

Name	Address	Contact Number	Contact Email	Description
<a href="#"><u>The Salvation Army Hope Church and Community Services</u></a>	122 Hunt Street, Ajax	905-427-7123		Community Meals are offered bi-weekly on Tuesdays and Thursdays from 12:00 to 1:00 PM  Other community services, such as clothing and food drives, and pastoral care, are available. Please call ahead for further information.
<a href="#"><u>Southside Worship Center</u></a>	55 Emperor Street, Ajax	905-428-1985	mchandler@southsidewc.com	Open Thursdays from 12:00 PM to 7:00PM  Please call or email before coming to the food bank to prearrange a food hamper. Identification will be required for pickup.
<a href="#"><u>1 Hope International Foundation</u></a>	13 Atkinson Court, Ajax	647-786-9998	support@1hopeinternationalfoundation.com	A food bank, educational support, rehabilitation care, and clothing are provided.
<a href="#"><u>Christian Life Center</u></a>	1030 Ravenscroft Road, Ajax	905-686-1411 ext. 203		Food Bank Operates 3rd Saturday of the month from 9:00 AM – 11:00 AM  Christmas Hampers are also available around the holiday season.
<a href="#"><u>St. Joseph's St. Vincent de Paul</u></a>	127 Liberty Street South, Bowmanville	905-623-6371		If no one picks up the phone when you call, please leave a detailed message and a number for call back.  Food Bank Hours: Wednesdays 10 a.m. to 12 p.m. Thursdays 4:30 to 6:30 p.m.  They offer Dry & Canned Goods, Toiletry Items and Fresh & Frozen Items, when available.  Deliveries are only available on the 3 <sup>rd</sup> Wednesday of each month.
<b>The Salvation Army Bowmanville Food Bank</b>	75 Liberty Street South, Bowmanville	905-623-2185		COVID-19 hours are on Tuesday, Wednesday, and Thursday by appointment.



<b>Seventh Day Adventist, Bowmanville</b>	2850 Highway #2 East, Bowmanville	905-623-6031		Delivery service is available on the last Thursday of every month. Please call to arrange delivery.
<b><u><a href="#">The Nourish and Develop Foundation</a></u></b>	16 York Street, Cannington	705-432-244 or 1-855-445-8633	info@tndf.ca	The Nourish House is open on Tuesdays from 1:00 PM – 7:00 PM, and Monday’s and Wednesdays from 10:00 AM to 4:00 PM. Please call or email ahead of your visit to book an appointment.  They also offer community development support, social supports, and women’s services. Open Friday’s from 10:00AM to 1:00PM
<b><u><a href="#">Brock Community Food Bank (2 Locations)</a></u></b>	30 Beaver Road, Beaverton  217 River Street (Regional Road 10), Sunderland	705-426-1771 (Beaverton)  705-955-9130 (Sunderland)	brockcommunityfoodbank1@gmail.com	Open Friday’s from 10:00AM to 1:00PM
<b><u><a href="#">Family Worship &amp; Outreach Centre</a></u></b>	1731 Bloor Street, Courtice	905-434-2876	familyworshipoutreach@outlook.com	Hours vary due to COVID-19 restrictions. Please contact the office to determine when the hampers are available.
<b><u><a href="#">Simcoe Hall Settlement House</a></u></b>	387 Simcoe Street South, Oshawa	905-728-7525	info@simcoehall.com	Food bank remains open on Tuesday, Thursday and Friday from 9:00-11:30 AM and 1:00-3:00 PM; however, hygiene packages are distributed every three months. Holiday hampers are available during the holiday season. Seasonal clothing, cooking classes and community referrals are also offered.  After school care program is also offered.  Identification is required for application.
<b>St. Gertrude’s Catholic Church</b>	690 King Street East, Oshawa	905-431-1796		Dry and canned goods, fruits, vegetables, and refrigerated items are available.  Please call and leave a message. Food and a voucher will be delivered to you.



<p><b><u>Gate 3:16</u></b></p>	<p>64 Albany Street, Oshawa</p>	<p>905-432-5316</p>	<p>office@gate316.org</p>	<p>Monday to Friday from 8:00 AM to 2:00 PM</p> <p>Drop-in center, counselling services, support groups, and medical services are available.</p> <p>Dine-in breakfast and lunch are also available</p>
<p><b><u>The Back Door Mission</u></b></p>	<p>66 Simcoe Street South, Oshawa</p>	<p>905-728-4664</p>	<p>info@backdoormission.ca</p>	<p>Entrance is open on Bagot Street</p> <p>Food pantry is open Monday to Friday from 10 AM-1 PM Lunch is offered everyday from 10 AM-1 PM</p> <p>Other services are offered on-site including washrooms and showers, a safe sleep area, mental health supports, housing supports, financial and social assistance, and other services.</p>
<p><b><u>The Refuge Youth Outreach Center</u></b></p>	<p>300 Court Street, Oshawa</p>	<p>905-404-2420</p>	<p>contactus@refugeoutreach.com</p>	<p>Breakfast and lunch are served take our style from 9 AM to 2 PM</p> <p>Access to clothing, hygiene products, and other services are available.</p>
<p><b><u>The Salvation Army Oshawa – Community and Family Services</u></b></p>	<p>45 King Street East, Oshawa</p>	<p>905-723-7422</p>		<p>Open Monday to Friday from 9:30 AM to 12:00 PM</p> <p>Counselling, emotional support, life-skills support, and other services are available on-site.</p>
<p><b><u>Carea Community Health Center</u></b></p>	<p>115 Grassmere Avenue, Oshawa</p>	<p>905-723-0036</p>		<p>Please call ahead to schedule pick-up as drop-ins are unavailable at this time.</p> <p>Monday – 10:00 AM to 2:00 PM Tuesday – 1:00 PM to 4:00 PM Wednesday – 3:00 PM to 7:00 PM Thursday – 1:00 PM to 4:00 PM Friday – 10:00 AM to 2:00 PM</p>



				Carea also offers food hampers bi-weekly to active, qualified clients. Please contact their Oshawa location for further details.
<a href="#"><u>Seventh Day Adventist Community Services Centre</u></a>	1170 King Street East, Oshawa	905-433-8800		Services are limited and available to those in extreme need. The food bank is open:  Wednesday from 12:30 PM to 3:00 PM Thursday from 9:00 AM to 3:00 PM Open on Tuesday and Friday from 10:00 AM to 12:00 PM
<a href="#"><u>St. Paul’s Community Food Bank</u></a>	1537 Pickering Parkway, Pickering	905-839-9537		Identification is needed to receive packages.
<b>Operation Scugog</b>	593 Alma Street, Port Perry	905-985-3087	operationscugog@gmail.com	Offers non-perishable food items. A Christmas hamper program is also available around the holiday season.
<a href="#"><u>Loaves and Fishes</u></a>	25 Front Avenue West, Brockville	613-345-6498	loavesandfishesbrockville@gmail.com	Serving takeaway meals Monday to Friday from 1:00 PM to 3:00 PM
<a href="#"><u>St. Andrew’s Presbyterian Church</u></a>	209 Cochrane Street, Whitby	905-668-4022		Food bank is open on Fridays at 9:30 AM to 3:00 PM.
<a href="#"><u>Daily Bread’s New Toronto Street Food Bank</u></a>	191 New Toronto Street, Toronto	416-203-0050 x269 for on-site inquiries  Use x1 to book an appointment		Food bank hours are by appointment only. Information and referrals are also offered on-site.  <b>Tuesday:</b> 2:00pm-4:00pm and 5:00pm-8:00pm <b>Wednesday:</b> 2:00pm-4:00pm and 5:00pm-8:00pm <b>Thursday:</b> 1:00pm-5:00pm <b>Friday:</b> 10:00am-11:30am and 1:00pm-3:30pm <b>Saturday:</b> 10:00am-11:30am and 1:00pm-3:30pm
<a href="#"><u>Afri-Can Food Basket</u></a>	4929 Jane St, North York	647-869-0641	info@africanfoodbasket.ca	Open Monday to Friday from 9:30 AM to 5:00 PM  Delivery options are available for for Toronto and North York residents.



<p><a href="#"><u>Allan Gardens Food Bank</u></a></p>	<p>353 Sherbourne St, Toronto</p>		<p>Open Thursday and Friday from 12:30 PM to 3:00 PM</p> <p>Please contact the food bank before your arrival to book an appointment for pickup.</p>
<p><a href="#"><u>Feed it Forward</u></a></p>	<p>2100 Bloor St W Unit 6203, Toronto</p>	<p>647-879-2433</p>	<p><a href="mailto:info@feeditforward.ca">info@feeditforward.ca</a></p> <p>Available Monday to Sunday from 11 AM to 6 PM</p> <p>This is a pay what you can grocery store and café. They also have food reclamation and meals programs. You can walk in or visit their website to apply online.</p>

*Call 211 to inquire about food bank and food insecurity services in your immediate area.*

