

**UPDATED
MARCH 2022**

Food Support

Burlington Food Bank



Burlington Food Bank

Pre-packed boxes of non-perishable foods, hygiene, produce, milk, eggs, bread and frozen meat. Contactless delivery by appointment only. Make an appointment for Curbside Pickups. To request food: email info@burlingtonfoodbank.ca or call 905-637-2273.

Open Doors

Tuesdays 3:30 - 5:30pm 662 Guelph Line. Freshly prepared meals for pick up. Community Market (food bank) open to the public, Tuesdays 3pm-5:30pm and Saturdays 9:15am- 12pm. Inquiries, email gardenmarket@stcb.ca or goodfood@stcb.com or call 905-634-1809.



Food for Life Pre-bagged Food Programs

St. Luke's Anglican 1382 Ontario St. Tues – 10:00-11:30 am
Brant Hills Presbyterian 2138 Brant St. Wed 1:30-2pm
Grace United Church 2111 Walkers Line Fri – 9:30-10:30am
Please call 905-335-0090 for inquiries.

Good Food Line 905-635-1106 x225 or email goodfood@foodforlife.ca
Community Fridge - Aldershot Library (check library hours) 550 Plains Rd E
Mountainside Market– 2258 Mountainside Dr. Tues & Thurs 10am-6pm
By appt only, book at www.foodforlife.ca/market/.



Compass Point Food Market

Non perishable food, produce, bread. Meat and hygiene items (when available). 1500 Kerns Road | 2nd and 4th Sat of the month | 9:00-10:30am.
905-336-0500 ext. 234 email: foodmarket@compasspointbc.com



Compassion Society

Non perishable/ produce package, meat, pizzas, ready to go salads/ soups, sandwiches, cakes, sweets, bread and hygiene items as available.
Mon, Wed, Fri 12:00pm-2pm 484 Plains Rd E Unit 14.
Inquiries email: general.compassion@gmail.com or call 905-592-3722.



Salvation Army Community & Family Services Food Bank

5040 Mainway Unit 9; Non-perishables, along with proteins, produce, hygiene items etc.

By appointment. Mon 1-4pm, Wed 8:30-11:30, Thursday 9-4 (Closed 12:00pm-1:00pm)

Call 289-230-2556 to book your visit (calls not returned over the weekend)



Friday Night Community Take Home Meal Bags

Already prepared meals, produce, dairy, hygiene items . Pick up Fridays 12:00pm – 4:00pm at Wellington Square United Church 2121 Caroline St.
For more information email llunski@wsquare.ca, call 905 634-1849.