

Food security tipsheet: emergency food resources



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About this tipsheet

Needing food support can happen to anyone, these resources are here to help. This guide lists services across the Greater Toronto Area where you can:

- Get free meals right away
- Access food banks or groceries
- Receive meal or grocery delivery
- Find low-cost food options

You can use this guide based on what you need right now, whether that is food today or support over the coming week.

How to use this guide

Resources are grouped by type of service (meals, food banks, delivery, etc.) and location (West, Central, East, North, Peel, etc.)

Look for:

- Location
- Accessibility (when known)
- Registration required or not

If unsure where to go, call or visit 211 Ontario for help finding services near you.

Section A: In-person meals (drop-in / takeaway)

These programs provide meals you can eat right away. You must go to the location in person to receive the meal. Meals are given to people in the order that they arrive, there may be limited meals available, and early arrival is advised to ensure you receive a meal.







What to expect at these program locations:



- Some locations offer sit-down meals, others offer takeaway meals
- Meal times are at specific hours (check each listing)

Some programs also offer:





- Snacks
- Coffee or drinks
- Other supports (e.g., showers, clothing, health services)

Central Toronto

Name	Service description	Eligibility & accessibility
<p>The Scott Mission 502 Spadina Ave, Toronto, ON M5S 2H1 416-923-8872 info@scottmission.com Scottmission.com/</p> 	<p>Hot meals served dine-in or take-out.</p> <p>Breakfast: 8:00–8:30 AM</p> <p>Lunch: 11:30 AM–12:00 PM</p>	<p>All welcome</p> <p> Accessibility:</p> <ul style="list-style-type: none"> • Wheelchair accessible • Supports assistive devices and service animals
<p>Good Shepherd Ministries 412 Queen St E, Toronto, ON M5A 1T3 416-869-3619 info@goodshepherd.ca Goodshepherd.ca/community-meals/</p> 	<p>Provides over 1,000 free meals daily (7 days/week) to individuals and families.</p> <p>Meal service: 2:00–4:00 PM</p>	<p>All welcome</p> <p> Accessibility:</p> <ul style="list-style-type: none"> • Wheelchair accessible (partial with supports) • Barrier-free washrooms • Elevator access (staff assistance required)
<p>All Saints 315 Dundas St E, Toronto, ON 416-368-7768 Allsaintstoronto.com/</p> 	<p>Hot meals, snacks, and access to basic supports (showers, clothing, health services).</p> <p>Mon, Tue, Thu: 8:30 AM–2:30 PM</p> <p>Wed: 10:30 AM–3:00 PM</p>	<p>All welcome</p> <p> Accessibility:</p> <ul style="list-style-type: none"> • Wheelchair-accessible entrances, • Designated parking off Sherbourne St. • Accessible washrooms



Name	Service description	Eligibility & accessibility
<p>Sanctuary Toronto 25 Charles St E, Toronto, ON M4Y 1R9 416-922-0628 Sanctuarytoronto.org</p> 	<p>Community meals with additional support (medical care, showers, clothing).</p> <p>Tuesday lunch: 11:00 AM–3:00 PM</p> <p>Thursday dinner: 5:00–9:00 PM</p>	<p>All welcome</p> <p> Accessibility:</p> <ul style="list-style-type: none"> • Wheelchair accessible building including main entrance • Barrier free washrooms







West Toronto

Name	Service description	Eligibility & accessibility
<p>The Stop – Drop-in Meals 416-652-7867 general@thestop.org Thestop.org/emergency-food-access/</p> 	<p>Meals prepared by community chefs and volunteers.</p> <p>1884 Davenport Rd: Monday, Tuesday, Thursday, and Friday: Breakfast-9:00am and lunch-12:00pm</p> <p>729 St. Clair Ave W: Wednesday: Breakfast-9:00am and lunch-12:00pm: Wednesday, Dinner 4:00pm: Thursday</p>	<p>All welcome</p> <p> Accessibility:</p> <ul style="list-style-type: none"> • Accessibility not clearly listed online
<p>Christie-Ossington Neighbourhood Centre 854 Bloor St W, Toronto, ON 416-538-7571 deborah@concc.ca Conccommunity.org/drop-in/</p> 	<p>Provides meals five days a week along with wellness and support services.</p> <p>Mon-Fri: 11:00am-1:00pm</p>	<p>All welcome</p> <p> Accessibility:</p> <ul style="list-style-type: none"> • Wheelchair accessible entrance and interior spaces • accessible washrooms • elevator access • Accommodation for service animals and mobility devices (wheelchairs, walkers) <p>Accessibility is consistent during meal service times</p>

Name	Service description	Eligibility & accessibility
<p>Trinity Community Hub – Holy Trinity Church 10 Trinity Sq, Toronto, ON, M5G 1B1 416-598-4521 x222 ptrondson@holyltrinity.to Holytrinity.to</p> 	<p>Meals, coffee, clothing, and harm reduction supplies.</p> <p>Tuesday & Wednesday: 12:00–1:30 PM</p>	<p>All welcome</p> <p> Accessibility:</p> <ul style="list-style-type: none"> • South entrance is wheelchair accessible <p>Wheelchair accessible washroom</p>
<p>Weston King Neighbourhood Centre (WKNC) 2017 Weston Rd. Toronto, ON 416-241-9898 info@wknc.ca wknc.ca/access-services</p> 	<p>Free meals available daily.</p> <p>Breakfast: 10:00–11:00 AM</p> <p>Lunch: 1:00–2:00 PM</p> <p>Tuesday dinner: 6:00–7:00 PM</p> <p>Groceries available Tuesdays (12:00–1:00 PM)</p>	<p>All welcome</p> <p> Accessibility:</p> <ul style="list-style-type: none"> • Wheelchair accessible, including main entrance <p>Accessible washrooms</p>

East Toronto / Scarborough





Name	Service description	Eligibility & accessibility
<p>Fred Victor Moss Park 145 Queen St. E 416-364-8228</p> <p>Regent Park 40 Oak St 416-363-4234 Fredvictor.org</p> 	<p>Fresh meals served daily with vegetarian and halal options.</p> <p>Moss Park Breakfast: 10:00–11:00 AM (Mon–Fri) and Dinner: 4:00–5:00 PM</p> <p>Regent Park Breakfast: 9:00–10:00 AM (Mon & Fri) and Lunch: 12:00–1:00 PM (Mon, Tue, Thu, Fri)</p>	<p>All welcome</p> <p> Accessibility:</p> <p>Moss Park</p> <ul style="list-style-type: none"> • Partially Accessible • Wheelchair accessible automatic main entrance • Access to elevator <p>Regent Park</p> <ul style="list-style-type: none"> • Street parking • Wheelchair accessible automatic main entrance • Barrier-free washroom including door and stall

Name	Service description	Eligibility & accessibility
<p>St John The Compassionate Mission 155 Broadview Ave, Toronto, ON 416-466-1357 info@stjohnsmisson.org Stjohnsmisson.org</p> 	<p>Early morning breakfast and weekly food support for families.</p> <p>Breakfast: Tue–Fri starting at 5:00 AM</p> <p>Family food program: Thursdays (1:00–3:30 PM)</p>	<p>All welcome  Accessibility: Wheelchair accessible</p>
<p>The 519 – Sunday Takeaway Meal 519 Church St Toronto ON M4Y 2C9 416-392-6874 Meals@The519.org The519.org/events/sundaymeal</p> 	<p>Takeaway dinner offered weekly.</p> <p>Sunday: 4:00–4:45 PM</p>	<p>All welcome  Accessibility: Partially Accessible</p> <ul style="list-style-type: none"> • Wheelchair accessible automatic main entrance • Dedicated accessible washroom with all features • Easy access to elevator with braille
<p>Toronto Council Fire Native Cultural Centre – Gathering Place Sector 439 Dundas St E, Toronto, ON M5A 2B1 416-360-4350 Councilfire.ca</p> 	<p>Meals, snacks, and community support provided.</p> <p>Meals: Saturday & Sunday</p> <p>Coffee/snacks during weekday hours</p> <p>Some days reserved for Indigenous participants</p>	<p>Indigenous-only: Mon, Tue, Thu; Open to all: Wed & weekends  Accessibility: Partially Accessible</p> <ul style="list-style-type: none"> • Wheelchair accessible automatic main entrance • Barrier-free washroom including door and stall not currently available until further notice



Central / North Toronto

Name	Service description	Eligibility & accessibility
<p>The Redeemer Toronto 162 Bloor St W, Toronto, ON Phone: 416-922-4948 Theredeemer.ca/alt/get-involved-alternative/drop-in</p> 	<p>Serves two meals Monday to Friday and provides additional supports and programs.</p> <p>Breakfast: 8:00–10:00 AM</p> <p>Lunch: 10:00–11:30 AM</p>	<p>All welcome  Accessibility: Entrance with a ramp on the west side of the church (along Avenue Road).</p> <ul style="list-style-type: none"> • Accessible washrooms <p>Wheelchair-friendly elevator to provide access to the lower-level meeting rooms. Any notices of elevator outages on the main page of the website.</p>
<p>Yonge Street Mission: Evergreen</p> <p>Adult Program: 416-929-9614 x3200 bridges@ysm.ca</p> <p>Youth Program: 416-929-9614 x2200 evergreencentre@ysm.ca Ysm.ca/get-help/food</p> 	<p>Meals are available for youth and adults.</p> <p>365 Spadina Ave, Toronto, ON (Youth 16–24): Mon-Fri Lunch (12:00 PM), Dinner (4:00 PM)</p> <p>270 Gerrard St. E, Toronto, ON (Adult Program): Tues & Thur; Dinner 4:00 PM</p>	<p><u>Eligibility:</u> Youth 16–24, Adults 18+</p> <p> Accessibility not clearly listed online</p>
<p>The Law Society Foundation – Hunger relief efforts</p> <p>130 Queen St W Toronto, ON M5H 2N6 416-947-3412 lsf@lso.ca Lso.ca</p> 	<p>Year-round meal program offering breakfast, dinner, and brunch.</p> <p>Tuesday & Wednesday dinner: 5:00 PM</p> <p>Thursday breakfast: 6:45 AM</p> <p>Sunday brunch: 10:00 AM</p>	<p>All welcome  Accessibility:</p> <ul style="list-style-type: none"> • wheelchair-accessible entrances • accessible washrooms • library elevators. • pick-up location for Wheel-Trans at University Ave. gate <p>Historic building – contact to confirm specific accommodations</p>

Peel Region (Brampton & Mississauga)

Name	Service description	Eligibility & accessibility
<p>Knights Table 73 Hale Rd, Brampton, ON L6W 3J9 905-454-8725 Knightstable.org</p> 	<p>Daily hot meals and breakfast programs.</p> <p>Mon-Fri: Meals 12:00–6:00 PM Sat & Sun 12:00–4:00 PM</p> <p>Breakfast: 8:00–10:00 AM</p> <p>Children & seniors' programs available</p>	<p>All welcome</p> <p> Accessibility:</p> <ul style="list-style-type: none"> Fully wheelchair accessible
<p>Free Food Tables Facebook.com/groups</p> 	<p>Community-run free food sharing initiative (Facebook-based)</p> <p>No registration</p> <p>Food available at various times/locations across Brampton & Mississauga</p>	<p>All welcome</p> <p> Accessibility:</p> <p>Varies by pickup location</p> <p>Digital Accessibility Considerations:</p> <ul style="list-style-type: none"> Requires a smartphone, computer, or internet access <p>If you need help accessing Facebook-based resources, call 211 Ontario for assistance.</p>

All locations / multiple sites

Name	Service description	Eligibility & accessibility
<p>Community Fridges Toronto Multiple Community Fridges in Toronto Communityfridgesto.org</p> 	<p>Free, publicly accessible fridges stocked by the community. Available 24/7</p>	<p>All welcome</p> <p> Accessibility:</p> <p>Varies by pickup location</p>

Section B: Food banks and grocery support

These programs provide groceries or food items you can take home. Some programs require registration or appointments, while others offer drop-in access.

How do food banks work?

Food banks are community programs that collect and distribute food to individuals and families who are facing financial challenges or food insecurity. They receive donations from the public, grocery stores, and community organizations, and provide basic groceries—such as canned goods, fresh produce, and household staples—at no cost. Most food banks have simple registration processes and may ask for basic information like household size to ensure fair distribution. Families can typically access these services regularly, and many locations also connect people with other support, such as meal programs or social services.

Start here: Find a food bank near you

Daily Bread Food Bank (Directory)

Search for food banks and meal programs based on your address.

You can check:

- Locations near you
- Hours and days of service
- What documents are needed (e.g., ID, proof of address)
- Accessibility (e.g., wheelchair access)
- Whether registration or appointments are required

211 Ontario (Phone & Online Directory)

Call or visit 211 to find food programs, including smaller local services (e.g., churches and community groups) that may not appear on other directories.

They can help you:

- Find food programs close to you
- Confirm hours, eligibility, and requirements
- Get help in multiple languages

Society of Saint Vincent de Paul (Community-Based Support Network)





- A network of local church-based volunteers that provide food, groceries, and basic needs support.
- Unlike food banks, support is provided through local parish groups rather than a single location.



How it works:

- Find your nearest parish using the website
- Contact the local group directly
- Volunteers will assess needs and arrange food or support (pickup or delivery may vary)

Can help with:

- Groceries or food support
- Clothing
- Basic household needs

Name	Service description	Eligibility & accessibility
<p>Daily Bread 191 New Toronto St Toron to, ON M8V 2E7 (New Toronto Street Food Bank) 416-203-0050 info@dailybread.ca Dailybread.ca</p> 	<p>Search for a food bank near you using your address. Provides access to a network of food banks across Toronto.</p> <p>How to Access</p> <ul style="list-style-type: none"> • Enter your address online • Create a client account if required • Some locations may require registration or appointments 	<p>Register and pick resources based on location</p> <p> Accessibility: Varies by pickup location</p>
<p>211 Ontario (Phone & Online Directory) Directory with multiple resources Phone: 211 gethelp@211ontario.ca 211ontario.ca</p> 	<p>Call or visit 211 to find food banks, including smaller and local programs (e.g., churches, community groups) that may not appear on other directories.</p> <p>They can help you:</p> <ul style="list-style-type: none"> • Find food programs close to you • Confirm hours, eligibility, and requirements <p>Get help in multiple languages</p>	<p>All welcome</p> <p> Accessibility: Online accessibility support</p> <ul style="list-style-type: none"> • Multiple languages <p>Phone line for questions</p>



Name	Service description	Eligibility & accessibility
<p>Society of Saint Vincent de Paul Main Office - 240 Church Street, Toronto Ontario M5B 1Z2 416 364-5577 ssvptoronto.ca</p> 	<p>Provides food, clothing, and basic needs support through local community groups. In order to obtain assistance, please contact your local Society using the Find a Parish Page.</p> <p>For parishes with no Society Conference, please contact 211.</p>	<p>All are Welcome  Accessibility: Let volunteers know of any accessibility needs and they will try their best to accommodate</p>

The food banks listed below are examples of specific locations and may not all appear in the Daily Bread search tool. Please contact them directly.



Central / Downtown

Name	Service description	Eligibility & accessibility
<p>The Cathedral Church of St. James 65 Church Street Toronto, ON M5C 2E9 416-364-7865 Ext. 222 kbaisi@stjamescathedral.ca Stjamescathedral.ca/community/dropin</p> 	<p>Drop-in program for good food box. Registration is required 2 weeks prior to desired pick-up which runs Fridays from 1:30 - 3:30 PM.</p>	<p>Registration required  Accessibility:</p> <ul style="list-style-type: none"> • wheelchair-accessible main entrance with a ramp • accessible all-gender washrooms • Assisted hearing devices are available from ushers • communion can be brought to you





East Toronto / Scarborough

Name	Service description	Eligibility & accessibility
<p>ACSA Community Services – Emergency Food Access 1911 Kennedy Rd. Unit 109 Scarborough, ON M1P 2L9 647-723-9238 acsa.ca/access-food</p> 	<p>Food bank provides groceries to individuals and families. Appointment required.</p> <p>Monday – Friday: 11:00 AM – 4:00 PM</p>	<p>Appointment only  Accessibility:</p> <ul style="list-style-type: none"> • Wheelchair ramp • Automatic main entrance • Elevator • Barrier-free washrooms with accessible doors and stalls <p>Designated accessible parking</p>

North Toronto

Name	Service description	Eligibility & accessibility
<p>Muslim Food Bank 172 Milvan Dr, Toronto, ON M9L 1Z9 1-866-248-3868 coordinator@muslimfoodbank.com Muslimfoodbank.com/location/muslim-food-bank-toronto/</p> 	<p>Monthly food hampers are distributed on the 4th Saturday of each month. Registration required before access.</p> <p>How to Access</p> <ul style="list-style-type: none"> • Email required documents to register • Monthly pick-up after approval 	<p>All welcome regardless of faith or background; Registration required  Accessibility: Not specified</p>

Peel Region

Name	Service description	Eligibility & accessibility
<p>St. Mary's Food Bank</p> <p>Coopers location: 5715 Coopers Ave, Unit 12 Mississauga, L4Z 2C7 (905) 890-0900</p> <p>Dundas location: 1699 Dundas Street East Mississauga, ON L4X 1L5 (905) 238-9008</p> <p>Streetsville Location: 6277 Mississauga Rd. Mississauga, ON L5N 1A7 (905) 286-9987 info@stmarysfoodbank.ca stmarysfoodbank.ca/get-food</p> 	<p>Provides a 7+ day supply of groceries including fruits, vegetables, protein, grains, and dairy. May also include household and personal care items.</p>	<p>Must have Mississauga address</p> <p> Accessibility: Not specified</p>
<p>Sikh Sewa Society Toronto</p> <p>90 Yuile Court, Brampton, ON, L6Y 5J4 905-671-0811 sewa@sikhsewasocietytoronto.ca sikhsewasocietytoronto.ca</p> 	<p>Provides free groceries and meals to individuals and families in need.</p>	<p>All welcome</p> <p> Accessibility:</p> <ul style="list-style-type: none"> • Pop-ups held in public spaces • Reach out for specific accessibility needs

Section C: Meal delivery options

Meals or groceries delivered to your home. These programs can help if you have difficulty leaving home, cooking, or grocery shopping.



Start here: find meal delivery near you

Meals on Wheels (Directory – Search Tool)

Meals on Wheels is a directory that helps you find meal delivery programs near you.

You can use it to:

- Find local meal delivery services in your area
- Check delivery schedules (daily, weekly, etc.)
- Learn about eligibility (e.g., seniors, disability, recovery from illness)
- See if there are fees or subsidies
- Confirm how to register or apply





Name	Service description	Eligibility & accessibility
<p>Meals on Wheels Ontario Varies by location Find your local provider mealsonwheels.ca</p> 	<p>Delivers hot or frozen meals to individuals at home. Meals may be delivered daily or on a scheduled basis depending on location.</p> <p>How to Access</p> <ul style="list-style-type: none"> • Enter your address to find a local provider • Complete a request form or contact the provider directly 	<p>Varies by provider; generally, include:</p> <ul style="list-style-type: none"> • Seniors • Adults with disabilities • Individuals recovering from illness/surgery <p> Accessibility: Delivered directly to your door</p>

The programs listed below are individual services and may not all appear on the Meals on Wheels directory. Contact programs directly to confirm details.



Central Toronto

Name	Service description	Eligibility & accessibility
<p>Seniors Lunch Program - Alexandra Park Community Centre</p> <p>105 Grange Ct, Toronto, ON M5T 2J6 416-603-9603 info@alexparkcc.org alexparkcc.org/program/seniors-lunch-program/</p> 	<p>Free lunch delivery program for seniors living alone.</p> <p>Monday-Friday (delivery schedule varies)</p> <p>Please email Kiley at kiley@alexparkcc.org or call 416-603-9603 for more information or to register.</p>	<p>Live in Toronto, Age Group: 55+</p> <p> Accessibility: Delivered directly to your door</p>

Toronto (City-wide / Multiple Areas)

Name	Service description	Eligibility & accessibility
<p>Good Neighbour Project – Volunteer Delivery Support</p> <p>647-873-2230 info@goodneighbourproject.com goodneighbourproject.com</p> 	<p>Volunteer support for grocery shopping, food bank pick-ups, and delivery of essential items.</p> <p>Our hotline is active from 10am-4pm, 7 days a week at 647-873-2230.</p>	<p>Seniors and individuals with disabilities</p> <p> Accessibility: Delivered directly to your door</p>
<p>Chai Lifeline Canada – Meal Program</p> <p>300A Wilson Ave. Toronto, ON, M3H1S8 647-430-5933 cageneral@chailifeline.ca chailifelinecanada.org/family-meal-service-form/</p> 	<p>Provides fresh and frozen meals to families experiencing serious illness.</p>	<p>Child or spouse in treatment</p> <p> Accessibility: Delivered directly to your door</p>

Peel Region (Brampton / Mississauga)

Name	Service description	Eligibility & accessibility
<p>Langar Seva 8054 Torbram Rd, Brampton, ON, L6T 3T2 416-628-7041 meals@langarseva.ca langarseva.ca</p> 	<p>Deliver freshly prepared meals to individuals who cannot cook due to age or medical needs. Please connect directly to access this service.</p>	<p>All welcome  Accessibility: Delivered directly to your door</p>



Section D: Low-cost food options & Apps

These options can help reduce grocery costs by providing discounted food or affordable fresh produce. Most apps require a smartphone and internet access. These options work best alongside food banks or meal programs to help stretch your budget.





West Toronto





Name	Service description	Eligibility & accessibility
<p>The Stop – Good Food Market (GFM) 1884 Davenport Rd Toronto, ON M6N 4Y2 416-652-7867 general@thestop.org thestop.org/emergency-food-access</p> 	<p>Affordable fresh produce, baked goods, and prepared foods available weekly.</p> <p>Tuesdays: 12:00–2:00 PM</p>	<p>All welcome  Accessibility: Not specified please contact to confirm</p>

North Toronto / North York

Name	Service description	Eligibility & accessibility
<p>Bernard Betel Centre 1003 Steeles Ave W, Toronto, ON M2R 3T6 416-225-2112 betelcentre.org</p> 	<p>A Glatt Kosher Café that offers a variety of nutritious and affordable items prepared fresh daily</p> <p>Friday-Sunday: Closed</p> <p>Monday-Thursday: 9 am-2 pm</p>	<p>All welcome</p> <p> Accessibility: Wheelchair Accessible</p>

Toronto (All Areas)

Name	Service description	Eligibility & accessibility
<p>Too Good To Go App info@toogoodtogo.ca toogoodtogo.com/en-ca/support</p> 	<p>Purchase surplus food from restaurants, bakeries, and grocery stores at reduced prices.</p> <p>How to Access</p> <ul style="list-style-type: none"> Download the app (iOS or Android) Browse nearby deals <p>Purchase and pick up from participating locations</p>	<p>All welcome</p> <p> Accessibility: Phone and internet</p>
<p>Flashfood App help.flashfood.com/hc/en-us/requests/new</p> 	<p>Discounted groceries (including produce and meat) are available through participating stores.</p> <p>How to Access</p> <ul style="list-style-type: none"> Download the app Browse deals at nearby grocery stores Purchase through the app and pick up in-store 	<p>All welcome</p> <p> Accessibility: Phone and internet</p>

Name	Service description	Eligibility & accessibility
<p>FoodHero App 2200 Stanley Street, Montreal, QC, H3A 1R6 +1 (833) 366-3800 foodhero.com/en/contact-us</p> 	<p>Provides discounted food from grocery stores, often including frozen or surplus items.</p> <p>How to Access</p> <ul style="list-style-type: none"> • Enter your location in the app • Browse daily deals • Purchase and pick up in-store 	<p>All welcome  Accessibility: Phone and internet</p>
<p>Olio App olioapp.com/en/contact-us</p> 	<p>Free app for sharing surplus food from individuals, businesses, and community members.</p> <p>How to Access</p> <ul style="list-style-type: none"> • Download the app • Browse available items nearby • Arrange pickup directly with the provider 	<p>All welcome  Accessibility: Phone and internet</p>