

Brampton and Caledon

Food Banks, Pantries, Meal, Support Programs and Food Delivery Programs

The following is a list of key food programs available during COVID-19 to support people who need access to food.

The list below will be updated as new information becomes available. For most up to date hours of operations, please visit the Peel Food Map at <https://peelregion.ca/foodmap>.

Brampton

Brampton residents in need of immediate access to food, can also visit Brampton's Social Support Task Force page at letsconnect.brampton.ca/Social-support-task-force and complete the online form to request support.

Organization	Type	Location and Online Details	Hours
Brampton Meals on Wheels	Food Delivery Program (Some fees apply for service)	525 Main St. N., Brampton Call: 905-453-414 Website: www.bramptonmealsonwheels.com	Monday to Friday 8:00am - 3:00pm
Caledon Parent-Child Centre	Families Food & Fun Program A Growing Together in Peel initiative (GTIP). Parents and Caregivers meet and discuss a topic like healthy foods, active living & wellness while the children play and learn. A nutritious light meal is offered and staff provide information and supports to families.	150 Queen St. S., Bolton, ON L7E 1E3 (In person CPCC main site) Call: 905-857-0090 <i>to determine eligibility and register.</i> Website: www.cp-cc.org Currently alternates between virtual and in person. A link to online programs is provided once you register.	Wednesdays 4:30 p.m. – 5:30 p.m. * Growing Together in Peel (GTIP) is part of Community Action Plan for Children (CAPC), generously funded by Health Canada*
Families of Virtue	Food Pantry	10 Knightsbridge Rd., Brampton Call: 647-244-7544 Website: www.familiesofvirtue.org Facebook: https://www.facebook.com/FamiliesOfVirtue/	Please call for availability
Free Meal Help	Food Delivery Program	Online Service *Brampton Only Call: 1-866-631-5444 Email: freemealhelpinfo@gmail.com Website: www.freemealhelp.com	Monday to Friday (Please visit the website to place meal order for the day)
Free for All Foundation	Food Delivery and Pick-up Program, Meal Program	289 Rutherford Road., South Brampton Call: 905-499-4486 Website: www.ffaf.ca	Food delivery/ pick-up: Every Friday 1:00pm – 3:00pm Meal Program: Once a month (Please call for details)
Good Neighbour Project	Food Delivery Program	Online Service Call: 647-873-2230 Email: info@goodneighbourproject.com Website: www.goodneighbourproject.com *Currently open only to existing clients	7 days a week 8:00am - 8:00pm (Please call first)

Gurdwara Sikh Sangat	Meal Program	32 Regan Rd., Brampton Call: 416-996-4355	Regular Hours 7 days a week 4:00am - 10:00pm COVID Hours to pick-up meals 10:00am – 8:00pm
Helping Hands	Food Delivery Program (No fee for delivery, client pays for the groceries)	3038 Hurontario St., Mississauga Call: 647-546-5096 Email: helpinghands2020@gmail.com	Monday to Friday 10:00am - 5:00pm (Please call first)
Knights Table	Meal Program, Food Bank, Food Delivery Program	287 Glidden Rd., Brampton Call: 905-454-8725 Website: www.knightstable.org	Meal Program: 7 days a week 8:00am - 6:00pm (grab and go) Food bank: Monday to Friday 10:00am - 4:00pm Hot Meals & Food Bank Deliveries: (Please call to register & for appointment)
Langar Seva Meal and Support Services	Food Delivery Program	2565 Steeles Ave. E., Brampton Call: 416-628-7041 Website: www.langarseva.ca	Will deliver hot vegetarian meals twice a week to individuals (Please call first)
Punjabi Community Health Services	Food Delivery Program	50 Sunny Meadow Blvd., Brampton Call: 905-677-0889 Website: https://pchs4u.com/programs/langar-on-wheels/	Client delivery only: Monday to Friday 9:00am - 5:00pm
The Exchange	Food Support Program	55 Healey Rd., Caledon Call: 289-966-1715 Website: www.caledonexchange.org *Home delivery also available	Hours vary (Please call first)

Regeneration	Meal Program (grab and go)	156 Main St. N., Brampton Call: 905-796-5888 Website: www.regenbrampton.com	Breakfast: 7 days a week 8:00am - 9:30am *Sunday closed at 9:15am Lunch: Monday to Thursday 11:30am - 12:30pm
Regeneration	Food Bank	253 Queen St. E., Brampton Call: 905-702-6468 Website: www.regenbrampton.com	Tuesday and Friday 9:00am – 11:30am Or 1:00pm – 3:30pm
Sai Dham	Food Bank, Meal Program, Food Delivery Program	7140 Goreway Dr., Mississauga, Call: 437-988-4422 Website: www.saidhamfoodbank.com	7 days a week 10:00am - 10:00pm Available by phone 24/7
Sri Guru Nanak Sikh Centre	Meal Program	99 Glidden Rd., Brampton Call: 416-996-4355 Website: www.srigurunanaksikhcentre.com	7 days a week 4:00am - 10:00pm
St. Paul's United Church	Food Pantry	30 Main St. S., Brampton Call: 905-451-1405 Website: www.stpauls.brampton.on.ca	Every other Tuesday 1:30pm - 3:00pm
Ste. Louise Outreach Centre of Peel	Food Bank	32 Haggert Ave. N., Brampton Call: 905-454-2144 Website: www.stelouisefoodbank.ca	Serving current clients only. No new clients at this time. (Please call first)
Street Outreach (serving people experiencing homelessness)	Multi-Disciplinary Team: Food, Mental Health, Addiction, Emergency Shelter	The Peel Outreach team is a responsive, mobile team that works in partnership with community agencies to provide support: Call: 1-877-848-8481 Website: https://www.peelregion.ca/housing/shelters/#street_outreach	Monday to Friday 9:00am - 9:00pm Weekends 11:00am - 3:00pm
United Sikhs	Meal Program	585 Guru Nanak Street, Brampton Call 905-672-2245 or Call 905-799-2682 or Call 647-287-4644 Facebook: https://m.facebook.com/Gurdwara-Guru-Nanak-Mission-Centre-GGNMC-Brampton-176917135727643/ (free vegetarian meal)	7 days a week 11:00am - 1:00pm 6:00pm - 8:00pm

Caledon

Organization	Type	Location and Online Details	Hours and Notes
Caledon Meals on Wheels -	Hot & Frozen Prepared Meals and (some fees apply for service. Subsidies available upon financial assessment)	10 McEwan Dr. W. Unit #1, Bolton Call: 905-857 7651 Website: https://cmow.org/meals/	Hot Meal Delivery: Monday, Wednesday and Friday: 11:30am - 1:00pm Frozen Meal Delivery: Every 2nd Friday, all day Office Hours: Monday to Friday 8:30am - 4:00pm
The Exchange	Food bank	55 Healey Rd., Caledon Call: 289-966-1715 Website: www.caledonexchange.org	By appointment only Mon. – Wed. 10:00am – 4:00pm

		https://ccs4u.org/the-exchange/	(Please call first)
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For up-to-date information on food supports during the pandemic, please visit:

<https://www.peelregion.ca/coronavirus/social-support/> or call the Region of Peel at 905-453-1300.

For information about community programs and services, please contact FindHelp | 211 Central Region by:

Referring to <https://211central.ca/> or calling 2-1-1 (available 24/7)

COVID-19 Response: Brampton and Caledon Food Programs.

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