

Food Security Resources for Families in Hamilton

Hamilton	
<p>Blue Door Pantry (Hamilton Dream Centre)</p> <ul style="list-style-type: none"> ○ By appointment on Tuesday and Thursday 	<ul style="list-style-type: none"> ○ 627 Main St E ○ 905-527-8605. ○ <i>Provides:</i> Food hampers ○ <i>Limitations:</i> By appointment only.
<p>East Hamilton Food Centre</p> <ul style="list-style-type: none"> ○ Tuesday/Thursday 1:00PM to 4:00PM ○ CURRENTLY CLOSED FOR RENOVATIONS – TO REOPEN IN FEBRUARY 	<ul style="list-style-type: none"> ○ 625 Greenhill Avenue ○ 905-574-6201 ○ <i>Provides:</i> 3 to 4-day supply of food and personal hygiene products for each household member ○ <i>Limitations:</i> <u>ID required</u> ○ Open Tuesdays and Thursday 1:00pm to 4:00pm
<p>Essential Aid Emergency Infant/Toddler Food Bank</p> <ul style="list-style-type: none"> ○ Monday/Wednesday/ Friday 10:00AM to 12:00PM ○ Tuesday/Thursday 7:00PM to 9:00PM 	<ul style="list-style-type: none"> ○ 100 Main St E, Suite 201 ○ <i>Provides:</i> Emergency supply of infant formula, baby food, diapers and menstrual products for families in need ○ Walk-ins welcome
<p>Eva Rothwell Food Pantry</p> <ul style="list-style-type: none"> ○ Monday to Friday 9:00AM to 2:30PM by appointment 	<ul style="list-style-type: none"> ○ 460 Wentworth St N ○ 905-526-1558 ○ <i>Provides:</i> Community pantry and emergency supplies ○ Call to make an appointment
<p>Food4Kids</p>	<ul style="list-style-type: none"> ○ 105-237 Barton St ○ <i>Provides:</i> packages of healthy food to children and youth each weekend ○ <i>Limitations:</i> Referral from school needed; For youth between ages 4 and 17
<p>Good Food Centre (Mission Services)</p> <ul style="list-style-type: none"> ○ Monday to Friday 9:30AM to 12:00PM 	<ul style="list-style-type: none"> ○ 196 Wentworth St N ○ 905-528-4211 ○ <i>Provides:</i> 3 to 4-day supply of food and personal hygiene products for each household member ○ <i>Limitations:</i> <u>ID required</u>
<p>Good Shepherd Venture Centre</p> <ul style="list-style-type: none"> ○ Monday to Friday 9:30AM to 3:00PM 	<ul style="list-style-type: none"> ○ 155 Cannon St ○ 905-972-9485 ○ <i>Provides:</i> Emergency food and clothing for people in need. Set up like a grocery store to choose the items that you need
<p>Hamilton East Church Food Bank</p> <ul style="list-style-type: none"> ○ By appointment 	<ul style="list-style-type: none"> ○ 203 Bell Ave ○ 905-545-6180 ○ <i>Provides:</i> Emergency food hampers for families (also have some clothing and furniture)

	<ul style="list-style-type: none"> ○ Call to make an appointment
<p>Food Pantry at King's Way Outreach Centre</p> <ul style="list-style-type: none"> ○ Monday to Thursday 11:30AM to 12:30PM and 1:30PM to 3:00PM 	<ul style="list-style-type: none"> ○ 390 King William St ○ 905-296-9473 ○ <i>Provides:</i> Food (including fresh fruit and vegetables) for pick-up ○ <u>No proof of income or ID required</u> ○ Walk-ins welcome
<p>Living Rock Youth Focussed Food Bank</p> <ul style="list-style-type: none"> ○ Food Bank Tuesday/Thursday/ Saturday 1:00PM to 4:00PM 	<ul style="list-style-type: none"> ○ 30 Wilson St ○ 905-528-7625 ○ <i>Provides:</i> Access to Food Bank and various food programs: <ul style="list-style-type: none"> ○ Breakfast Program: Monday to Friday 9:00AM to 10:00AM ○ Evening Coffee House: Monday to Friday 4:00PM to 5:00PM ○ Weekend Coffee House: Saturday and Sunday 12:00PM to 4:00PM ○ <i>Limitations:</i> Available for Youth aged 13 to 25
<p>Neighbor 2 Neighbor Food Bank</p> <ul style="list-style-type: none"> ○ By appointment 	<ul style="list-style-type: none"> ○ 28 Athens St ○ 905-574-1334 ext 300. ○ <i>Provides:</i> pre packed healthy food hampers ○ <i>Limitations:</i> each household may access one hamper per month ○ Call to book an appointment
<p>Parkview Church Food Help</p> <ul style="list-style-type: none"> ○ Open Anytime 	<ul style="list-style-type: none"> ○ 1120 West 5th St ○ 905-536-7457 ○ <i>Provides:</i> Free food and pantry items available ○ No appointment necessary; first come first serve.
<p>Restoration House Food Bank</p> <ul style="list-style-type: none"> ○ Tuesday/Friday/ Sunday 12:00PM to 2:00PM 	<ul style="list-style-type: none"> ○ 54 Vine St ○ 905-527-1622 ○ <i>Provides:</i> food on an emergency basis to people in need
<p>Salvation Army Food Bank</p> <ul style="list-style-type: none"> ○ Monday/Tuesday/ Wednesday/Friday 9:30AM to 11:45AM and 1:00PM to 3:30PM ○ Thursday 9:30AM – 11:45AM 	<ul style="list-style-type: none"> ○ 80 Bay St N ○ 905-540-1888 ext 101 ○ <i>Provides:</i> monthly food hampers for clients ○ <i>Limitations:</i> <u>ID, Proof of Address, Proof of Rent and Proof of Income Required</u> ○ Call to schedule an appointment or Walk-In
<p>Welcome Inn Community Centre Food Bank</p>	<ul style="list-style-type: none"> ○ 40 Wood St E ○ 905-525-5824 ○ <i>Provides:</i> prepackaged food hampers for families

<ul style="list-style-type: none"> Monday/Wednesday/Thursday/Friday 10:30AM to 2:00PM 	<ul style="list-style-type: none"> <i>Limitations: <u>ID required</u>; Can only be accessed once every 30 days</i> Drop-in's welcome, or call to book an appointment to avoid waiting outside.
Ancaster	
<p>Ancaster Community Services Food Assistance Program</p> <ul style="list-style-type: none"> By appointment Monday/Tuesday 9:00AM to 4:00PM 	<ul style="list-style-type: none"> 300 Wilson St E 905-648-6675 <i>Provides: non-perishable food items, personal hygiene products and household goods for people in need</i> <i>Limitations: Must be resident of Ancaster; <u>Current ID, proof of address and income required</u></i> Call to make an appointment
Burlington	
<p>Burlington Food Bank</p> <ul style="list-style-type: none"> Monday to Friday 9:00AM to 11:45AM and Thursday 5:00PM to 7:00PM 	<ul style="list-style-type: none"> 1245 Plains Rd E, Unit 1A 905-637-2273 <i>Provides: food and personal hygiene products to people in need</i> <i>Limitations: Can be accessed once every 3 weeks; <u>ID, proof of income and address required</u></i>
<p>Compass Point Bible Church Food Market</p> <ul style="list-style-type: none"> Second and Fourth Saturday of the Month 9:00AM to 10:30AM 	<ul style="list-style-type: none"> 1500 Kerns Rd 905-336-0500 ext 234 <i>Provides: food and personal care supplies for people in need on a first come, first served basis</i> <i>Limitations: Registration and interview required. <u>ID required.</u></i>
<p>Compassion Society of Halton</p> <ul style="list-style-type: none"> Monday/Wednesday/Friday 12:00PM to 2:00PM 	<ul style="list-style-type: none"> 484 Plains Rd E, Unit 14 905-592-3722 <i>Provides: emergency food, clothing and household items to people in need</i> <i>Limitations: Intake appointment required.</i>
<p>Salvation Army Food Bank</p> <ul style="list-style-type: none"> By appointment Monday 1:30PM to 3:30PM, Wednesday/Thursday 9:00AM to 12:00PM 	<ul style="list-style-type: none"> 5040 Mainway, Unit 9 289-230-2556 <i>Provides: emergency supply of fresh, frozen and canned goods for people in need, as well as hygiene and household items when available.</i> Call to make an appointment
<p>Society of Saint Vincent de Paul Food and Clothing Assistance</p> <ul style="list-style-type: none"> Tuesday/Thursday/Friday 9:00AM to 12:00PM and 	<ul style="list-style-type: none"> 287 Plains Rd E 905-634-7441 <i>Provides: food, clothes and household goods for people in need</i> Call to make appointment

<p>Tuesday/Thursday 1:00PM to 4:00PM</p>	
<p>Carlisle</p>	
<p>Flamborough Food Bank (Carlisle United Church)</p> <ul style="list-style-type: none"> ○ Wednesday 1:00PM to 8:00PM 	<ul style="list-style-type: none"> ○ 1432 Centre Road ○ 905-690-1036 ○ <i>Provides:</i> food and personal care supplied for people in need, and Holiday hampers at Easter, Thanksgiving and Christmas ○ <i>Limitations:</i> Can be accessed once every 2 weeks. Registration Required. <u>ID, Proof of income and residency required.</u>
<p>Dundas</p>	
<p>Kosher Food Bank (Hamilton Jewish Family Services)</p> <ul style="list-style-type: none"> ○ Monday to Thursday 10:00AM to 3:30PM 	<ul style="list-style-type: none"> ○ 30 King St E ○ 905-627-9922 ext 29 ○ <i>Provides:</i> Kosher food for people in need. Hygiene items may also be available. ○ <i>Limitations:</i> Interview required to determine eligibility ○ Call to schedule interview/pick-up
<p>Salvation Army Food Bank</p> <ul style="list-style-type: none"> ○ By appointment: Monday/Wednesday 9:30AM to 12:00PM, Friday 9:30AM to 12:00PM and 1:30PM to 3:30PM 	<ul style="list-style-type: none"> ○ 150 King St W ○ 905-627-0572 ○ <i>Provides:</i> monthly food hampers for clients ○ <i>Limitations:</i> <u>ID, Proof of Address, Proof of Rent and Proof of Income Required</u> ○ Call to make an appointment
<p>Stoney Creek</p>	
<p>Stoney Creek Community Food Bank</p> <ul style="list-style-type: none"> ○ Monday/Wednesday/Thursday 9:30AM to 1:00PM 	<ul style="list-style-type: none"> ○ 605 Hwy 8 ○ 905-643-2090 ○ <i>Provides:</i> Food to families in need that are residents of Stoney Creek ○ <i>Limitations:</i> Proof of Address and ID Required ○ Drop-ins welcome
<p>Waterdown</p>	
<p>Food with Grace Food Bank (Grace Anglican Church)</p> <ul style="list-style-type: none"> ○ By Appointment Tuesday 2:00PM to 6:00PM 	<ul style="list-style-type: none"> ○ 157 Mill St N ○ 905-689-6715 ○ <i>Provides:</i> emergency food and personal hygiene supplies for people in need