

UPDATED  
DEC 2022

# Food Support

**Burlington Food Bank**



## Burlington Food Bank

Pre-packed boxes of non-perishable foods, hygiene, produce, milk, eggs, bread and frozen meat. Contactless delivery by appointment only. Make an appointment for Curbside Pickups. To request food: email [info@burlingtonfoodbank.ca](mailto:info@burlingtonfoodbank.ca) or call 905-637-2273.



## Open Doors

Tuesdays Hospitality hour 4:30-5:30pm. Sit down dinner - 6pm. Thurs Senior's Lunch sit down - 12pm. Community Market—Tues 3:00-5:30pm, Sat 9:30am-12:00pm. 662 Guelph Line. Open to the public, ID required. Inquiries, email [gardenmarket@stcb.ca](mailto:gardenmarket@stcb.ca) or [goodfood@stcb.com](mailto:goodfood@stcb.com) or call 905-634-1809.



## Food for Life Food Programs

St. Luke's Anglican 1382 Ontario St. Tues – 9:45-11:00 am  
Grace United Church 2111 Walkers Line Fri – 9:30-10:30am  
Please call 905-335-0090 for inquiries.

Good Food Line 905-635-1106 x225 or email [goodfood@foodforlife.ca](mailto:goodfood@foodforlife.ca)  
Community Fridge - Aldershot Library (check library hours) 550 Plains Rd E  
Mountainside Market-2258 Mountainside Dr. Tues/Thurs 10am-6pm,  
Wednesdays 10am-4pm By appt only, book at [www.foodforlife.ca/market/](http://www.foodforlife.ca/market/).



## Compass Point Food Market

Non perishable food, produce, bread. Meat and hygiene items (when available). 1500 Kerns Road | 2<sup>nd</sup> and 4<sup>th</sup> Sat of the month | 9:00-10:30am. 905-336-0500 ext. 234 email: [foodmarket@compasspointbc.com](mailto:foodmarket@compasspointbc.com)



## Compassion Society

Non perishable/ produce package, meat, pizzas, salads/soups, sandwiches, cakes, sweets, bread and hygiene items as available. Mon, &, Fri 12:00-3:30pm, Wed 4:00-7:00pm. 1881 Fairview St Units 4,5. Inquiries email: [general.compassion@gmail.com](mailto:general.compassion@gmail.com) or call 905-592-3722.



## Salvation Army Community & Family Services Food Bank

5040 Mainway Unit 9; Non-perishables, along with proteins, produce, hygiene items, bread available Mon-Fri 9-4pm. By appointment. Mon 1-4pm, Wed 8:30-11:30, Thursday 9-4 (Closed 12:00pm-1:00pm) Call 289-230-2556 to book your visit (calls not returned over the weekend)



## Meal Program/Friday HUB and Lunch

Friday HUB (10:00am—3:00pm) with free hot lunch served between 12:00-2:00pm. Prepared emergency meals delivery program (with referral) Wellington Square United Church 2121 Caroline St. For more information email [llunski@wsquare.ca](mailto:llunski@wsquare.ca), call 905 634-1849.