



Nutrition Resources During COVID-19 Pandemic

Food Banks

Feed Ontario

Find a Food Bank: <https://feedontario.ca/need-help/find-a-food-bank/>

Canadian Red Cross, Toronto Branch

COVID19 Emergency Food for Food Hamper Delivery: 1-833-204-9952

Eligibility Criteria: Individuals who reside in Toronto (M postal code) and cannot access traditional grocery stores or community food programs such as food banks due to required or recommended self-isolation or quarantine (70+, travelled outside of Canada, symptomatic, COVID positive) **and** have no other options to secure food delivery (friends, family, availability of delivery services)

Mobile Food Bank

416-236-3180

Eligibility Criteria: Food delivery to persons who are unable to access a food bank due to permanent or temporary disability

-Open for registered clients only until further notice

Scarborough Centre For Health Communities COVID-19 Emergency

416 847 4147

Location: 4100 Lawrence Ave E.

Hours of Operation: Wednesday 10:00 – 11:00 (mobility clients) & 12:30 to 3:30; Thursday 2:00pm to 4:30pm; Friday 10:30am to 1:00pm

-Prepackaged hampers. Some 'fresh' items are available – bread, dairy, meat and vegetables.

-They ask that patients do not come early to line up and instead stagger their arrival times throughout the program.

North York Harvest Food Banks (Bathurst-Finch, Lawrence Heights, Oriole, Don Mills Library):

Bathurst-Finch Community Food Bank

647-704-1111 (must call ahead for appointment; for individuals and families)

Location: Centennial Library at 578 Finch Ave W, Toronto, ON, M2R 1N7

Hours of Operation: Thursdays 11 am-5 pm

Eligibility Criteria: serves postal codes beginning M2R

- first visit will require identification including proof of address and identification for each family member

-patients can access twice a month



Lawrence Heights Community Food Space

647-786-3663 (must call ahead for appointment)

Location: 81 Varna Dr, Toronto, ON, M6A 2L8

Hours of Operation: Tuesdays 11 am-5 pm

Eligibility Criteria: Open to all patients within below catchment areas

Catchment area 1 -- Hwy 401 (north) to Lawrence Ave (south), Bathurst St (west) to Bayview Ave (east)

Catchment area 2 -- Hwy 401 (north) to Eglinton Ave (south), Dufferin St (west) to Bathurst St (east)
-must present proof of address and identification for each family member

Oriole Food Space

647-772-3664 (must call ahead for appointment)

Location: Oriole Community Centre at 2975 Don Mills Rd W, Toronto, ON, M2J 3B7

Hours of Operation: Wednesdays 11 am-5 pm

Eligibility Criteria: Open to residents with postal codes beginning M2H and M2J

Catchment area: Steeles Ave W (north) to Hwy 401 (south), Don River (west) to Victoria Park Ave (east)

-proof of address (piece of mail sufficient) and identification required for persons sharing food

Pop Up Food Bank, Don Mills Library (Covid Food Bank)

647-354-3805 (call for appointment Monday-Friday 9am-5pm)

Location: 888 Lawrence Ave E, Toronto, ON, M3C 1P6

Hours of Operation: Wednesdays 11 am-4 pm

*seniors needing help with pick up may call the Friendly Neighbour Hotline 1-855-581-9580 for assistance

Eligibility Criteria: Open to all in need within catchment area below

Catchment: Hwy 401 (north) to Eglinton Ave (south), Bayview Ave (west) to Victoria Park (east)

-New clients need to register at dailybread.link2feed.ca and bring the Client ID Number that they receive at the end of the online registration

SPRINT Senior Care Food Bank

416-481-0669 ext. 1225 (intake to get help with household essentials and food bank deliveries)

Hours of Operation: Monday-Friday 8:30 am-4:30 pm

Eligibility Criteria: Seniors 65 years and older and adults with disabilities

Catchment for COVID-19 food essentials deliveries -- Hwy 401 (north) to Bloor St (south), Allen Red (west) to Leslie St/Bayview Ave (east)

-Offering food essentials deliveries, household essentials deliveries, food bank, virtual security checks

Operational Food bank during Covid-19 information for Central Toronto

<https://covid19.211central.ca/results/?searchLocation=North+York&latitude=43.7615377&longitude=-79.4110794&topicPath=425&sd=0&ss=Distance>



Groceries & Essential Delivery Services

SPRINT Senior Care's Shopping Program

416-481-0669 ext. 1225

Eligibility Criteria: For patients who feel unsafe shopping or are unable to shop in-person, they can call and register for grocery delivery program

Catchment area for COVID-19 Food essentials deliveries: Hwy 401 (north) to Bloor St (south), Allen Red (west) to Leslie St/Bayview Ave (east)

NYTHP Community Support for Frail and Vulnerable Populations

416-447-5200

Meals, grocery, pharmacy and comfort package delivery

-Some services require a co-pay.

Friendly Neighbour Hotline

1-855-581-9580

Helps patients pick up essentials, groceries and household items.

-Pick up and pay in the lobby. Free delivery (cash preferred)

Eligibility Criteria: Service is only available for seniors in low-income housing in Toronto at this time.

-Due to volume, patients can order up to 8 items or less

Good Neighbour Project GTA - Supplies and Groceries Delivery Service

647-873-2230

Volunteers offering delivery assistance for supplies and groceries for seniors/adults with disabilities

Eligibility Criteria: those in self-isolation, older adults, those with disabilities, single parents, those with no family/social supports

<https://www.torontocentralhealthline.ca/display/service.aspx?id=194953>

Khalsa Aid

Toronto: 416-277-7870

Hamilton: 905-537-6370

Provide food and essential support through delivering groceries and other supplies

Eligibility Criteria: Seniors that are in isolation due to Covid

Additional Grocery Stores

Loblaws, Metro, Pusateri's, Fresh City Farms, Costco, The Healthy Butcher, Walmart, T&T Supermarket, McEwan, Marcheleo's, Khorak Supermarket, and Cornershop also deliver.

-Some of the stores above only deliver within limited distance and some only accept high volume of orders