

This resource list includes information about resources, services and organizations 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.

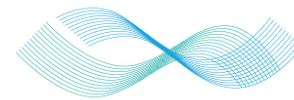
FOOD SECURITY RESOURCES

Resource Hubs:

Name	Description	Phone Number and/or Email
Food Asset Map	Interactive map helps locate all kinds of food resources across Toronto and the GTA.	https://bit.ly/TorontoFoodMap
211 Ontario	211 is a free, confidential, 24/7 service that connects people to community, social, and government services. On their website input your address and “food” for a list of services nearest to you.	Call: 2-1-1 https://211ontario.ca/search/
Toronto Central Healthline	List of programs and organizations providing community meals that are free or low-cost.	https://www.torontocentralhealthline.ca/listservices.aspx?id=10719

Food Banks:

Name	Description	Phone Number and/or Email
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/find-a-food-bank/
Daily Bread Food Bank	Search Food Programs by location and enroll as a service user.	https://www.dailybread.ca/need-food/programs-by-location/
Feed Scarborough	Food security programs and initiatives in Scarborough.	https://scarboroughfoodsecurityinitiative.com/home
The Stop	A non-profit organization that offers community gardens, food banks and opportunities for people to share a meal together.	https://www.thestop.org/

**Phone Applications:**

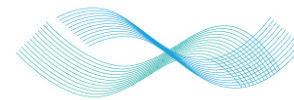
Name	Description	Phone Number and/or Email
Too Good to Go App	An App-based social impact program to reduce food waste and increase access to affordable food. Use the App to see which cafes, restaurants, bakeries, and/or stores have perfectly good food leftover for you to save and enjoy at half the price of less.	https://www.toogoodtogo.com/en-ca
Flipp App	Mobile app with flyers and coupons.	https://flipp.com/
Flashfood App	Find deals at local groceries stores.	https://flashfood.com/

Pay What You Can Grocery Stores:

Name	Description	Phone Number and/or Email
Feed It Forward	Pay What You Can Grocery Store. Location: 2270 Dundas St. West, Unit A Open daily from 11:00 am-6:00 pm	https://feeditforward.ca/store-front/

Affordable Produce:

Name	Description	Phone Number and/or Email
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/
Not Far from the Tree	By registering as a Fruit Picker member for \$10 per season, you will gain unlimited access to fresh, locally-grown fruit in your neighborhood from June to October.	https://notfarfromthetree.org/
Community-Led Food Markets across Toronto	Community Markets (formerly Good Food Markets) increase access to high quality, culturally-relevant, affordable produce in neighbourhoods where it might not otherwise be available, and where farmers' markets aren't viable because sales are too low to cover farmers' costs. Introducing a Community Market brings seasonal, local produce plus imported favourites to the neighbourhoods they serve.	https://foodshare.net/programs/community-action-support/community-markets/
CSAs - Community Supported Agriculture	Families purchase shares (or half-shares, or bimonthly shares) of produce that is either picked up or delivered to them, fresh from the farm, each week during the growing season.	https://toronto.kidsoutandabout.com/content/csas-community-supported-agriculture-toronto

**Food Delivery:**

Name	Description	Phone Number and/or Email
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.	Call 1-800-267-6272 or 416-256-3010 (if living in GTA) https://www.mealsonwheels.ca/request-meals-on-wheels
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.	Hotline open 10am-4pm, 7 days a week 647-873-2230 https://www.goodneighbourproject.com/ email: info@goodneighbourproject.com

Recipes:

Name	Description	Phone Number and/or Email
Budget Bytes	Budget friendly recipes.	https://www.budgetbytes.com/
Indigenous Food Systems Network	Traditional Recipes, stories, and legends.	https://www.indigenousfoodsystems.org/story-or-legend

2SLGBTQ+-Specific:

Name	Description	Phone Number and/or Email
Meal Trans	An affirming drop-in program for lower-income, street-active, homeless and sex-working 2 Spirit, trans, non-binary, genderqueer, and questioning folks to share a hot meal, connect with your community, and access referrals and supports.	https://www.the519.org/programs/meal-trans/
Friends of Ruby	The drop-in center is the place for lesbian, gay, bisexual, transgender, queer, intersex and Two-spirit youth in the GTA (aged 16-29) to find counselling, practical supports and a sense of community. Youth can access groceries through their drop-in program.	https://www.friendsofruby.ca/programs-and-services/drop-in-services-and-programming/

Other:

Name	Description	Phone Number and/or Email
<p>Canada Groceries and Essentials Benefit</p>	<p>The Canada Groceries and Essentials Benefit will replace the GST/HST credit in July 2026. As part of the transition, an additional one-time GST/HST credit top-up payment will be issued no later than June 2026 to recipients who were entitled to the January 2026 payment. This benefit provides four tax-free payments each year. Check eligibility criteria, file your tax return, and ensure to apply if you are a new resident of Canada.</p>	<p>https://www.canada.ca/en/revenue-agency/services/child-family-benefits/gst-hst-credit.html</p>
<p>Access Alliance</p>	<p>Food Insecurity Programs – initiatives that target financial security and, in the interim, services that support emergency food relief efforts for people who do not have enough money to buy food.</p> <p>Food Literacy Programs – initiatives that target skill building to influence dietary habits. These programs primarily aim to increase nutrition knowledge, cooking skills, and confidence to make decisions about food and health in order to change health habits. One program is called “Newcomers Cooking Together,” which fosters skill building, health education, and community making.</p>	<p>https://accessalliance.ca/programs-services/food-programs/</p>