

# FAMILY TIPSHEET: Emergency Funding sources and access to basic necessities



Email: [Resourcecentre@hollandbloorview.ca](mailto:Resourcecentre@hollandbloorview.ca)

This tipsheet provides a list of governmental and non-governmental emergency funds and supports for families, in situations where they may need help urgently to pay for or find basic necessities.

**Please note:** The information provided in this tipsheet is for reference only. It is not intended as a recommendation or endorsement of organizations, agencies or private businesses, or as a comprehensive resource list.

Based on when you are viewing this tipsheet, the information may not be the most up to date. Please refer to the date this tipsheet was last updated, at the end of the document.

## **Government Funding**

- [Social Assistance - Ontario Ministry of Children, Community and Social Services](#): Learn how to get financial and employment assistance if you don't have enough funds for things like food and housing, or if you have a disability and are in financial need.
- [City of Toronto's Property Tax Appeal](#): For people who are unable to pay for their property taxes because of extreme poverty or sickness.
- [Toronto Rent Bank](#): Provides grants to eligible Toronto residents who are behind on their rent or need help with a rental deposit.
- [Ontario Works](#): provides money for food, shelter and other costs to people in financial need who meet the eligibility criteria, to apply please call 1-888-999-1142 or see the link to do so online.

**Food Services:** *Note: Some agencies require that you pre-register or register at your first visit. Please call or e-mail ahead if possible.*

## **Meals**

- [The 519's Free Sunday Takeaway Meal](#): Takeaway dinner is offered every Sunday from 4 to 4:45pm via the front patio, kindly contact general line: 416-392-6874, or email [Meals@The519.org](mailto:Meals@The519.org) for more information.

- [The Stop's Emergency Food Access Services](#): Free takeaway meals at various locations, kindly contact general line: 416-652-7867, or email [general@thestop.org](mailto:general@thestop.org) for more information.
- [Toronto Council Fire Native Cultural Centre](#): Breakfast and lunch served daily, kindly contact the general line: 416-360-4350 for more information.
- [Seva Food Bank](#): Hot Meals Delivery Program provides ready-to-eat meals tailored to heart healthy diet for seniors living in Mississauga.
- [Toronto Lawyers' Feed the Hungry Program](#): Free hot meals served year-round 4 nights a week at the Osgoode hall

### Food Banks

- [Toronto Council Fire Native Cultural Centre](#): Bi-weekly on Thursdays, reservations needed at least 2 days prior at (416) 360-4350 Ext. 245.
- [The Stop's Emergency Food Access Services](#): Available for people living within [catchment area](#), kindly contact general line: 416-652-7867, or email [general@thestop.org](mailto:general@thestop.org) for more information.
- [Daily Bread Food Bank](#): Register as a new client of the Daily Bread Food Bank network. You will then be able to access any food bank supported by Daily Bread using your Client ID. Register [online](#) or call 416-203-0050 ext. 1
- [Food Banks and Community Food Programs - Toronto](#) - Toronto Central Health Line of services or programs providing groceries on an on-going, seasonal, or emergency basis.
- [North York Harvest](#): To find a food bank in the area or make an appointment, kindly contact the general line: 416-635-7771 ext. 4600 or email [referrals@northyorkharvest.com](mailto:referrals@northyorkharvest.com).

### Affordable Food

- [Feed It Forward's App](#): Application where you'll find a list and map where you can see who's giving away food in your area
- [Moss Market](#): Give-what-you-can fresh produce market open every Saturday from 11am to 3pm for residents of the Moss Park community.

### General Resources for Food, Shelter or Clothing

- [211 Central](#): Resource database serving Toronto, Durham, Peel and York Regions - → enter 'Location' and 'Food' as a topic into the search fields
- [Meals on Wheels](#): Delivered in 181 communities across Ontario to meet the needs and resources of their communities.
- [Toronto Cares](#): Monthly hot and cold meals, weekly produce market and monthly clothing drive available, kindly contact the general line 647-451-3663 or email [helping.toronto.intake@gmail.com](mailto:helping.toronto.intake@gmail.com) to register and for more information.

- [The Teresa Group](#): Practical support including access to infant formula, diapers, Welcome Baby Bag, food hampers, grocery vouchers, TTC tokens for medical appointments, new winter clothing, toys and gift cards for children and youth.
- [Jessie's Centre](#): Support for young women and new mothers including access to free donated items such as baby clothes and equipment, maternity clothes, toys, books and small household items, provision of food items, free pregnancy tests, prenatal vitamins, nutrition, feeding supplies and health products.
- [Elspeth Heyworth Centre for Women](#): Various services offered including distribution of personal care items, diapers, clothes, washable masks and baby food, pro bono virtual services with lawyers in regard to domestic violence concerns for newcomers, immigrant and refugee women and their families.

### **Community Volunteer Groups for Food Delivery/General Assistance**

- [Good Neighbour Project](#): Volunteers who assist with delivering supplies and groceries to those with disabilities, compromised immune systems, accessibility barriers, and the elderly, across the GTA.
- [Red Cross - Toronto Region Mobile Food Bank](#): Food deliveries to persons not able to access a food bank due to a disability and/or other barriers, kindly contact (416) 480-2500 for more information.
- [Moss Park Food Bag Delivery Program](#): Delivery program for those who cannot make it to the forementioned market due to vulnerable conditions.

### **Additional Funding Supports**

#### **Funds that Support Students**

- [Toronto Foundation for Student Success' Emergency Fund](#): Any principal, teacher, or professional support services staff member can apply for emergency funds up to a one-time only maximum of \$500 per student.
- [Angel Foundation for Learning's Emergency Fund and Family Support Fund for Extreme Needs](#): Offers funding to Toronto Catholic District School Board students who need warm clothing, food, hearing aids, eyeglasses, epi-pens, and other necessities for life and for their education. Application for these funds must be initiated by the school principal or the school social worker.

#### **Funds that Support Electricity and Gas Bills for Your Home**

- [Ontario Energy Board Low-income Energy Assistance Program](#): Low-income customers can get up to \$500 in emergency assistance for their electricity bills (\$600 if your home is heated electrically) and \$500 for their natural gas bills. The assistance is only available if you are behind on your bill – or in arrears – and may face having your service disconnected.

- [Toronto Hydro Low-income Energy Assistance Program\(LEAP\)](#): LEAP is a grant program that helps those who are struggling to pay past due bills or have already received a disconnection notice. It offers a maximum grant of \$500 per household per year (\$600 for electrically heated homes).
- [Save on Energy - Energy Affordability Program](#): Provides support to income-eligible electricity consumers by helping them to better manage their monthly electricity costs and to increase their home comfort through energy-saving upgrades, kindly contact 884-770-3148 to sign up and for more information.

### **Funds that Support Artists, Entertainers and Tip-Based Workers**

- [Woodcock Fund Grant](#) : Emergency funds for writers mid-project.
- [Unison](#): Financial aid for musicians.
- [AFC's Emergency Fund](#): Short-term emergency financial assistance for entertainment industry professionals working in TV and film, music, theatre, and dance for essential household bills and costs that cannot otherwise be paid.
- [Glad Day's Emergency Survival Fund for LGBTQ2S artists, performers & tip-based workers](#): For LGBTQ2S people who cannot pay for food, medicine, rent and necessities because most of their income does not come from an employer.
- [Canada Council for the Arts](#): Financial assistance and grants for artists who are Deaf, hard of hearing, having a disability or living with mental illness as well as First Nations, Inuit or Métis facing language, geographic and/or cultural barriers.

### **Financial Planning and Legal Assistance**

- [Financial Consumer Agency of Canada](#): Tips for managing finances during challenging times.
- [Woodgreen](#): Now offering financial counselling virtually, including income tax and family financing. Counsellors are available to speak with clients on a variety of low-income financial issues and phone translation is available in many languages.
- [Legal Aid Ontario](#): Offers free or low-cost legal services for low-income individuals, including assistance with family law, immigration, criminal law, and housing issues.
- [City of Toronto Legal Help Summary](#): List of legal clinics available within the area, including free and affordable services.

*Originally created by the Family Support Specialists (Melissa Ngo, Lorraine Thomas and Meghan Toswell) at Holland Bloorview Kids Rehabilitation Hospital on April 6, 2020. Most recently updated in February, 2025. If you have a question or a resource to share, please feel free to reach out to us at [resourcecentre@hollandbloorview.ca](mailto:resourcecentre@hollandbloorview.ca)*