



## What's open: Food banks and food relief in East Scarborough

This document was compiled by [The East Scarborough Storefront](#). It is current to Wednesday December 2. For the most up-to-date information, please call ahead to the service provider listed, or visit [www.211.ca](http://www.211.ca) which is being frequently updated. If you have feedback on the content of this document, please email [info@thestorefront.org](mailto:info@thestorefront.org) or call 416-208-9889.

### FOOD BANKS, PANTRIES, HOT MEALS

#### 5N2 Kitchens

(Markham & Ellesmere)

[info@5n2.ca](mailto:info@5n2.ca)

Tel: (416)-551-0910

\*Please note that the 5N2's public free food orders program has stopped. They are now providing free meals to residents in targeted buildings across Scarborough instead ([list of locations here](#)).

Other 5N2 food access resources for general public include:

- **5N2 Food Pantry:** Free food supplies for community members in need. By appointment only, requires agency referral. Speak to your worker or local agency, and have them call or email 5N2 Kitchens to get the referral form to sign you up.
- **Meals4U** (*not free: subsidized meal delivery program*): Meals4U is a subsidized meal delivery service for seniors of prepared, nutritious meals, which also help support our free meal program for the more vulnerable in our communities. To order visit <https://ordermeals4u.5n2.ca/>

**Community Outreach / Second Chance**

2100 Ellesmere Road, Unit 305  
647 271 4891, [info@secondchanceinc.ca](mailto:info@secondchanceinc.ca)

Offering 2 free bags of groceries to residents who need it (fresh produce and meat). Email: [info@secondchanceinc.ca](mailto:info@secondchanceinc.ca) for eligibility details and to register.

**\*UPDATED: Christ Church Scarborough Village Food Bank**

155 Markham Road  
[ptrondson@gmail.com](mailto:ptrondson@gmail.com)

Thursday 9 - 11 AM

All welcome, registration not required at this time. We have relaxed our once-a-month policy due to the circumstances. In December knitted hats/mitts will be available also at the food bank on Thursdays.

**East Scarborough Boys & Girls Club: Emergency Food Access**

Please contact Kacy Knight via phone (416)-428-5898 or via email [kknight@esbgc.ca](mailto:kknight@esbgc.ca) to inquire about emergency supports.

As of October 7 2020, ESBGC emergency food support delivery is currently only available to residents of 4301 Kingston Road. Updates on food access options for additional community members may be added in the coming weeks. Contact Kacy for more information.

**Emmanuel Life Management Centre Food Banks**

Janel Simpson, 647-718-1354, [elmc2010@hotmail.ca](mailto:elmc2010@hotmail.ca)

Pre-registration is required: [dailybread.link2feed.ca](http://dailybread.link2feed.ca) or 416-203-0050 or 437-886-4694

Also seeking volunteers at all 3 locations

**\*Note: the temporary food bank that was at Spice it Up Restaurant (4352 Kingston Road) is CLOSED as of September 9 2020.**

**Emmanuel Life Management Centre currently runs 3 other food relief locations in other areas of Scarborough & North York:**

- Chester Le (142 Chester Le Blvd), Thursdays, 4 - 6 PM
- VP/Sheppard (2743 Victoria Park Ave), Fridays, 4-6 PM
- York Mills/DVP (251 Roywood Drive), Tues 12-3 PM



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**Friends of Jesus Christ (West Hill Community Food Bank)**

4205 Lawrence Ave. E.

416-335-8829 or 289-988-6914

Pre-registration is required: [dailybread.link2feed.ca](http://dailybread.link2feed.ca)

Thursday 2 - 5 PM

**Malvern Food Bank**

20 Sewells Road

fayemoffett@rogers.com

Thursday, 1- 3 PM

**Morningside Food Pantry**

90 Mornelle Court, Basement (entrance at the back of the building)

647-762-4670

Saturday, 2 - 4 PM

Appointment only. Clients can also walk-in and we will help to set in their appointments.

**Muslim Welfare Centre Food Bank**

100 McLevin Ave, Unit 4

416-335-9994

Open Monday to Thursday, Saturday, 11 AM to 4 PM.

By appointment for registered clients only. To register as a new client, please call 416-335-9994.

**\*UPDATED: Native Child & Family Life Centre (East, Central & West GTA)**Val Kerr- [vkerr@nativechild.org](mailto:vkerr@nativechild.org)

416-969-8510 ext 3726

Currently providing food support through food cards . Email or call Val Kerr for details.

This support is open to all community members, with a priority focus on Indigenous community members

**\*NEW: Nourishing Neighbourhoods Food Bank**Impact N' Communities- [impactstaff@hotmail.com](mailto:impactstaff@hotmail.com)

647-748-8559

Food boxes with organic veggies, non-perishables, snacks, dairy, and meats. Pick-up and delivery available in Scarborough. Pick up Thursdays 2 - 6 PM, starting Thursday November 26. Email for location, details and sign-up.



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**\*UPDATED: Salvation Army, Community and Family Services, Cedarbrae Family Services Food Bank**

2085 Ellesmere Rd.

Call to book appointment 416-438-2573

Appointment only\*:  
 Monday 9:30 AM -12:15 PM  
 Wednesday 9:30 AM - 2:15 PM  
 Thursday 9:30 AM - 2:15 PM

Catchment area: Postal codes M1B, M1C, M1E, M1G, M1H, M1J, M1X (\*plus M1P Birkdale Residence residents)

\*Note: Food bank is open until December 11 and then closed until Jan 11, 2021. In January, hours will change to Mon, Wed, Thurs 9:15 AM - 1:30 PM

**\*UPDATED: Scarborough Food Security Initiative: Food Banks and Meal Program**

416-936-3975

info@feedscarborough.ca

<https://scarboroughfoodsecurityinitiative.com/>

Book your food bank appointment on the Daily Bread website. Pre-registration required: register at [dailybread.link2feed.ca](https://dailybread.link2feed.ca) and then book appointments.

3 Food Banks by appointment (*\*new hours & “grocery store” appointment set-up, [check out this video to explain](#)*):

- Oakridge Food Bank, 3330 Danforth Ave, Wednesdays 11AM-2 PM
- Cliffside Food Bank, 2229 Kingston Road, Thursdays 1 - 4 PM
- Salaheddin Islamic Centre Food Bank, 741 Kennedy Road, Fridays 3:30 -6:30 PM

Our only restriction at the food banks is that an individual can only visit one of three locations once a week.

Mobile Healthy Meal Program at 4 locations every Monday, Wednesday, and Friday:

- *\*new* St. Paul’s United Church, 200 McIntosh St, 12 - 1
- Teesdale Place, 11:45 AM - 12:15 PM
- Firvalley Court, 12:45 PM - 1:15 PM
- Gordon Ridge Place, 1:45 - 2:15 PM



The Healthy Meal Program is open to whoever is hungry - no ID needed. They are welcome to come every Monday, Wednesday, and Friday and are limited to one meal per person.

**\*UPDATED: SCHC Food Bank**

4100 Lawrence Ave. E.  
416-847-4147

Pre-registration is required: [dailybread.link2feed.ca](https://dailybread.link2feed.ca)

\*New for Nov 2020: For your safety and well-being, the programs will no longer run as a drop-in program where clients can attend any one of the 3 market days. **Instead, clients will be asked to attend on a specific day based on the first letter of the first name of the primary client:**

Wednesday 12:30 - 3:30 PM

*Clients whose first name starts with B C D F H I S Z*

Thursday 2 - 4:30 PM

*Clients whose first name starts with A G M N P Q U V Y*

Friday 10:30 - 1 PM

*Clients whose first name starts with E J K L O R T W X*

Pre-packaged boxes only. [Full service update here.](#)

**Staff of Life Food Bank**

65 Grand Marshall Dr.  
647-888-2346

Pre-registration is required: [dailybread.link2feed.ca](https://dailybread.link2feed.ca)

Sundays 2 - 3:30 PM



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**\*UPDATED: St John the Compassionate Mission,  
Scarborough Good Neighbours Drop-In Meal**

193 Markham Rd.

647-358-4105

<https://goodneighboursmission.org/>

For help outside of drop-in hours, call 416 466 1357

- Food bank Wednesdays 2 - 3:30 pm
- Thursdays and Fridays, we are open from 9:30 a.m. to 4:00 p.m. for emergency food for families with children. Call to make an appointment.
- Hot-cooked food to go available from Thursday & Friday 12-2pm
- Diapers also available- please ask

**\*NEW: St. Ninian's Anglican Church Food Bank**

930 Bellamy Rd N (Bellamy/Ellesmere)

416-438-3750

Pre-registration is required: [dailybread.link2feed.ca](http://dailybread.link2feed.ca).

Appointment required, call 416-438-3750

By appointment, Tuesday 5 - 8 PM

If you do not have an appointment please come after 7 PM

If you need food but can't make it to the food bank, call and we will see if we can arrange delivery.

**St. Stephen's Presbyterian Church**

3817 Lawrence Avenue East

Contact: Rev. Alexander Wilson, 416-431-0841,

[st.stephens.scarborough@gmail.com](mailto:st.stephens.scarborough@gmail.com)

Wednesday 1 - 4 PM

Priority for Scarborough residents and for those not already accessing other Daily Bread food banks

**\*UPDATED: Tuxedo Court Food Pantry**

50 Tuxedo Court - outside main lobby entrance

Pre-registration is required: [dailybread.link2feed.ca](http://dailybread.link2feed.ca) or

647-762-4670

Thursday 12:30 - 3 PM

We have added a Seniors Hot Meal program on Thursdays. Any senior can access the hot meals: call to make an appointment.



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## \*NEW: OTHER FOOD RELIEF (DELIVERY)

### **Black Food Toronto**

(416) 832-5639

<https://blackfoodtoronto.com/>

Weekly deliveries of Fresh fruit and vegetables for free to members of Toronto's African, Caribbean and Black community who need food support during these challenging times. [Fill out online form to register.](#)

### **Shelley Cares Foundation**

85 Ellesmere Road, Suite 215

<https://www.shelleycaresfoundation.com>

Free food hamper delivery to those in need in Scarborough. [Fill out online form to register.](#)

We also have a community food pantry at our Vic Park/Ellesmere location. [Fill out online form to book appointment.](#)

### **Not Another Black Life / FoodShare**

[@NotAnotherBlackLife](#) on Instagram

Free delivery of a fresh produce box. For Black and Indigenous families and individuals. [Apply every Friday by 11 AM by filling out this online form.](#) Until December 2020.

