

Meal Support Services

Community Kitchens/Food Banks

Please call for dates and times.

Burlington Food Bank
1245 Plains Road East
Burlington, Ontario
L7W 1W6
905-637-2273

Flamborough Food Bank
1432 Centre Road
Carlisle, Ontario
L0R 1H1
905-690-1036

Good Shepherd Family Services
120 Cannon Street East
Hamilton, Ontario
L8N 3R1
905-528-9109

**Hamilton Urban Core
Community Health Centre**
71 Rebecca Street
Hamilton, Ontario
L8R 1B9
905-522-3233

**Living Water Ministries:
Community Support Program**
1475 Barton Street East
Hamilton, Ontario
L8H 2X1
905-548-6423
Livingwater@idirect.com

Mission Services
50 Murray Street West
Hamilton, Ontario
L8L 1B3
905-528-5100

Neighbour to Neighbour Centre
28 Athens Street
(Between Upper James and
West 5th off Mohawk)
Hamilton, Ontario
L9C 3K9
905-574-1334
www.n2ncentre.com

North Hamilton Community Health Centre

554 John Street North
Hamilton, Ontario
L8L 4S1
905-523-6611

Salvation Army Family Services

835 Stonechurch Road East
Hamilton, Ontario
L8W 1A8
905-318-7270

Roxborough PARC Centre

(St. Matthew's House)
16 Eastwood Street
Hamilton, Ontario
L8H 6R7
905-545-0565

Salvation Army, Dundas

150 King Street West
Dundas, Ontario
L9H 1V4
905-627-0572

St. Matthew's House

414 Barton St. East
Hamilton Ontario
L8L 2Y3
905-523-5546

Stoney Creek Food Bank

13 Lake Avenue South
Stoney Creek, Ontario
L8C 5C9
905-664-2252

St. John's Community Support Programs

(St. Matthew's House)
1285 Highway #8
Winona, Ontario
L8E 5K4
905-643-2052

Wesley Urban Ministries Inc.

195 Ferguson Avenue North
Hamilton, Ontario
L8L 8J1
905-528-5640
www.wesleyurbanministries.com

Lower Cost Food

Salvation Army, Dundas

150 King Street West
Dundas, Ontario
L9H 1V4
905-627-0572

Free Meals

Good Shepherd Centre

135 Mary Street
P.O. Box 1003
Hamilton, Ontario
L8N 3R1
905-528-9109

Hamilton Urban Core Community Health Centre

71 Rebecca Street
Hamilton, Ontario
L8R 1B9
905-522-3233

Olive Branch Christian Centre

195 Rebecca Street
Hamilton, Ontario
L8R 1C2
905-522-7482



*“I am unable to afford the foods
I need.”*