

## Brampton and Caledon

### Food Banks, Pantries, Meal, Support Programs and Food Delivery Programs

The following is a list of key food programs available during COVID-19 to support people who need access to food.

The list below will be updated as new information becomes available. For most up to date hours of operations, please visit the Peel Food Map at <https://peelregion.ca/foodmap>.

#### Brampton

Brampton residents in need of immediate access to food, can also visit Brampton's Social Support Task Force page at [letsconnect.brampton.ca/Social-support-task-force](https://letsconnect.brampton.ca/Social-support-task-force) and complete the online form to request support.

Organization	Type	Location and Online Details	Hours
<b>Brampton Meals on Wheels</b>	Food delivery program (some fees apply for service)	525 Main St. N., Brampton Call 905-453-414 <a href="http://bramptonmealsonwheels.com/">http://bramptonmealsonwheels.com/</a>	Monday to Friday 8:00am - 3:00pm
<b>Caledon Community Services/The Exchange</b>	Food support Program	55 Healey Rd., Caledon Call 289-966-1715 <a href="https://ccs4u.org/the-exchange/">https://ccs4u.org/the-exchange/</a> Home delivery also available	Hours vary (Please call first)
<b>Families of Virtue</b>	Food pantry	10 Knightsbridge Rd., Brampton Call 647-244-7544 <a href="https://www.facebook.com/FamiliesOfVirtue/">https://www.facebook.com/FamiliesOfVirtue/</a>	Please call for availability
<b>Free Meal Help</b>	Food delivery program	Online Service <b>*Brampton Only</b> Call 1-866-631-5444 Email <a href="mailto:freemealhelpinfo@gmail.com">freemealhelpinfo@gmail.com</a> <a href="https://freemealhelp.com/">https://freemealhelp.com/</a>	Monday to Friday (Please visit the website to place meal order for the day)
<b>Good Neighbour Project</b>	Food delivery program	Online Service Call 647-873-2230 Email <a href="mailto:info@goodneighbourproject.com">info@goodneighbourproject.com</a> <a href="https://www.facebook.com/groups/GoodNeighbourProject/">https://www.facebook.com/groups/GoodNeighbourProject/</a>	7 days a week 8:00am - 8:00pm (Please call first)
<b>Gurdwara Sikh Sangat</b>	Meal program	32 Regan Rd., Brampton Call 416-996-4355 <a href="https://www.facebook.com/pages/Gurudwara-Sikh-Sangat-Brampton/201735616515242">https://www.facebook.com/pages/Gurudwara-Sikh-Sangat-Brampton/201735616515242</a>	7 days a week 4:00am - 10:00pm
<b>Helping Hands</b>	Food delivery program (No fee for delivery. Client pays for the groceries)	3038 Hurontario St., Mississauga Call 647-546-5096 <a href="https://induscs.ca/useful-links/">https://induscs.ca/useful-links/</a>	Monday to Friday 10:00am - 5:00pm (Please call first)
<b>Knights Table</b>	Meal program, food bank, food delivery program	287 Glidden Rd., Brampton Call 905-454-8725 <a href="https://knightstable.org/">https://knightstable.org/</a>	Meal Program: 7 days a week 8:00am - 6:00pm (grab and go) Food bank: Monday to Friday 10:00am - 4:00pm Hot meals & Food bank deliveries: (call to register & for appointment)
<b>Langar Seva Meal and Support Services</b>	Food delivery program	2565 Steeles Ave. E. Brampton Call 416-628-7041 <a href="https://www.langarseva.ca/services.html">https://www.langarseva.ca/services.html</a>	Will deliver hot vegetarian meals twice a week to individuals (Please call first)
<b>Punjabi Community Health Services</b>	Food delivery program	50 Sunny Meadow Blvd. Brampton Call 905-677-0889 <a href="https://pchs4u.com/programs/langar-on-wheels/">https://pchs4u.com/programs/langar-on-wheels/</a>	Client delivery only  Monday to Friday 9:00am - 5:00pm

<b>Regeneration</b>	Meal program (grab and go)	156 Main St. N. Brampton Call 905-796-5888 <a href="https://regenbrampton.com/">https://regenbrampton.com/</a>	Breakfast: 7 days a week 8:00am - 9:30am Sunday closed at 9:15am Lunch: Monday to Thursday 11:30am - 12:30pm
<b>Regeneration</b>	Food bank	253 Queen St. E., Brampton Call 905-702-6468 <a href="https://regenbrampton.com/">https://regenbrampton.com/</a>	Wednesday and Friday 12:00pm - 2:00pm
<b>Sai Dham</b>	Food Bank, meal program, food delivery program	7140 Goreway Dr., Mississauga, Call 437-988-4422 <a href="https://www.saidhamfoodbank.com/programs/">https://www.saidhamfoodbank.com/programs/</a>	7 days a week 10:00am - 10:00pm Available by phone 24/7
<b>Sri Guru Nanak Sikh Centre</b>	Meal program	99 Glidden Rd., Brampton Call 416-996-4355 <a href="https://www.facebook.com/pages/Sri-Guru-Nanak-Sikh-Centre/506168316143941">https://www.facebook.com/pages/Sri-Guru-Nanak-Sikh-Centre/506168316143941</a>	7 days a week 4:00am - 10:00pm
<b>St. Paul's United Church</b>	Food pantry	30 Main St. S., Brampton Call 905-451-1405 <a href="http://www.stpauls.brampton.on.ca/">http://www.stpauls.brampton.on.ca/</a>	Every other Tuesday 1:30pm - 3:00pm
<b>Ste. Louise Outreach Centre of Peel</b>	Food bank	32 Haggert Ave. N., Brampton Call 905-454-2144 <a href="http://www.stelouisefoodbank.ca/">http://www.stelouisefoodbank.ca/</a>	Serving current clients only. No new clients at this time.  (Please call first)
<b>Street Outreach</b> (serving people experiencing homelessness)	Multi-disciplinary team: food, mental health, addiction, emergency shelter	Team meets people where they are Call 1-877-848-8481 <a href="https://www.peelregion.ca/housing/shelters/#street_outreach">https://www.peelregion.ca/housing/shelters/#street_outreach</a>	Monday to Friday 9:00am - 9:00pm  Weekends 11:00am - 3:00pm
<b>United Sikhs</b>	Meal program	585 Guru Nanak Street, Brampton Call 905-672-2245 or Call 905-799-2682 or Call 647-287-4644 <a href="https://m.facebook.com/Gurdwara-Guru-Nanak-Mission-Centre-GGNMC-Brampton-176917135727643/">https://m.facebook.com/Gurdwara-Guru-Nanak-Mission-Centre-GGNMC-Brampton-176917135727643/</a>	7 days a week 11:00am - 1:00pm 6:00pm - 8:00pm

## Caledon

Organization	Type	Location and Online Details	Hours and Notes
<b>Caledon Meals on Wheels</b>	Hot & Frozen Prepared Meals and Grocery Basket delivery program (some fees apply for service. Subsidies available upon financial assessment)	10 McEwan Dr. W. Unit #1, Bolton Call 905-857 7651 <a href="https://cmow.org/meals/">https://cmow.org/meals/</a>	Hot Meal Delivery: Monday, Wednesday and Friday: 11:30am - 1:00pm  Frozen Meal Delivery: Every 2nd Friday, all day  Grocery Delivery once per week.  Office Hours: Monday to Friday 8:30am - 4:00pm
<b>The Exchange</b>	Food bank	55 Healey Rd., Caledon Call 289-966-1715 <a href="https://ccs4u.org/the-exchange/">https://ccs4u.org/the-exchange/</a>	Hours vary  (Please call first)

**For up to date information on food supports during the pandemic, please visit:**

<https://www.peelregion.ca/coronavirus/social-support/> or call the Region of Peel at 905-453-1300.

**For information about community programs and services, please contact 211 Ontario by:**

referring to [www.211.ca](http://www.211.ca) or calling 2-1-1 (available 24/7).