

Brampton

1. **Grace United Church**
156 Main St. N.
Brampton, ON L6V 1N9
(corner of Main and Church)
905-451-1215

Tues: 10 – 11:30 a.m.
• no paperwork
is required

2. **St. Andrew's
Presbyterian Church**
44 Church St. E.
Brampton, ON L6V 1G3
(corner of Church and Union)
905-451-1723

Wed: 1 p.m. until food is depleted
• no paperwork is required

3. **Ste. Louise Outreach Centre**
32 Haggert Ave. N.
Brampton, ON L6X 1Y3
905-454-2144

Mon, Tues, Thurs and Sat: 10 a.m. – 2 p.m.
Sat: 10:30 a.m. – 4 p.m.
• **ONE VISIT** per month
• social assistance recipients are welcome any day
• on first visit must provide:
 ▪ proof of income and address
 ▪ ID with date of birth for self, spouse, and children
• recipients must provide 4 hours of volunteer time while
their food is being prepared



4. **Salvation Army Brampton
and North Peel**
115 West Dr.
Brampton, ON L6T 2J6
905-451-8840

Mon to Fri: 9 a.m. – Noon and 1 – 4 p.m.;
by appointment only (call by phone)
• recipients receive a budget assessment
• food requirements tailored to budget
• on first visit must provide:
 ▪ proof of income and rent for household
 ▪ ID for self, spouse and children



5. **Knights Table**
116 Kennedy Rd. S., Unit 6
Brampton, ON L6W 3E7
905-454-8725

Open 7 days / week; includes holidays
• First Bite Breakfast Program (FREE)
8 – 10 a.m. (7 days / week) incl. holidays
• Cecil' Kitchen Program \$1 per meal
Mon – Fri: Noon – 6 p.m.; Sat – Sun Noon – 4 p.m.
• Pantry Program (Food Bank) Wed: Thurs, Fri: Noon – 4 p.m.
• Good Neighbourhood Program: Mon – Fri: Noon – 6 p.m.;
Sat – Sun: Noon – 4 p.m. (FREE baked goods and breads)

6. **Islamic Forum of Canada**
200 Advance Blvd.
Brampton, ON L6T 4V4
905-799-0763
905-790-8859

Open Tues: 4 – 7 p.m.
• Non-denominational, anyone is welcome
• 1 visit per month
• on first visit must provide:
 ▪ proof of income and rental agreement
 ▪ proof of registration
 ▪ welfare cheque
 ▪ picture ID for self, spouse and children



Emergency Food Services in Peel

Please call the food bank
first as the information,
hours of operation and
services offered are
subject to change.

Caledon

1. **Caledon Community Services**
18 King St. E.
Bolton, ON L7E 1E8
905-584-9460

Mon to Fri: 9 a.m. – 4:30 p.m.
• **emergency food only** (for residents of Caledon)
• provide food vouchers to residents of Caledon for
grocery stores – maximum once per month
• on first visit must provide:
 ▪ proof of income and expenses
 ▪ ID for family

2. **Salvation Army Brampton**
905-451-8840

Mon to Fri: 9 a.m. – Noon, and 1 – 4 p.m.
• call Salvation Army in Brampton for appointment



December 2006

Call Region of Peel – Public Health at 905-799-7700
for more information.
Caledon residents call toll free at 905-584-2216
and ask for Region of Peel – Public Health.

 **Region of Peel**
Working for you
Public Health

Mississauga

1. **Eden Food Bank
Eden United Church**
3051 Battleford Rd.
(at Winston Churchill Boulevard)
Mississauga, ON L5N 5Z9
905-785-3651



- Mon: 1 – 3:30 p.m.; Mon: 6 – 8 p.m.; Thurs: 6 – 8:30 p.m.
- provides service to Mississauga postal codes L5M and L5N only
 - **ONE VISIT** per month
 - on first visit must provide:
 - proof of address (recent mail)
 - proof of total household income
 - proof of utility bills
 - proof of rent or mortgage payment and taxes
 - ID of every household member (OHIP-card, driver's license)

2. **Foodpath**
2550 Goldenridge Rd., Unit 36
Mississauga, ON L4X 2S3
905-270-5589

- Wed: 10 a.m. – 6 p.m.
- on first visit must provide:
 - proof of residence in Mississauga

3. **The Compass**
310 Lakeshore Rd. W.
Mississauga, ON L5H 1G8
905-274-9309

- Mon: 3 – 8 p.m.; Wed: 2 – 5 p.m.
- provides service to area south of QEW in Port Credit and Clarkson
 - on first visit must provide
 - proof of address

4. **Muslim Welfare Centre**
3401 Wolfdale Rd.
Mississauga, ON L5C 1V8
905-281-9730

- Please call for appointment
Mon to Thurs: 9 a.m. – 1 p.m. for collection
- on first visit must provide:
 - proof of income and rent
 - ID for self and family
- For donations: Mon - Fri 9 a.m. - 4 p.m. Sat - Sun 9 a.m. - 3 p.m.

5. **Open Door
Square One Shopping Centre**
100 City Centre Dr.
Mississauga, ON L5B 2C9
905-276-9136

- Mon to Thurs: 10 a.m. – 4:30 p.m.; Fri: Noon – 4:30 p.m.;
Sat: 10 a.m. – 4:30 p.m.
Free Dinner: Thurs: 6:30 - 8 p.m.
- **emergency food only** (have small food cupboard)
 - located opposite Security – downstairs by Wal-Mart
 - also provide clothing and counselling

6. **Trinity Anglican Church**
26 Stavebank Rd.
Mississauga, ON L5G 2T5
905-278-1992

- Mon to Fri: 9 a.m. – 1 p.m.
- have a small cupboard for emergencies
 - no baby food available

7. **Mississauga Seventh Day
Adventist Church**
2250 Credit Valley Rd.
Mississauga, ON L5M 4L9
905-608-0013

- Wed: Noon – 2 p.m.
- ID for self, spouse and children required
 - provide non-perishable foods
 - call for appointment



Mississauga

8. **St. Dominic's Roman
Catholic Church**
625 Atwater Ave.
(Corner of Cawthra Road and
Atwater Avenue)
Mississauga, ON L5G 2A8
905-278-7762

- Mon to Thurs: 9:30 a.m. – 8:30 p.m.; Fri 9:30 a.m. – 4 p.m.
(Closed: Noon – 1 p.m.)
- please call office for further information
 - drop in
 - canned food
 - for local area only: South of QEW and North of the track from Cooksville Creek to Hwy. 10 and Lakeshore up to Cooksville Creek

9. **Salvation Army
Erin Mills Branch**
2460 The Collegeway
(corner of Glen Erin Drive)
Mississauga, ON L5L 1V3
905-607-2151

- Mon, Wed and Fri: 1 – 4 p.m., call for appointment
- **emergency food only**
 - **ONE VISIT** per month
 - on first visit must provide:
 - proof of income and rent
 - ID for self, spouse and children
 - medical claims receipts

10. **Salvation Army – Cornerstone
Community Church**
3020 Vanderbilt Rd.
Mississauga, ON L5N 4W8
905-824-0450 – press 22

- Tues and Thurs: 9 a.m. – Noon, and 1 – 3 p.m.
- **ONE VISIT** per month
 - on first visit must provide:
 - proof of income and expenses
 - ID for self, spouse and children

11. **Salvation Army
Mississauga Branch**
3167 Cawthra Rd.
Mississauga, ON L5A 2X4
905-279-3941

- Mon and Tues: 9 a.m. – Noon; 1 – 3:30 p.m.
Wed: 9 a.m. – Noon; 1 – 6:30 p.m.
Thurs: 1 – 3:30 p.m., Fri: 9 a.m. – Noon
- appointment required: please call the office**
- **ONE VISIT** per month
 - on first visit must provide:
 - proof of income and rent
 - ID for self, spouse and children
- Note:** During Christmas Season opening hours will change; please call for an appointment



12. **St. Mary's Food Bank**
5715 Coopers Ave., Unit 4
Mississauga, ON L4Z 2C7
905-890-0900

- Tues: Noon – 2 p.m.; Wed and Thurs: 7 – 9 p.m.
- on first visit must provide:
 - proof of income and rent
 - proof of birth for those under 18 years
 - proof of address with an ID

13. **Grace Mt. Zion Apostolic
Church**
5865 Coopers Ave.
Mississauga, ON L4Z 1R9
905-501-8958

- Fri.: 6 – 8 p.m.; Last Sat. of each month 11 a.m. – 1 p.m.
- on first visit must provide:
 - proof of income and rent
 - proof of birth for those under 18 years
 - proof of address with an ID

