

LOCAL FOOD BANKS – updated January 19, 2012

NAME	PHONE	ADDRESS	HOURS	SERVICE	GUIDELINES
Ancaster Community Services	P (905) 648-6675 F (905) 648-8949	300 Wilson St. E. Ancaster, ON L9G 2B9	Mon – Fri 9 am – 4 pm	Food Vouchers Emergency Food	Must call for appointment
Canadian Red Cross, Hamilton Branch	P (905) 522-8485 ext. 267 F (905) 522-2826	400 King St. E. Hamilton, ON L8N 1C3	Mon-Fri 8:30 am – 4:30 pm	Assistance with formula, diapers, baby cereal, baby wipes and food vouchers	By appointment only. For families with children under four years of age – must bring ID for each child and adult. Offered once every three months.
Flamborough Food Bank	P (905) 690-1036	1432 Centre Road Carlisle, ON L0R 1H1	Wed 1 – 3 pm 7 – 8:30 pm		For Flamborough residents only. Must be registered and provide two pieces of ID, one with photo.
Good Shepherd Family Services	P (905) 528-9109 F (905) 546-1743	120 Cannon St. E. Hamilton, ON L8L 2A3	Mon-Fri 10 – 11:30 1 – 3 pm	Groceries are provided once per month	Must be over 16 years of age and must be paying rent. Must provide photo ID, rent, income receipt and health card for each family member.
King's Way Blessing Centre	P (905) 296-9473	649 King St. E. Hamilton, ON L8N 1E3	Mon-Thu 11 am – 3 pm Fri 6 – 9 pm Wed grocery bag distribution 2-2:30	Drop in resource centre provides meals and groceries	Guests must respect each other and ensure a safe environment.
Living Rock Ministries	P (905) 528-7625 F (905) 526-8723	30 Wilson Street Hamilton, ON L8R 1C5	Tue, Thu, Sat, Sun 1 – 4 pm Wed 1:30-4 pm	Canned goods, fresh produce and baby supplies are available.	Must be between the ages of 13 and 25.
Mission Services	P (905) 528-4212 F (905) 528-7417	50 Murray St. W. Hamilton, ON L8L 1B3	Mon and Fri 9 -11am Wed 9 – 11, 1-3	Emergency food program	By appointment only. Must bring ID for all members of the household, current income statement, rent receipt and utilities bill. Can only use once a month or every 30 days.
Neighbour to Neighbour Centre	P (905) 574-1334 F (905) 574-1688	28 Athens St. Hamilton, ON L9C 3K9	Mon, Thu 9:30 – 12:15 1-3:15	Emergency food provided once per month.	Must be a resident of Hamilton Mountain, Ancaster, Mount Hope, Stoney Creek Mountain or Binbrook. Must have ID, current proof of address and income.

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Salvation Army, Dundas	P (905) 627-0572 F (905) 627-5405	150 King St. W. Dundas, ON L9H 1V4	Mon-Wed 9 -11:30, 1-3:30 Thu 1 – 3	Provides food assistance	For residents in Dundas, Ancaster, Flamborough and West Hamilton only (west of HWY 403). Must provide photo ID.
Salvation Army, Family Services	P (905) 540-1888, ext.220 F (905) 540-4445	80 Bay St. N. Hamilton, ON L8R 3N3	Mon-Fri 9:30-11:30 1 – 3	Emergency food provided	Must have ID and proof of address. Services can be used once a month per family.
Stoney Creek Food Bank	P (905) 664-2252	13 Lake Ave., S. Stoney Creek, ON L8C 5C9	Mon 1-3:30 Wed 9:30-3:30 Fri 9:30 – 1	Emergency food, baby food and formula are offered once a month per family.	For Stoney Creek residents only. Must register and have a permanent residence as well as proof of address.
St. Matthews House	P (905) 523-5546 F (905) 523-5553	414 Barton St. E. Hamilton, ON L8L 2Y3	Mon-Fri 9-11:30 1-3:30	Food assistance is offered once a month. Baby food and formula are provided as available.	Can only use one of these three programs each month. Required – proof of income, two pieces of ID for adults and one piece of ID for children.
St. John's Community Support Programs (St. Matthews House)	P (905) 643-2052 F (905) 643-6126	1285 Highway #8 Winona, ON L8E 5K5	Mon-Thu 1 – 4	Serves Winona area (see above)	See above
Roxborough Centre (St. Matthews House)	P (905) 545-0565 F (905) 312-8238	785 Britannia Ave. Hamilton, ON L8H 2B6	Mon and Thu 9 – 12	Serves Ottawa St. through Stoney Creek area (see above)	See above
Welcome Inn Community Centre	P (905) 525-5824 F (905) 525-6873	40 Wood St. E. Hamilton, ON L8L 3Y3	Mon, Wed, Thu 12-2:30	Emergency food assistance.	Food bank can be used once every month. One piece of ID required.
BRANTFORD Community Resource Centre	P (519) 751-4357	1100 Clarence Street Brantford, ON	Mon-Fri 1 - 3:45		Open to anyone in need.
BRANTFORD Salvation Army	P (519) 752-7814	33 Diana Avenue Brantford, ON	Mon, Wed, Fri 1 – 4		By appointment only.