

Brampton

Food Banks, Pantries and Meal Programs for People Experiencing Homelessness during COVID-19

Organization	Type	Location	Hours
211 Ontario	For information about community programs and services	Call 211	24 hours 7 days a week
Gurdwara Sikh Sangat	Meal program	32 Regan Rd. Brampton Call 416-996-4355	7 days a week 4:00am - 10:00pm
Knights Table	Meal program, food bank	287 Glidden Rd. Brampton Call 905-454-8725	Meal programs: 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: Monday to Friday (Please call to register & for appointment if possible)
Regeneration	Meal program	156 Main St. N. Brampton Call 905-796-5888	Breakfast: 7 days a week 8:00am - 9:30am Sunday closed at 9:15am Lunch: Monday to Thursday 11:30am - 12:30pm
Regeneration	Food bank	253 Queen St. E. Brampton Call 905-702-6468	Wednesday and Friday 12:00pm - 2:00pm
Sai Dham	Meal program, food delivery	Deliver to any location Call 437-988-4422	7 days per week 10:00am - 10:00pm
Sri Guru Nanak Sikh Centre	Meal program	99 Glidden Rd. Brampton Call 416-996-4355	7 days a week 4:00am - 10:00pm
St. Paul's United Church	Food pantry	30 Main St. S. Brampton Call 905-451-1405	Every other Tuesday 1:30pm - 3:00pm
Street Outreach	Multi-disciplinary team (food, mental health, addiction, emergency shelter)	Team meets people where they are Call 1-877-848-8481	Monday to Friday 9:00am - 9:00pm Weekends 11:00am - 3:00pm
United Sikhs	Meal program including Langar (free vegetarian meal) may be picked up daily	585 Guru Nanak Street Brampton Call 905-672-2245 or 905-799-2682 or 647-287-4644	7 days a week 11:00am - 1:00pm 6:00pm - 8:00pm

For more information on available community resources for people experiencing homelessness during the pandemic, please contact: **Street Outreach Team** at 1-877-848-8481, **Region of Peel** at 905-453-1300 or **211 Ontario** at 2-1-1.