

## Mississauga

### Food Banks, Pantries, Meal 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>.

Organization	Type	Location and Online Details	Hours and Notes
<b>The Compass</b>	Food bank	310 Lakeshore Rd. W., Mississauga Call 905-274-9309 <a href="https://thecompass.ca/">https://thecompass.ca/</a>	Monday 12:00pm - 7:30pm Wednesday and Friday 10:00am - 5:00pm (Please call for appointment if possible)
<b>Eden 2</b>	Meal program, food bank	3185 Unity Drive, Mississauga Call 905-785-3651 <a href="https://edenffc.org/foodbank">https://edenffc.org/foodbank</a>	Tuesday 5:00pm - 8:00pm Wednesday 1:00pm - 4:00pm Friday 10:00am - 1:00pm
<b>Eden 1</b>	Food bank	3051 Battleford Rd., Mississauga Call 905-785-3651 <a href="https://edenffc.org/foodbank">https://edenffc.org/foodbank</a>	Monday 10:00am - 1:00pm Thursday 5:00pm - 8:00pm
<b>Good Neighbour Project</b>	Food delivery program	Online Service <a href="mailto:info@goodneighbourproject.com">info@goodneighbourproject.com</a> Call 647-873-2230 <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 for appointment)
<b>Grace Mt. Zion Apostolic Church</b>	Food bank	5865 Coopers Ave., Mississauga Call 905-501-8958 <a href="https://graceconnected.com/">https://graceconnected.com/</a>	Monday to Friday 12:00pm - 5:00pm (Please call for appointment)
<b>Helping Hands</b>	Food delivery program (No fee for delivery. Clients pay for groceries)	3038 Hurontario St., Mississauga Call 647-546-5096 <a href="https://induscs.ca/useful-links/">https://induscs.ca/useful-links/</a>	Monday - Friday 10:00am - 5:00pm
<b>ISNA Canada: COVID-19 Relief Efforts</b>	Food delivery and hygiene kits (No fee for delivery)	2200 South Sheridan Way, Mississauga Call 905-403-8406 ext. 234 (special extension dedicated to COVID19 efforts) <a href="mailto:isnacovid19response@isnacanada.com">isnacovid19response@isnacanada.com</a> <a href="https://isnacanada.com/covid-19-response/">https://isnacanada.com/covid-19-response/</a>	7 days a week 9:00am - 9:00pm
<b>JFJ Hope Centre</b>	Food pantry	6655 Kitimat Rd., Mississauga Call 905-812-9515 <a href="https://jfjhopecentre.ca/about-us/">https://jfjhopecentre.ca/about-us/</a>	Please call (by appointment only)

<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/service.s.html">https://www.langarseva.ca/service.s.html</a>	Will deliver hot, vegetarian meals twice a week to individuals. (Please call for appointment)
<b>The Mississauga Food Bank</b>	Food bank and food delivery program	3121 Universal Dr., Mississauga Call 905-270-5589 <a href="https://www.themississaugafoodbank.org/need-food/">https://www.themississaugafoodbank.org/need-food/</a>	Monday, Tuesday and Thursday 9:00am - 5:00pm Wednesday 9:00am - 8:00pm Friday 9:00am - 1:00pm
<b>Mississauga Seventh Day Adventist Church</b>	Food pantry	2250 Credit Valley Rd., Mississauga Call 905-608-0013 ext. 3 <a href="https://www.mississaugasda.com/upcoming-events">https://www.mississaugasda.com/upcoming-events</a>	Tuesday and Wednesday 11:00am - 3:00pm (Please call for appointment if possible)
<b>Mount Zion</b>	Food Bank	6810 Professional Court Mississauga Call 905-908-1205 Contacts Beverly or Ethel Email <a href="mailto:mzacfoodbank@gmail.com">mzacfoodbank@gmail.com</a> <a href="https://mzaccanada.com/">https://mzaccanada.com/</a>	Friday 1:00pm – 4:00pm
<b>Praise Cathedral Worship Centre</b>	Food Bank	Serving Peel Residents  6785 Millcreek Drive Mississauga, ON (Rear Gym Door) Call 647-668-6512 Email <a href="mailto:evon_smith@yahoo.ca">evon_smith@yahoo.ca</a> Website <a href="https://www.praisecathedral.ca/food-drive/">https://www.praisecathedral.ca/food-drive/</a>  Volunteers can deliver a food hamper to your home if you do not have access to a vehicle. Sign-up online for delivery: <a href="https://bit.ly/pcwcfoodbank">https://bit.ly/pcwcfoodbank</a>	Thursdays 6:00pm – 7:00pm  (Delivery available)
<b>Sai Dham</b>	Food bank, meal program and 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>St. Hilary's</b>	Food pantry	2055 Hurontario St., Mississauga Call 905-279-2304 <a href="http://sthilarys.com/">http://sthilarys.com/</a>	Thursday 10:00am - 12:00pm (Not able to enter facility, instructions at the door)
<b>St. Joseph Community Kitchen</b>	Community meal program (soup kitchen)	1699 Dundas St. E., Mississauga Call 905-238-9008 <a href="https://stmarysfoodbank.ca/">https://stmarysfoodbank.ca/</a>	Tuesday 12:00pm - 2:00pm (Frozen take-out meals only)
<b>St. Mary's Food Bank - Coopers</b>	Food bank	5715 Coopers Ave., Mississauga Call 905-890-0900 <a href="https://stmarysfoodbank.ca/">https://stmarysfoodbank.ca/</a>	Tuesday 6:00pm - 8:00pm Thursday 6:00pm - 8:00pm
<b>St. Mary's Food Bank - Dundas</b>	Food bank	1699 Dundas St. E., Mississauga Call 905-238-9008 <a href="https://stmarysfoodbank.ca/">https://stmarysfoodbank.ca/</a>	Monday 6:00pm - 8:00pm Wednesday 11:30am - 2:00pm
<b>St. Mary's Food Bank - Streetsville</b>	Food bank	6277 Mississauga Rd., Mississauga Call 905-286-9987 <a href="https://stmarysfoodbank.ca/">https://stmarysfoodbank.ca/</a>	Wednesday 1:00pm - 3:00pm

<b>Saint Vincent De Paul</b>	Food bank	625 Atwater Ave., Mississauga Call 905-278-7762 <a href="https://www.ssvp.ca/location/st-dominic-mississauga">https://www.ssvp.ca/location/st-dominic-mississauga</a>	Serving current clients. No new clients at this time.  Please call (by appointment only)
<b>Salvation Army Cornerstone Community Church</b>	Food bank	3020 Vanderbilt Rd., Mississauga Call 905-824-0450 <a href="https://m.facebook.com/TSACornerstone/?ref=page_internal">https://m.facebook.com/TSACornerstone/?ref=page_internal</a>	Please call (by appointment only)
<b>Salvation Army Erin Mills Branch</b>	Food bank	2460 The Collegeway, Mississauga Call 905-607-2151 <a href="https://www.salvationarmyerinmills.com/family-services/">https://www.salvationarmyerinmills.com/family-services/</a>	Monday 9:30am - 11:45am and 1:30pm - 3:30pm Wednesday and Friday 9:30am - 11:45am  (Please call, by appointment only)
<b>Salvation Army Mississauga Branch</b>	Food bank	3167 Cawthra Rd., Mississauga Call 905-279-3941 <a href="https://www.foodbankmississauga.ca/">https://www.foodbankmississauga.ca/</a>	Monday and Tuesday 9:00am - 12:00pm and 1:00pm - 3:30pm Wednesday 9:00am - 12:00pm and 1:00pm - 6:30pm Thursday 1:00 - 3:30pm Friday 9:00am - 12:00pm  (Please call for appointment)
<b>Seva Food Bank</b>	Food bank	2832 Slough St., Mississauga Call 905-361-7382 ext. 2 <a href="https://www.sevafoodbank.com/pl-an-your-visit/">https://www.sevafoodbank.com/pl-an-your-visit/</a>	Wednesday and Thursday 4:00pm - 8:00pm Friday 11:00am - 3:00pm
<b>Seva Food Bank</b>	Food bank	3413 Wolfedale Rd., Mississauga Call 905-361-7382 ext. 1 <a href="https://www.sevafoodbank.com/pl-an-your-visit/">https://www.sevafoodbank.com/pl-an-your-visit/</a>	Wednesday and Thursday 4:00pm - 8:00pm Friday 11:00am - 3:00pm
<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>YMCA Mississauga</b>	Food pantry	325 Burnhamthorpe Rd. W. Mississauga Call 905-897-9622 <a href="https://ymcagta.org/find-a-y/mississauga-ymca">https://ymcagta.org/find-a-y/mississauga-ymca</a>	Tuesday 1:00pm – 4:00pm  Saturday 4:00pm -7:00pm

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