Brampton

1. **Islamic Forum of Canada** 200 Advance Blvd. Brampton, ON L6T 4V4 905-790-8859 905-799-0763 IslamicForumOnline.com	First Tues of each month: 4 – 7 p.m. • Non-denominational, anyone is welcome • One visit per month • For first visit, call ahead to make an appointment • On first visit must provide: ▪ Proof of income and address ▪ Government issued photo identification ▪ Picture identification for self, spouse and children
2. **Knights Table** 116 Kennedy Rd. S., Unit 6 Brampton, ON L6W 3E7 905-454-8725	Open 7 days/week (includes holidays) • First Bite Program 8 – 10 a.m. (daily including holidays) • Cecil's Kitchen Program Mon to Fri: Noon – 6 p.m., Sat and Sun: Noon – 4 p.m. • Our Pantry Program (Food Bank) Wed to Fri: Noon – 4 p.m. • Families Zone Wed: 4 – 6 p.m. (provides a caring, environment to foster positive relationships with families) • Good Neighbour Program Mon to Fri: Noon – 6 p.m., Sat and Sun: Noon – 4 p.m. (provides baked goods, pastries and breads to clients) • Good Neighbour Mobile Service Sat: Noon – 2 p.m. (provides baked goods, dessert and other food supplies to seniors and families in high needs neighbourhoods in Mississauga and Brampton) • Holiday Hamper Program (offers food hampers and toys for families during the holiday season) • Donations are welcomed
3. **Saint Vincent de Paul St. John Fisher Conference** 300 Balmoral Dr. Brampton, ON L6T 1V6 905-790-2479 – Leave message	Home Visits Only • Calls picked up daily • Food vouchers delivered by volunteers as quickly as possible • No paperwork is required, at least on the first visit. Possibly requested on subsequent visits
4. **Saint Vincent de Paul St. Leonard's Conference** 187 Conestoga Rd. Brampton, ON L6Z 3X8 905-846-5385 – Leave message	Home Visits Only • Emergency food service for those in need. • Service boundaries: Bovaird, Highway 410, Old School Rd, McLaughlin. • Calls picked up on weekdays only. • Food &/or food vouchers delivered by volunteers.
5. **Salvation Army Brampton** Also serves North Peel 8054 Torbram Rd. Brampton, ON L6T 3T2 905-451-8840	Mon to Fri: 9 a.m. – Noon and 1 – 4 p.m. by appointment only, call ahead • Recipients receive a budget assessment • Food requirements tailored to budget • On first visit must provide: ▪ Proof of income and rent for household ▪ Identification for self, spouse and children
6. **St. Andrew's Presbyterian Church** 44 Church St. E. Brampton, ON L6V 1G3 (corner of Church and Union) 905-451-1723	Wed: 1 p.m. until food is depleted • No paperwork is required
7. **St. Anne's Food Assistance Program** 115 Vodden St. E. Brampton, ON L6V 1M4 905-453-1303	Mon and Wed from the 15th of the month forward: 10:15 – 11:30 a.m. • Service Boundaries: Hwy 410 and Queen Street to McLaughlin Road and Bovaird Drive • Each person will be assessed individually • Non-perishable foods provided • Emergency food only – maximum three times a year
8. **St. Paul's United Church** 30 Main St. S. Brampton, ON L6W 2C4 905-451-1405	Tues: 1:30 – 3 p.m. • Non-denominational, anyone is welcome • One bag of non-perishable food • Entrance on John Street – parking lot

Brampton

9. **Ste. Louise Outreach Centre** 32 Haggert Ave. N. Brampton, ON L6X 1Y3 905-454-2144 SteLouiseFoodBank.com	May – Sept: Tues, Thurs: 10 a.m. – 1 p.m., Sat: 10:30 a.m. – 2 p.m. Oct – April: Mon, Tues, Thurs: 10 a.m. – 1 p.m., Sat: 10:30 a.m. – 2:30 p.m. • On monthly visit must provide: ▪ Proof of income, address, rent and a bank statement • Initial visit and once per year: ▪ Identification with date of birth for everyone in household

Caledon

1. **Caledon Community Services** 18 King St. E. Bolton, ON L7E 1E8 905-584-9460	Mon to Fri: 9 a.m. – 4:30 p.m. • **Emergency food only** (for residents of Caledon) • Provides food vouchers to residents of Caledon for grocery stores – maximum once per month • On first visit must provide: ▪ Proof of income and expenses ▪ Identification for family
2. **Salvation Army Brampton** Also serves North Peel 8054 Torbram Rd. Brampton, ON L6T 3T2 905-451-8840	Mon to Fri: 9 a.m. – Noon and 1 – 4 p.m. by appointment only, call ahead • Recipients receive a budget assessment • Food requirements tailored to budget • On every visit must provide: ▪ Proof of income and rent for household ▪ Identification for self, spouse and children

Call Region of Peel – Public Health
at **905-799-7700** for more information.

Caledon residents call toll free at **905-584-2216**
and ask for Region of Peel – Public Health.

CDI – 0163 10/10

Emergency Food Services in Peel

Please call the food bank first as the information, hours of operation and services offered are subject to change.

Region of Peel
Working for you
Public Health

October 2011

Mississauga

1. **Compass Market Food Bank**
310 Lakeshore Rd. W.
Mississauga, ON L5H 1G8
905-274-9309

Mon: 3 – 8 p.m., Wed: 2 – 5 p.m., Fri: Noon – 5 p.m.
Postal codes served: L5G, L5H, L5J
- On first visit must provide:
  - Identification for all members of the family
  - Proof of income and expenses
  - Proof of address

2. **The Deacon's Cupboard, St. Peter's Anglican Church Erindale**
1745 Dundas St. W.
Mississauga, L5K 2E1
905-828-1588, ext. 64

Wed: 9:30 a.m. – 1 p.m., last Monday of each month: 5:30 - 7:30 p.m. (except December)
Closed all of July
Postal codes served: L5B, L5C, L5H , L5J, L5K, L5L
- On first visit, identification for each family member and proof of address is strongly recommended

3. **Eden Community Food Bank**
3051 Battleford Rd.
Mississauga, ON L5N 5Z9
905-785-3651

3185 Unity Dr., Unit 2
Mississauga, ON L5L 4L5
905-785-3651

Battleford location
Mon: 10 a.m. – Noon and 1 – 3 p.m., Thurs: 6 – 8:30 p.m.
Postal codes served: L5N and L5M

Unity location
Tues: Noon – 2:30 p.m. and 5 – 7 p.m., Thurs: 11 a.m. – 1 p.m.
Postal codes served: L5L and L5K

- **ONE VISIT** per month
- On first visit must provide:
  - Proof of address (recent mail)
  - Proof of total household income
  - Proof of utility bills
  - Proof of rent or mortgage payment and taxes
  - Identification of every household member (OHIP, Driver's license)

4. **Grace Mt. Zion Apostolic Church**
5865 Coopers Ave.
Mississauga, ON L4Z 1R9
905-501-8958

Fri: 6 – 8 p.m., last Sat of each month: 11 a.m. – 1 p.m.
- On first visit must provide:
  - Proof of income and rent
  - Identification for everyone sharing the food
  - Proof of address with an identification

5. **ICNA Relief Food Bank**
113-165 Dundas St. W.
Mississauga, ON L5B 2N6
905-277-4357
ICNAReliefCanada.ca

Mon to Fri: 10 a.m. – 5 p.m.
- **ONE VISIT** per month after initial assessment
- Please call before coming
- Non-denominational, anyone is welcome
- Non-perishable foods
- Also provides halal meats – when available
- Referral available for family counselling at Muslim Family Services
- On first visit must provide:
  - Proof of income and expenses
  - Identification

6. **The Mississauga Food Bank**
2550 Goldenridge Rd., Unit 36
Mississauga, ON L4X 2S3
905-270-5589
TheMississaugaFoodBank.org

Mon, Tues, Thurs: 9 a.m. – 5 p.m., Wed: 9 a.m. – 8 p.m., Fri: 9 a.m. – Noon
- Network Head Office/Distribution Centre – No food is served to clients at this location
- Will help connect people to their area food bank

7. **Mississauga Seventh Day Adventist Church**
2250 Credit Valley Rd.
Mississauga, ON L5M 4L9
905-608-0013

Wed: Noon – 2 p.m.
- Identification for self, spouse and children required
- Provides non-perishable foods
- Call for appointment

8. **Mt. Zion Apostolic Church**
6810 Professional Crt.
Malton, ON L4V 1X6
905-908-1205
MZACCanada.com

Fri: 2 – 6 p.m.
- Anybody is welcome
- Non-perishable foods
- Perishable foods occasionally
- On first visit must fill out card with name, phone and address
- Can visit once every two weeks
- Donations accepted

Mississauga

9. **Muslim Welfare Centre**
3490 Mavis Rd.
Mississauga, ON L5L 1T8
905-281-9730

For registration and donations: Mon to Fri: 10 a.m. – 5 p.m., Sat and Sun: 10:30 a.m. – 5 p.m.
For collection: Mon to Thur and Sun: 2 – 4 p.m.
- On first visit:
  - Proof of income and rent
  - Identification for self and family

10. **Malton Food Bank (OICS)**
7060 Airport Rd.
(corner of Derry Rd. and Airport Rd.)
Mississauga, ON L4T 2G8
905-696-9963
MaltonFoodBank.org

Wed and Thurs: 9 a.m. – Noon, Fri: 4:30 – 7:30 p.m.
Postal codes served: L4V, L5S, L4T, L5T, L5P
- At first visit to determine eligibility we require:
  - Proof of income, expenditures, home address, family
- Based on eligibility may be accessed once to twice a month
- For further information please call

11. **Open Door Square One Shopping Centre**
100 City Centre Dr.
Mississauga, ON L5B 2C9
905-276-9136

Mon to Thurs: 10 a.m. – 4:30 p.m., Fri: Noon – 4:30 p.m., Sat: 10 a.m. – 4:30 p.m.
- **Emergency food only** (have small food cupboard)
- Located opposite Security – downstairs by Walmart
- Also provides clothing, befriending and referral to counselling.

12. **Saint Vincent de Paul St. Dominic's Roman Catholic Church**
625 Atwater Ave.
(corner of Cawthra Road and Atwater Avenue)
Mississauga, ON L5G 2A8
905-278-7762

Mon to Fri: 9:30 a.m. – 4 p.m. (Closed: Noon – 1 p.m.)
STRICTLY LOCAL RESIDENTS – South of QEW to North of the track from Cooksville Creek to Hwy 10 and Lakeshore Road up to Cooksville Creek
- Please call office for further information
- Canned food
- Please call ahead to request food vouchers, proof of address required

13. **Saint Vincent de Paul St. John of the Cross Conference**
6890 Glen Erin Dr.
Mississauga, ON L5N 2E1
905-821-1331, ext. 305
Leave message

Calls picked up daily
- Home visits only
- Non-perishable food, food vouchers and paper products delivered by volunteers as quickly as possible
- All family members are served at Christmas
- No paperwork is required on the first visit. Possibly requested on subsequent visits

14. **Saint Vincent de Paul Our Lady of The Airways**
7411 Darcel Ave.
Mississauga (Malton), ON L4T 2X5
905-671-8382 – Leave message

Calls picked up daily
- Home visits
- Food, food vouchers and paper products delivered by volunteers as quickly as possible
- All family members are served at Christmas
- No paperwork is required on the first visit. Will be requested on subsequent visits

15. **The Salvation Army Cornerstone Community Church**
3020 Vanderbilt Rd.
Mississauga, ON L5N 4W8
905-824-0450

Tues and Thurs: 9 a.m. – Noon and 1 – 3 p.m., Fri: 6 – 8 p.m., no appointment necessary
Postal codes served: L5N, L5M, L5V, L5W
- **ONE VISIT** per month
- On first visit must provide:
  - Proof of income and expenses
  - Identification for members of the household

16. **The Salvation Army Erin Mills**
2460 The Collegeway
(corner of Glen Erin Drive)
Mississauga, ON L5L 1V3
905-607-2151, press 1

Mon and Wed: 9:30 a.m. – Noon and 1 – 3 p.m., Fri: 9:30 a.m. – Noon, by appointment only
Postal codes served: L5L, L5C, L5K, L5H, L5J
- Call ahead to make an appointment
- On first visit must provide:
  - Identification
  - Proof of income
  - Proof of expenses

Mississauga

17. **Salvation Army Mississauga Branch**
3167 Cawthra Rd.
Mississauga, ON L5A 2X4
905-279-3941

Mon and Tues: 9 a.m. – Noon and 1 – 3:30 p.m., Wed: 9 a.m. – Noon and 1 – 6:30 p.m.
Thurs: 1 – 3:30 p.m., Fri: 9 a.m. – Noon
Postal codes served: L4V, L4W, L4X, L4Y, L4Z, L5A, L5B, L5E, L5G, L5P, L5R, L5T
Appointment required, please call
- **ONE VISIT** per month
- On first visit must provide:
  - Proof of income and rent
  - Identification for self, spouse and children

Note: During Christmas Season opening hours will change – Appointment required

18. **St. Mary's Food Bank**
5715 Coopers Ave., Unit 4
Mississauga, ON L4Z 2C7
905-890-0900

1699 Dundas St. E.
Mississauga, ON L4X 1L5
905-238-9008

StMarysFB.com

Coopers location
Tues: Noon – 1:45 p.m., Wed and Thurs: 7 – 8:45 p.m.
Postal codes served: L4Z, L5W, L4W, L5R, L5V

Dundas location
Mon: 7 – 9 p.m., Tues: 11:30 a.m. – 2 p.m., Wed: 11:30 a.m. – 2 p.m.
Postal codes served: L5E, L4X, L4Y, L5A

- On first visit must provide:
  - Proof of income and rent
  - Copy of birth certificate for those under 18
  - Proof of address
  - Proof of identification

19. **Seva Food Bank**
3413 Wolfedale Rd., Unit 10
Mississauga, ON L5C 1V8
905-361-SEVA (7382)
SevaFoodBank.com

Wed: 6:30 – 8:30 p.m., Sun: Noon – 2 p.m. and 3 – 5 p.m.
Postal codes served: L5B and L5C
- **ONE VISIT** per month
- Will provide 7 to 10 days worth of food
- Non-perishable foods mainly
- Availability of perishable foods varies
- Donations are welcome
- For registration and for annual renewal, the following documents are required:
  - Proof of address in the L5B or L5C postal codes for all adults 18 years of age and older
  - Proof of birth date for all children under the age of 18
  - A current rent receipt or lease agreement
  - Monthly income statements for all family members, including child tax benefit - must have name attached
  - Immigration papers if in Canada under 1 year