

This resource list includes information about resources, services and organization that may help support those living with food insecurity in Toronto. While the Mental Health Team is committed to updating this resource list regularly, there is no guarantee that it is free from errors and/or that services listed may have changed since the latest update. If you need additional support, please contact your primary care provider at Taddle Creek Family Health Team or call 416-260-1315 ext. 0 to book a Single Session Clinic appointment with a Social Worker. We are here for you.

## FOOD SECURITY

**ACSA's Toronto Food Asset Map** | Interactive map helps locate all kinds of food resources across Toronto  
<https://www.google.com/maps/d/u/0/viewer?mid=1MpTS0uhS8WNsUGAm0S8rce122crYP0IS&ll=43.72980189088004%2C-79.36249366562498&z=11>

**Feed Ontario** | Search for local food banks that are part of Feed Ontario's network of food banks and hunger-relief organizations across Ontario  
<https://feedontario.ca/>

**Daily Bread Food Bank** | Search Food Programs by location  
<https://www.dailybread.ca/need-food/programs-by-location/>

**Feed It Forward** | Pay What You Can Grocery Store  
<https://feeditforward.ca/store-front/>  
2770 Dundas St. West, Unit A | email: [info@feeditforward.ca](mailto:info@feeditforward.ca)

**Odd Bunch** | Affordable, fresh fruit and vegetable produce boxes for up to 50% less than grocery store prices (check delivery area for eligibility)  
<https://www.oddbunch.ca/>

**Too Good To Go** | An App-based social impact program to reduce food waste and increase access to affordable food | Use the App to see which cafes, restaurants, bakeries, and/or stores have perfectly good food leftover for you to save and enjoy at half the price of less  
<https://www.toogoodtogo.com/en-ca>

**Budget Bytes** | Budget friendly recipes  
<https://www.budgetbytes.com/>

**Meals on Wheels** | Food delivery service for seniors and/or people with disabilities | A not-for-profit organization that aims to keep costs as low as possible  
<https://www.mealsonwheels.ca/request-meals-on-wheels>  
1-800-267-6272 or 416-256-3010 (if living in GTA)

**Flipp App** | Mobile app with flyers and coupons  
<https://flipp.com/>

**Flashfood App** | Find deals at local groceries stores

<https://flashfood.com/>

**Grocery and Delivery Good Neighbour Project** | Volunteers assist you in accessing free delivery of your purchased groceries, foodbank pick-ups, essential supplies and medications | Available in the GTA for isolated and vulnerable members of the community who are unable to support themselves and do not have social support

<https://www.goodneighbourproject.com/>

Hotline open 9am-6pm, 7 days a week 647-873-2230 | email: [info@goodneighbourproject.com](mailto:info@goodneighbourproject.com)

**Feed Scarborough** | Food security programs and initiatives in Scarborough

<https://scarboroughfoodsecurityinitiative.com/home>

**List of Programs and Organizations Providing Community Meals** | Free or low-cost

<https://www.torontocentralhealthline.ca/listservices.aspx?id=10719>