on Wheels

Phone:

Work: [905-648-6675](tel:905-648-6675)

Contact:

Email: ancastercommunityservices@gmail.com

Web: <https://ancastercommunityservices.ca/programs-ser...>

Address: [300 Wilson St E, Ancaster, ON L9G 2B9, Canada](#)

Hours:

Cost: Service \$8 per meal, invoiced monthly

Who can access this service: Open to Ancaster residents (including Alberton, Lynden, Jerseyville, and Carluke)

- Seniors who are finding it challenging preparing their own meals
- Adults who are chronically ill
- Adults living with a disability
- Adults convalescing from surgery or illness
- Adults undergoing medical treatment

How to apply: Contact to pre-register. 24 hours notice is required for requests or cancellations.

Delivers hot meals to the homes of elderly, convalescent, disabled persons, or any person in need of a meal and unable to provide for themselves. Available on both a short-term and long-term basis to eligible clients. Meal delivery is prepared by Set the Table Kitchen & Co. Food Delivery Service and delivered by volunteers. Specialty diets (celiac, diabetic) may be accommodated upon request. A regular Meals on Wheels delivery consists of:

- Full course meal of meat, vegetable(s), and a starch (pasta, potatoes or rice)
- 10 oz serving of hot soup
- Dessert

Ancaster Community Service Frozen Meals

Phone:

Work: [905-648-6675](tel:905-648-6675)

Contact:

Email: ancastercommunityservices@gmail.com

Web: <https://ancastercommunityservices.ca/programs-ser...>

Address: [300 Wilson St E, Ancaster, ON L9G 2B9, Canada](#)

Hours:

Cost: Service Entrée - \$6.75; Dessert - \$2.50; Soup - \$3.00 ; Prices are subject to change without prior written notice

Who can access this service: Ancaster residents who are seniors, have a disability, or are confined to home.

How to apply: Contact to register. Meals are ordered every Thursday before 4 pm and delivered the following Wednesday for those eligible for delivery or picked up at the ACS office Wednesday after 12 noon.

Provides meals prepared from fresh foods and frozen the week prior to delivery or pick-up. Offers 35 different entrées and desserts and 7 different soups each week over a 5 week rotation. Meals are delivered to the door or can be picked up at the ACS office. Cooking times and instructions are provided on the cellophane cover of every entrée. Some dietary restrictions available.

Glanbrook Community Services Meals on Wheels (Frozen) Program

Phone:

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

Contact: Carole Taylor, Program Coordinator

Email: carole@glanbrookcommunityservices.ca

Web: <https://glanbrookcommunityservices.ca/services/me...>

Address:

Hours: Contact for information.

Cost: Service Fees vary, contact for details

Who can access this service: Glanbrook and area resident seniors and other adults with physical or developmental disabilities, cognitive impairments, individuals suffering from illnesses and recovering from surgeries, and those who need special dietary planning and assistance.

How to apply: Contact to register. Meals can be ordered online with email confirmation. Delivery restricted to Glanbrook, Stoney Creek, Hamilton mountain.

Service provides frozen meals prepared from fresh foods to seniors and those requiring additional nutritional assistance. Meals are delivered weekly, or can be picked up at the Glanbrook Community Services office. Special diet types available, cooking instructions are provided on the packaging. Meals provided by Ina Grafton Village in St. Catharine's and by Zarky's in Hamilton.

Dundas Community Services Hot Meal Program

Phone:

Work: [905-627-5461](tel:905-627-5461)

Contact:

Email: dcx@dundascommunityservices.com

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

Address: [2 King St W, Hamilton, ON L9H 6Z1, Canada](#)

Hours:

Cost: Service Nominal fee for meals, see website for information. Clients are invoiced monthly, accepted payments are cash, cheque, e-transfer, or credit.

Who can access this service: Seniors or adults living with a disability. Must be residents of Dundas and do not live beyond the railway line at Sydenham and York Road or beyond the Conservation Area on Governor's Road.

How to apply: Pre-registration is required. Registration forms may be completed online or visit to fill out the form in person. Cancellations must be done with 24 hours notice.

Provides a hot, nutritious meal for older adults, people with disabilities, or anyone not able to cook 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. Special diet types available. All meals are prepared at Wentworth Lodge Long-Term Care Facility.

Glanbrook Community Services Meals on Wheels (Hot) Program

Phone:

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

Contact: Carole Taylor, Program Coordinator

Email: carole@glanbrookcommunityservices.ca

Web: <https://glanbrookcommunityservices.ca/services/me...>

Address:

Hours:

Cost: Service \$7.50 per meal

Who can access this service: Binbrook, Mount Hope, or Glanbrook residents, seniors and other adults with physical or developmental disabilities, cognitive impairments, individuals suffering from illnesses and recovering from surgeries, and those who need special dietary planning and assistance.

How to apply: Contact to register for a delivery.

Hot, nutritious, three-course meal delivered during lunch hour. Meal includes salad, main course of meat, potato and vegetable, and dessert. Specialized meals can be made upon request. Meals are delivered Monday through Friday, excluding holidays; additional meals may be requested to accommodate weekends and holidays.

Victorian Order of Nurses Meals on Wheels

Phone:

Work: [905-522-1022](tel:905-522-1022)

Contact:

Email:

Web: <https://von.ca/en/von-care/meals-wheels-frozen>, <https://von.ca/en/von-care/Meals-on-Wheels-Hot>

Address: [414 Victoria Ave N, Hamilton, ON L8L 5G8, Canada](#)

Hours:

Cost: Service Contact for meal pricing. Recipients are invoiced monthly.

Who can access this service: Older adults, adults with disabilities, or those recovering from illness or surgery.

How to apply: Contact to register.

Provides delivered meals for residents who are unable to attend to their own nutritional needs, yet wish to continue living independently in the community. Volunteers are selected through a screening process and provide social contact as well as monitor the well-being of the client. **Meals on Wheels (Frozen)** - Clients are given several frozen meal options to choose from and special dietary items are also available. All meals can be easily reheated in a microwave or conventional oven. **Meals on Wheels (Hot)** - Affordable, hot, and nutritious meals, delivered to clients' doors.

Dundas Community Services Frozen Meal Program

Phone:

Work: [905-627-5461](tel:905-627-5461)

Contact:

Email: dcsc@dundascommunityservices.com

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

Address: [2 King St W, Hamilton, ON L9H 6Z1, Canada](#)

Hours:

Cost: Service Nominal fee for meals, see website for information. Clients are invoiced monthly, accepted payments are cash, cheque, e-transfer, or credit.

Who can access this service: Pickup is open to all. Delivery is available for older adults living in Dundas and not beyond the railway line at Sydenham and York Road or beyond the Conservation Area on Governor's Road, with the purchase of 4 or more entrees.

How to apply: Pre-registration is required. Registration forms may be completed online or visit to fill out the form in person. Cancellations must be done with 24 hours notice.

Provides flash-frozen meals for older adults, adults living with a disability or recuperating from surgery, or anyone not able to cook a meal for themselves. Pick-up and delivery options are available. Special diet types available; cooking instructions are provided on the packaging. Meals prepared at Ina Grafton Gage Village in Niagara, specialty meals prepared by Set the Table in Ancaster.

Prenatal Nutrition Programs

Prenatal Nutrition Programs provide nutrition and vitamin supplements at no cost, and may include support during pregnancy, birth, breast-feeding and parenting.

Welcome Baby Prenatal Nutrition Program

Phone:

Work: [905-546-3550](tel:905-546-3550)

Contact:

Email: cpnp@hamilton.ca

Web: <http://www.hamilton.ca/prenatalnutritionprogram>

Address: [876 Cannon St E, Hamilton, ON L8L 8C1, Canada](#)

Hours: Hours vary by location, visit website for specific times, dates, and locations

Cost: None

Who can access this service: Pregnant individuals can join and stay until their babies are 6 months of age. A participant can only be registered in one Prenatal Nutrition Program (Welcome Baby) group.

How to apply: Choose one Welcome Baby group to attend and register on your first visit. Email cpnp@hamilton.ca or call Health Connections at 905-546-3550 for information.

Free weekly groups for pregnant individuals. Discussions with a Registered Nurse and Registered Dietitian include pregnancy, labour and birth, managing stress, eating well and cooking healthy food, breastfeeding, and community supports. Grocery gift cards, multivitamin gift cards, and bus tickets are provided as needed.

Hamilton Regional Indian Centre Canada Prenatal Nutritional Program

Phone:

Work: [905-548-9593](tel:905-548-9593) x227

Contact:

Email: cpnp@hric.ca

Web: <https://www.hric.ca/children-and-families-program/>

Address: [34 Ottawa St N, Hamilton, ON L8H 3Y7, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: Expecting families who are willing to learn through Indigenous styles.

How to apply: Contact for information.

Encourages and promotes healthy pregnancies for Aboriginal mothers and their babies, offering culturally appropriate support for babies up to 6 months of age and their families by improving maternal infant care, promoting healthy birth weights, and overall better health promotion for expecting mothers and their families. Services offered include:

- Prenatal/Postnatal classes
- Home/Hospital visits
- Nutritional and prenatal supplements
- Cultural teachings
- Advocacy and referrals
- Breastfeeding support
- New parent support

Centre de Santé Communautaire Canada Prenatal Nutrition Program

Phone:

Work: [905-528-0163](tel:905-528-0163) x3230

Contact:

Email: cschn@cschn.ca

Web: <https://www.cschn.ca/sante-et-bien-etre/programme...>

Address: [1320 Barton St E, Hamilton, ON L8H 2W1, Canada](#)

Hours: Contact for information.

Cost: None

Who can access this service: For French-speaking expectant and new mothers and their partners, as well as parents of children up to one year of age.

How to apply: Contact for information.

Aims to educate new mothers on healthy interactions with their babies through prenatal classes, nutrition counselling, and postnatal home visits. The program includes:

- Promoting healthy choices during pregnancy
- Preparing for birth
- Breastfeeding
- Awareness of postpartum depression
- Mother-and-baby care after birth

Student Nutrition Programs

Student Nutrition Programs offer meals and/or snacks to school students at no cost, and may also provide food education to children and youth.

Food4Kids Programs

Phone:

Work: [905-930-9118](tel:905-930-9118)

Contact:

Email: info@food4kidshamilton.ca

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

Address: [237 Barton St E, Hamilton, ON L8L 2X2, Canada](#)

Hours: Hours vary, contact for details

Cost: None

Who can access this service: Children and youth who attend school in Hamilton.

How to apply: Referrals made through the child's school.

Provides packages of healthy food for children with limited or no access to food on weekends or during the summer months. **Weekends Without Hunger** - Participants aged 4-17 years are referred by schools aware of students with limited access to food in their homes. Food packages are tucked discreetly into children's backpacks. Food bags are filled with healthy food items, including 5 fresh fruit items! **Summer Feeding Program** - Through July and August, all students registered in the program receive grocery store gift cards through the mail at their homes on a bi-weekly basis.

Children's Breakfast Club

Phone:

Work: [905-523-6611](tel:905-523-6611) x3006

Work: [905-523-6611](tel:905-523-6611) x2084

Contact:

Email: ljanzen@compassch.org , mbown-kai@compassch.org

Web: <https://compassch.org/programs-services/community...>

Address: [438 Hughson St N, Hamilton, ON L8L 4N5, Canada](#)

Hours: School days, September to June

Cost: None

Who can access this service: Open to children and their parents or families.

How to apply: Contact to register.

A supervised space for children to spend time before school, with a hot breakfast provided. Assistance with homework is also available. Program runs on school days, and parents and families are welcome.

Shopping and Transportation

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

Banyan Grocer-Ease Program

Phone:

Work: [905-545-1175](tel:905-545-1175)

Contact:

Email:

Web: <https://banyancommunityservices.org/what-we-do/he...>

Address: [688 Queensdale Ave E, Hamilton, ON L8V 1M1](#)

Hours:

Cost: Service fee chart available online.

Who can access this service: Seniors and/or adults with disabilities.

How to apply: Contact to register.

A community support service that provides grocery delivery services to eligible seniors and adults with disabilities who live within the City of Hamilton. Takes individualized grocery lists from clients, shops in the store of the client's choice, and if required puts the groceries away upon delivery. There is a service charge based on the amount of the grocery bill. If a client is in need of the service, but is not in charge of their finances, the program will work with their caregiver and shop for them and deliver. An extra charge is added to this service.

Seniors for Seniors Driver Companions

Phone:

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

Toll-Free Number: [1-800-889-9482](tel:1-800-889-9482)

Contact:

Email:

Web: <https://spectrumhealthcare.com/services/senior-ca...>

Address: [21 Hunter St E, Hamilton, ON L8N 3W8, Canada](#)

Hours: Contact for information.

Cost: Service fees vary, contact for details

Who can access this service: Open to all older adults.

How to apply: Contact for information. Visit the website for information about how to volunteer as a driver companion.

Provides driver companions to transport and accompany older adults to and from medical appointments, shopping centres, grocery stores, visiting friends, and other errands. Companions use their personal vehicles and can accommodate seniors with cognitive impairments, walkers, and collapsible wheelchairs.

Glanbrook Community Services Volunteer-Assisted Transportation

Phone:

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

Contact:

Email: carole@glanbrookcommunityservices.ca

Web: <https://glanbrookcommunityservices.ca/services/as...>

Address:

Hours: Contact for appointment.

Cost: Service standard prices have been set for local geographic areas in Glanbrook

Who can access this service: Open to seniors and people with disabilities in the Glanbrook area. Passengers must be independently mobile and cognitively alert. Walkers are permitted.

How to apply: Contact to register, please book at least 10 business days in advance.

Glanbrook Community Services provides participants with transportation services to medical appointments, dental appointments, errands, to visit friends, grocery and general shopping. Drivers will wait and can assist participants with purchases. Out-of-town trips may be arranged upon request, some restrictions apply.

