

## Mississauga

### Food Banks, Pantries, Meal 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>.

Organization	Type	Location and Online Details	Hours and Notes
<b>The Compass</b>	Food Bank	310 Lakeshore Rd. W., Mississauga Call: 905-274-9309 Website: <a href="http://www.thecompass.ca">www.thecompass.ca</a>  *If you live outside our postal code zones (L5E, L5G, L5H or L5J) please check with <a href="#">The Mississauga Food Bank</a> to find your local food bank ( <a href="tel:9052705589">905 270 5589</a> )	Monday 12:00pm - 7:30pm  Wednesday and Friday 10:00am - 4:30pm
<b>Eden Unity Drive Location</b>	Meal Program Food Bank	3185 Unity Drive, Mississauga Call: 905-785-3651 Website: <a href="http://www.edenffc.org">www.edenffc.org</a>  *If you are hungry and have a postal code that starts with L5L, L5M or L5N, we can help.	Tuesday 4:00pm - 7:00pm  Wednesday 1:00pm - 4:00pm  Friday 10:00am - 1:00pm
<b>Eden Battleford Road Location</b>	Food Bank	3051 Battleford Rd., Mississauga Call: 905-785-3651 Website: <a href="http://www.edenffc.org">www.edenffc.org</a>	Monday 10:00am - 1:00pm  Thursday 2:00pm - 4:00pm or 5:00pm – 7:00pm
<b>Good Neighbour Project</b>	Food Delivery Program	Online Service Call: 647-873-2230 Email: <a href="mailto:info@goodneighbourproject.com">info@goodneighbourproject.com</a> Website: <a href="http://www.goodneighbourproject.com">www.goodneighbourproject.com</a> *Currently open only to existing clients	7 days a week 8:00am - 8:00pm (Please call for appointment)
<b>Grace Mt. Zion Apostolic Church</b>	Food Bank	5865 Coopers Ave., Mississauga Call: 905-501-8958 Website: <a href="#">Programs – Grace Mount Zion Apostolic Church (graceconnected.com)</a>	Every Friday 6:00pm - 8:00pm  Last Saturday of each month 11:00am – 1:00pm
<b>Helping Hands</b>	Food Delivery Program (No fee for delivery. Clients pay for groceries)	3038 Hurontario St., Mississauga Call: 647-546-5096 Email: <a href="mailto:helpinghands2020@gmail.com">helpinghands2020@gmail.com</a>	Monday - Friday 10:00am - 5:00pm

<b>ISNA Canada: Food Bank</b>	Food Bank	<p>2200 South Sheridan Way, Mississauga Call 905-403-8406 ext. 234 (special extension dedicated to COVID19 efforts)</p> <p>Email: <a href="mailto:info@isnafoodbank.ca">info@isnafoodbank.ca</a> Website: <a href="http://Food Bank   ISNA (isnacanada.com)">Food Bank   ISNA (isnacanada.com)</a></p> <p>*Families registered with ISNA Food Bank are automatically entered into other distribution programs such as Qurbani meat distribution, Eid gift drive, back-to-school packages and a monthly community kitchen.</p>	First Saturday of every month 7:00am - 11:00am
<b>JFJ Hope Centre Care Cupboard</b>	Food Pantry	<p>6655 Kitimat Rd., Mississauga Call: 905-812-9515 Website: <a href="http://Covid-19 Update   JFJ Hope Centre">Covid-19 Update   JFJ Hope Centre</a></p>	Please call (by appointment only)
<b>Langar Seva Meal and Support Services</b>	Food Delivery Program	<p>2565 Steeles Ave. E., Brampton Call: 416-628-7041 Website: <a href="http://www.langarseva.ca">www.langarseva.ca</a></p>	Will deliver hot, vegetarian meals twice a week to individuals. (Please call for appointment)
<b>The Mississauga Food Bank</b>	Food Bank and Food Delivery Program	<p>3121 Universal Dr., Mississauga Call: 905-270-5589 Website: <a href="http://www.mississaugafoodbank.org">www.mississaugafoodbank.org</a></p> <p><b>Food Bank 2 Home The Mississauga Food Bank's Home Delivery Service</b> This program is for residents who are unable to visit their neighbourhood food bank due to aging, disability, short or long-term illness, pregnant people, and individuals with small children.</p>	<p>Emergency Food Bank Hours Monday - Thursday 9:30am - 12:00pm and 1:00pm – 4:30pm</p> <p>Friday 9:30am - 12:00pm</p>
<b>Mississauga Seventh Day Adventist Church: Tender Mercies Food Bank</b>	Food Pantry	<p>2250 Credit Valley Rd., Mississauga Call: 905-608-0013 Website: <a href="http://FOOD BANK — Mississauga Seventh-day Adventist Church (mississaugasda.com)">FOOD BANK — Mississauga Seventh-day Adventist Church (mississaugasda.com)</a></p>	Open on Wednesday's 11:00am - 4:00pm (Please call for appointment if possible)
<b>Mount Zion</b>	Food Bank	<p>6810 Professional Court Mississauga Call 905-908-1205 Contacts Beverly or Ethel Email: <a href="mailto:mzacfoodbank@gmail.com">mzacfoodbank@gmail.com</a> Website: <a href="http://Mount Zion Apostolic Church of Canada (mzaccanada.com)">Mount Zion Apostolic Church of Canada (mzaccanada.com)</a></p>	Open on Friday's 1:00pm – 4:00pm
<b>Praise Cathedral Worship Centre</b>	Food Bank	<p>Serving Peel Residents</p> <p>6785 Millcreek Drive Mississauga, ON (Rear Gym Door) Call: 647-231-2263 Please <a href="mailto:Rev. Donna Hill">e-mail Rev. Donna Hill</a> Website: <a href="http://Food Drive – Praise Cathedral Worship Centre">Food Drive – Praise Cathedral Worship Centre</a></p> <p>*Volunteers can deliver a food hamper to your home if you do not have access to a vehicle. Contact the church office to provide your name and address to the Praise food bank volunteers.</p>	<p>3<sup>rd</sup> Thursday of every month 6:00pm – 7:00pm</p> <p>(Delivery available)</p>

<b>Sai Dham</b>	Food bank, Meal program and Food Delivery Program	7140 Goreway Dr., Mississauga, Call: 437-988-4422 Website: <a href="http://www.saidhamfoodbank.com">www.saidhamfoodbank.com</a>	7 days a week 10:00am - 10:00pm Available by phone 24/7
<b>St. Hilary's</b>	Food Pantry	2055 Hurontario St., Mississauga Call: 905-279-2304 Website: <a href="http://Outreach – St. Hilary's Anglican Church (sthilarys.com)">Outreach – St. Hilary's Anglican Church (sthilarys.com)</a>	Every Thursday 10:00am - 12:00pm (Not able to enter facility, instructions at the door)
<b>St. Joseph Community Kitchen</b>	Community Meal Program (Soup Kitchen)	1699 Dundas St. E., Mississauga Call: 905-238-9008 <a href="https://stmarysfoodbank.ca/">https://stmarysfoodbank.ca/</a>	Tuesday 12:00pm - 3:00pm Thursday 12:00pm – 2:00 pm
<b>St. Mary's Food Bank: Coopers Location</b>	Food Bank	5715 Coopers Ave., Mississauga Call 905-890-0900 Website: <a href="http://www.stmarysfoodbank.ca">www.stmarysfoodbank.ca</a> <b>*Postal Codes Served</b> L4Z, L5W, L4W, L5R, L5V	Tuesday 6:00pm - 8:00pm Thursday 6:00pm - 8:00pm
<b>St. Mary's Food Bank: Dundas Location</b>	Food Bank	1699 Dundas St. E., Mississauga Call: 905-238-9008 Website: <a href="http://www.stmarysfoodbank.ca">www.stmarysfoodbank.ca</a> <b>*Postal Codes Served</b> L4X, L4Y, L5A	Monday 6:00pm - 8:00pm Wednesday 12:00am - 2:00pm
<b>St. Mary's Food Bank: Streetsville Location</b>	Food Bank	6277 Mississauga Rd., Mississauga Call: 905-286-9987 Website: <a href="http://www.stmarysfoodbank.ca">www.stmarysfoodbank.ca</a> <b>*Postal Codes Served</b> L5N	Monday 5:00pm – 7:00pm Wednesday 12:00pm - 2:00pm
<b>Saint Vincent De Paul</b>	Food Bank	6890 Glen Erin Dr., Mississauga Call: 905-82-1331 ext.305	Serving current clients. No new clients at this time.  Please call (by appointment only)
<b>Salvation Army Cornerstone Community Church</b>	Food Bank	3020 Vanderbilt Rd., Mississauga Call: 905-824-0450 Facebook: <a href="https://m.facebook.com/TSACornerstone/?ref=page_internal">https://m.facebook.com/TSACornerstone/?ref=page_internal</a>	Please call (by appointment only)
<b>Salvation Army Erin Mills Branch</b>	Food Bank	2460 The Collegeway, Mississauga Call: 905-607-2151 Website: <a href="http://Family Services – Salvation Army Erin Mills">Family Services – Salvation Army Erin Mills</a>  <b>*We serve residents residing in areas beginning with the postal codes: L5L, L5C, L5K, L5H and L5J.</b>	Monday 9:30am - 11:45am and 1:30pm - 3:30pm Wednesday and Friday 9:30am - 11:45am (Please call, by appointment only)

<b>Salvation Army Mississauga Branch</b>	Food Bank	3167 Cawthra Rd., Mississauga Call: 905-279-3941 Website: <a href="https://mississaugatemple.com/community-care/food-bank/">https://mississaugatemple.com/community-care/food-bank/</a>  *We serve the following postal codes: L5S, L5T, L5P, L4W, L4Z, L5R, L5A, L5B, L4Y, L4X L5G, L5E	Monday and Tuesday 9:00am - 12:00pm and 1:00pm - 3:30pm Wednesday 9:00am - 12:00pm and 1:00pm - 6:30pm Thursday 1:00 - 3:30pm Friday 9:00am - 12:00pm (Please call for appointment)
<b>Seva Food Bank</b>	Food bank	2832 Slough St., Mississauga Call: 905-361-7382 ext. 2 Website: <a href="http://www.sevafoodbank.com">www.sevafoodbank.com</a>	Wednesday and Thursday 4:00pm - 8:00pm  Friday 11:00am - 3:00pm  (By appointment only)
<b>Seva Food Bank</b>	Food bank	3413 Wolfedale Rd., Mississauga Call: 905-361-7382 ext. 1 Website: <a href="http://www.sevafoodbank.com">www.sevafoodbank.com</a>	Wednesday and Thursday 4:00pm - 8:00pm  Friday 11:00am - 3:00pm  (By appointment only)
<b>Street Outreach</b> (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: <a href="https://www.peelregion.ca/housing/shelters/#street_outreach">https://www.peelregion.ca/housing/shelters/#street_outreach</a>	Monday to Friday 9:00am - 9:00pm  Weekends 11:00am - 3:00pm
<b>VON Meals on Wheels</b>	Community meal program	78 William St., Mississauga Call: 905-821-3254 Website: <a href="https://www.von.ca/en/peel/service/meals-wheels">https://www.von.ca/en/peel/service/meals-wheels</a>	Monday to Friday 8:30am – 4:30pm  Lunchtime meal deliveries *Currently wait listed

**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).