

**UPDATED  
SEPT 2023**

# Food Support

**Burlington Food Bank**



## Burlington Food Bank

1254 Plains Rd E Unit 1A. Now open for in store shopping of non-perishable foods, hygiene, produce, milk, eggs, bread and frozen meat. Mon-Fri 9am-12:45pm and Thurs 5-7pm.

Some delivery available 905-637-2273.

## Open Doors

Tuesdays in person sit down community dinner at 6pm.

Thurs Senior's Lunch sit down - 12pm.

Community Market by appointment only, please call 905-634-1809.

Email [opendoorsprograms@stcb.ca](mailto:opendoorsprograms@stcb.ca) or call 905-634-1809.



## Food for Life Programs

St. Luke's Anglican 1382 Ontario St. Tues, 9:45-11:00 am 905-634-1826

Grace United 2111 Walkers Line Fri, 9:30-10:30am 905-335-0090

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 11am-6pm (closed b/w 12:30-1:30pm). Appointments are required from 1pm-3pm. Go to [foodforlife.ca](http://foodforlife.ca) to register.



## 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 perishables, fresh produce, meat, pizzas, salads/soups, sandwiches, cakes, sweets, bread and hygiene/self care 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; In person shopping of non-perishables, milk, eggs, bread, proteins, produce, hygiene items etc. Mon 1-4pm, Wed 8:30-12pm, Thursday 9-4 For an appointment call 289-230-2556.



## Friday Hub & Lunch at Wellington Square

HUB (10am-3pm) with free hot lunch served between 12-2pm.

Every Friday. All are welcome, no registration required.

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.

