

FOOD BANKS

Where to go when you're looking for help

Updated: June 2026

What Are Food Banks?

Food banks provide free groceries and other household items to people and families experiencing food insecurity or low income. They normally operate one or two days per week, however, hours and days of operation vary by organization. Food banks often ask that you visit a location that serves your local neighbourhood area to ensure everyone in the community has access to support.

Food banks help people who do not have reliable access to safe, nutritious, good quality food. People who visit food banks come from all backgrounds. They include families, employed people with wages that do not cover basic living needs, people on social assistance and people living on a fixed income, such as seniors or those with disabilities.

Finding a Food Bank

To find the nearest food bank in your area, contact 2-1-1 Ontario or visit the Daily Bread Food Bank website to find a location near you:

211 Ontario

1 St. Clair Avenue West, 10th Floor, Toronto

<https://211ontario.ca>

Tel.: 2-1-1 | 1 800 836-3238 (toll-free) | 1 888 340-1001 (TTY)

gethelp@211ontario.ca

Services: Provides a list of resources, including cooking classes/facilities, food access for seniors/people with disabilities, food banks and referrals, food delivery, food for special dietary needs, free/low-cost meals, grocery stores/fresh food/producers, grow/pick-your-own food, infant formula/baby food, non-profit catering services/eating establishments, other food security initiatives, school meal programs

Daily Bread Food Bank

191 New Toronto Street, Toronto

www.dailybread.ca/need-food/programs-by-location

Tel.: 416 203-0050

info@dailybread.ca

Services: Helps find the closest food bank/meal program in an individual's area within the region of Toronto, providing program details for each, such as hours of operation, holiday hours, closures and how to book appointments (if applicable)

If any of this information is incorrect or outdated, please email the information to us at access.resources@camh.ca. Visit the RBC Patient and Family Learning Space for mental health info and help finding services: <https://camh.ca/pfls>

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

Food Banks in the GTA

The services listed here are a partial list of food banks in and around Toronto. Use the information on the preceding page if you need help finding the closest food bank in your neighbourhood.

Canadian Red Cross, Toronto-Region Branch (Meals on Wheels and Mobile Food Bank)

557 Dixon Road (Meals on Wheels: Unit 110), Toronto
www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/mobile-food-bank

Tel.: 416 236-3180 (Meals on Wheels) | 416 480-2500 (Mobile Food Bank)
toronto@redcross.ca

Services: The Mobile Food Bank delivers groceries to people unable to access a food bank, providing healthy meals, as well as dining and transportation support; Meals on Wheels delivers hot meals to people in the community who are unable to prepare their own food

Eligibility: The Mobile Food Bank is for people in the Toronto region who are unable to access food banks due to a permanent or temporary disability; Meals on Wheels only services people in Etobicoke who are unable to cook for themselves due to health issues or disabilities

Hours: Deliveries for both programs occur Monday to Friday, 8:30 a.m.–4:30 p.m.

Covenant House Toronto

20 Gerrard Street East, Toronto
<https://covenanthousetoronto.ca>

Tel.: 416 593-4349 (shelter) | 416 204-7037 (drop-in centre) | 416 204-7995 (health clinic)
info@covenanthouse.ca

Services: Offers 24/7 crisis shelter, transitional housing options on-site and in the community, health and well-being support, training and skill development and ongoing care once youth move into the community

Eligibility: Youth in crisis and homeless youth, ages 16–24

Hours: Shelter open 24/7; drop-in centre open Monday to Sunday, 12:00 p.m.–6:45 p.m.; health clinic open Monday to Friday, 9:00 a.m.–12:00 p.m. and 1:00 p.m.–4:00 p.m. and until 7:00 p.m. on Tuesdays

Feed It Forward, Pay What You Can Grocery Store, Café and Bakery

2770 Dundas Street West, Unit A, Toronto
<https://feeditforward.ca>
info@feeditforward.ca

Services: Offers rescued food transformed into healthy meals from restaurants, grocery stores, farms and food producers where customers can pay what they can afford or take what they need free of charge; Feed It Forward Free Food App where anyone can share food they don't need/want with someone in need

Hours: Monday to Saturday, 11:00 a.m.–6:00 p.m.; Sunday, 11:00 a.m.–6:00 p.m.

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Fort York Food Bank (FYFB)

380 College Street, Toronto

www.fyfb.com

Tel.: 416 203-3011

info@fyfb.com

Services: Food Program provides low-income individuals and families with a three-day supply of groceries and hot meals; Information and Support Program assists clients with homelessness, resolving underlying issues (e.g., employment, immigration/legal services, housing, health care and training); Community Drop-In Centre provides clients with vital community services (e.g., community kitchen, local phone calls, community resources information centre)

Hours: Grocery service on Tuesday and Friday (9:00 a.m.–4:00 p.m.), Wednesday to Thursday and Saturday (9:00 a.m.–2:00 p.m.); hot meal service on Sundays (12:00 p.m.–while meals last)

Note: On Tuesdays and Wednesdays, random numbers are distributed at 8:45 a.m. for the first 100 customers (anyone arriving after the numbers are distributed are welcome to line up)

Haven on the Queensway

76 Fordhouse Boulevard, Etobicoke

www.havenontheq.com

Tel.: 416 640-2005

info@havenontheq.com

Services: Food Bank provides households with 2–3 days' worth of food (if supply allows); First Care supports pregnant women and parents of newborns up to the age of 2, providing essential resources (e.g., food, clothing, formula, diapers, baby accessories); Haven Helping Seniors provides support to seniors, offering a range of resources, including food delivery and hygiene kits; Haven's Closet offers a selection of seasonal clothing free of charge for individuals/families going through a crisis; Hope With Wheels serves the needs of people experiencing homelessness in downtown Toronto, South Etobicoke and Mississauga, serving hot meals and providing sleeping bags and toiletries

Eligibility: First Care and Haven's Closet are available to low- or no-income families, mothers, pregnant mothers and/or parents with children under the age of 6 months living in Etobicoke with postal code M8V, M8W, M8X, M8Y, M8Z, M9A, M9B, M9C, M9P, M9R, M9V, M9W; Haven's Closet clients must also be in at least one of the following groups—newcomer (less than one year in the country), living in/leaving a shelter or experiencing homelessness

Referral: For First Care and Haven's Closet, a referral form (available online) is required and must be filled out by a referring agency or case worker

Hours: Food Bank, Haven's Closet and First Care are available by appointment only (to book an appointment, call the number above and press 3 for the Food Bank and 4 for Haven's Closet), open Monday to Wednesday, 8:30 a.m.–4:30 p.m., and Thursday, 8:30 a.m.–6:00 p.m.; Hope With Wheels is available on a weekly basis on Monday, Tuesday, Wednesday and Thursday (plus biweekly Saturday community lunches per month)

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Native Women's Resource Centre of Toronto (NWRCT)

191 Gerrard Street East, Toronto | 68 Sheppard Avenue West (forthcoming shelter)

<https://nwrct.ca>

Tel.: 416 963-9963

info@nwrct.com | GrocerySupport@nwrct.ca

Services: Grocery Support and Personal Needs Support for clothing, hygiene products, showers and laundry for NWRCT clients; Indigenous Women's Emergency Shelter (set to open in 2028) will provide all meals, laundry, on-site medical care, case management and specialized cultural programming for Indigenous women and children

Eligibility: Indigenous women or women with children of Indigenous ancestry

Hours: Grocery Support program is every Friday, 10:00 a.m.–12:00 p.m.; Personal Needs Support program is every Monday, Tuesday and Wednesday, 10:00 a.m.–4:00 p.m. (by appointment only; email to register)

Languages: Cree, English, Ojibwe

New Toronto Street Food Bank, Daily Bread Food Bank

191 New Toronto Street (Gate 1), Etobicoke

www.dailybread.ca/about/who-we-are/new-toronto-street-food-bank

Tel.: 416 203-0050

info@dailybread.ca

Services: Food bank services open seven days a week (with extended weekday hours); Information and Referral centre provides information and referral support for various needs (e.g., additional food access, income support, housing matters, employment, mental health services, counselling); Communication Information Table provides opportunities for agencies/organizations to connect with clients about their programs/services; Community Meal Program, every Thursday from 5:30–7:00 p.m., offers guests a free hot meal

Hours: Open seven days a week; Tuesday through Saturday is by appointment only (book online); grab-and-go food boxes are available Sunday (11:00 a.m.–12:30 p.m. and 2:00–4:00 p.m.) and Monday (9:30 a.m.–11:30 a.m. and 1:00–4:00 p.m.)

Note: Client intake process is required in order to obtain a client ID (see the online self-enrollment portal or register at a local food bank)

Parkdale Community Food Bank (PCFB)

5 Brock Avenue (rear unit), Toronto

www.pcfb.ca

Tel.: 416 532-2375 | 289 206-1377 (delivery wait-list)

info@pcfb.ca | deliveries@pcfb.ca (delivery wait-list)

Services: Drop-In Grocery Program that allows service users to choose their own groceries, offering a wide range of food items (e.g., fresh produce, grains, breads, pasta, sauces, soups, beans, canned meat, fish, fresh meat, vegetarian alternatives, beverages, pet food, personal care products) on a weekly basis, catering to all diets; Delivery Program (delivery area spans from the lakefront north to Dupont and from Parkside/Keele east to Christie/Grace/Strachan) for those unable to leave home due to health concerns (i.e., illness, disability or other reasons preventing in-person access)

Hours: Wednesday, Thursday and Saturday, 10:00 a.m.–4:30 p.m. and Friday, 4:00–8:00 p.m.; new Seniors' Day (ages 65+), the last Tuesday of every month, 1:00–4:30 p.m.

Note: Proof of ID or financial status not required from service users; PCFB provides groceries only (not pre-made meals)

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Scott Mission

502 Spadina Avenue, Toronto (food bank) | 1550 O'Connor Drive, Toronto (food bank) |
346 Spadina Avenue, Toronto (men's shelter)

www.scottmission.com

Tel.: 416 923-8872 (main) | 416 923-3916 (food bank/meals/clothing bank) | 647 696-1372 (men's shelter)

info@scottmission.com | help@scottmission.com

Services: Fresh hot meals available as dine-in or take-out at the Welcome Centre, as well as a clothing bank available by appointment; men's shelter offers overnight shelter, meals, clothing, counselling, support groups, case management and laundry/shower facilities

Hours: Meal service at the Welcome Centre is available for breakfast from 8:00–8:30 a.m. and lunch from 11:30 a.m.–12:00 p.m.; Food Bank at 502 Spadina Avenue is open Monday to Friday from 9:00–11:30 a.m. and 1:30–3:00 p.m. (closed Wednesday afternoons); Food Bank at 1550 O'Connor Drive is open Thursday to Friday from 9:00 a.m.–12:00 p.m. and 1:00–3:00 p.m.; intake office for the men's shelter is available Monday to Friday, 9:30–11:30 a.m. (late opening on Tuesdays at 10:30 a.m. and open Friday afternoon from 2:00–4:00 p.m.)

Note: Bag lunches are no longer available; prayer offered by request

Syme Woolner Neighbourhood and Family Centre

2468 Eglinton Avenue West, York | 190 Woolner Avenue, York | 30 Denarda Street, York

www.symewoolner.org

Tel.: 416 766-4634, ext. 228

swoolner@symewoolner.org

Services: Food Bank Programs available either by drop-in or appointment at three locations for individuals and families experiencing financial stress (more urgent referrals can be facilitated); Clothing Bank Program for those in need to come and pick up a few items of clothing every month with applicable rules and limits (see website for details)

Hours: Food bank at 2468 Eglinton Avenue West is available by appointment only on Fridays, 9:30 a.m.–1:30 p.m.; food bank at 190 Woolner Avenue is open Thursday to Friday, 9:00 a.m.–1:30 p.m.; food bank at 30 Denarda Street is available Mondays, 2:30–4:30 p.m. and Tuesday to Wednesday, 9:00 a.m.–1:30 p.m. (appointments can be made every two weeks); clothing bank is at 2468 Eglinton Avenue West, Unit 3 on Wednesdays, 10:00 a.m.–2:00 p.m.

Note: Clients can only be a member of one of the three food banks and can only visit the clothing bank once a month

Teresa Group Child and Family Aid

355 Church Street, 2nd floor, Toronto

www.teresagroup.ca

Tel.: 416 596-7703

info@ttgtoronto.ca

Services: Family Food Hamper program provides families with healthy breakfasts, lunches and snacks for their children; Back to School Backpack program provides new backpacks, lunch boxes and water bottles for children and youth from Kindergarten to Grade 12 on an annual basis; Get Ready for Winter Holiday Clothing program offers new warm clothing and accessories in the winter months; Children's Holiday Toy and Youth Holiday Gift Card programs; Diaper program providing diapers for infants and toddlers (ages 0–2 years); Welcome Home Baby Bag program delivers new baby bags (filled with baby clothes, a toy, a blanket, diapers and feeding bottles) to new mothers at home/in the hospital; Infant Formula program offers free infant formula for a year to all HIV+ new mothers in Ontario

Eligibility: Children, youth and families living with or affected by HIV/AIDS (register via email)

Hours: Pickup for the Family Food Hamper and Diaper programs is Mondays, Tuesdays or Thursdays by appointment only, 10:00 a.m.–3:00 p.m.

Referral: Practitioner referral is required for the Infant Formula program (see process and downloadable form via website)

Note: Family Food Hamper program is only available to clients living within the M postal code

Toronto People with AIDS Foundation (PWA)

163 Queen Street East, 2nd floor, Toronto

www.pwatoronto.org

Tel.: 416 506-1400

info@pwatoronto.org

Services: Daily lunch program within the PWA; Essentials Market (PWA's food bank) provides staple food items, culturally appropriate food, fresh produce, pet food, home start-up items, family hampers and special needs supplies (e.g., baby items, special diet accommodations) based on availability; Food For Life program provides weekly frozen meal delivery for people living with HIV/AIDS who are returning from the hospital, experiencing severe mobility, acute medical issues or are receiving palliative care

Eligibility: People who are living with HIV/AIDS

Hours: Essential Market days are Wednesdays and Thursdays, 2:00–7:00 p.m., and Fridays, 12:00–5:00 p.m.

WoodGreen, Meals on Wheels

815 Danforth Avenue, Suite 100

<https://www.woodgreen.org/programs/meals-on-wheels>

Tel.: 416 572-3575

cccentralintake@woodgreen.org

Services: Delivers nutritious and affordable meals to seniors and adults living with disabilities

Eligibility: Seniors 55+ and adults living with disabilities who are unable to prepare nutritious meals due to physical, cognitive, developmental or psychological limitations

Hours: Monday to Friday, 9:00 a.m.–5:00 p.m.

Fees: See website for a breakdown of fees (various costs associated with different types of meals delivered)

Yonge Street Mission (YSM)

Davis Centre, 270 Gerrard Street East, Toronto | Evergreen Centre, 365 Spadina Avenue, Toronto

www.ysm.ca

Tel.: 416 929-9614, ext. 3200 (to book appointment)

info@ysm.ca

Services: Offers hot meals (youth and adult) and bi-monthly fresh and non-perishable groceries to people living in Toronto's downtown; YSM's Food Bank operates like a grocery store, offering nutritious groceries, hygiene supplies, baby and pet-related items (as available) and distributes quantities based on family size and by appointment

Eligibility: For YSM's Food Bank, you must live within the specified geographic area, from Bloor Street to Lake Ontario and between Yonge Street and Don Valley Parkway; adult meals are available to adults 18+ (one meal per person); youth meals are available to youth, ages 16–24 (proof of age may be requested)

Hours: YSM's Food Bank is by appointment at the Davis Centre, Tuesday to Friday, 10:00 a.m.–12:00 p.m. and 1:00–3:00 p.m.; adult meals are available at the Davis Centre, Tuesdays and Thursdays at 4:00 p.m.; youth meals are at the Evergreen Centre, Monday to Friday, 12:00 p.m. for lunch and 4:00 p.m. for dinner (except Fridays)

Note: Proof of income and photo ID are required to access the food bank

Seva Food Bank

3413 Wolfedale Road, Unit 10, Mississauga (Wolfedale) | 2832 Slough Street, Mississauga (Malton)

<https://sevafoodbank.com/get-food>

Tel.: 905 361-7382, ext. 1 (Wolfedale) | 905 361-7382, ext. 2 (Malton)

info@sevafoodbank.com

Services: Food bank provides 7–10 days' worth of food, once per month, offering fresh produce, pantry staple foods, dairy, proteins, culturally appropriate items, toiletries and baby products; grocery delivery is available for eligible clients unable to visit in person (i.e., seniors, people with disabilities or individuals with medical or transportation barriers)

Eligibility: Must live in Malton (L4T, L4V, L5P, L5S, L5T) or Wolfedale (L5B, L5C) areas, currently be experiencing food insecurity and have a valid photo ID and proof of address

Referral: Medical note or doctor referral is required for grocery delivery services

Hours: Both locations are open Wednesday to Thursday, 3:00–7:30 p.m., and Friday, 10:00 a.m.–2:30 p.m.

Note: In-person registration is required for the food bank (bring photo ID and proof of address); choice-based grocery model is available by appointment only, but if you're unable to book an appointment, you can visit as a walk-in and receive a pre-packaged hamper of groceries (this counts as your monthly visit)