

Free and Low Cost Meals List 2015 – 2016

Etobicoke/York

LOCATION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The Branch Church 69 Long Branch Ave 905-783-2330	closed	closed	closed	closed	closed	closed	D 4:30-5:30 pm 4th Sat of every month
LAMP Community Health Centre 185 Fifth St 416-252-6471	closed	B 8-9:30 am L 11:45 am-1 pm (Sept - June)	closed	B 8-9:30 am L 11:45 am-1 pm (Sept - June)	closed	closed	closed
Syme-Woolner Neighbourhood and Family Centre 2468 Eglinton Ave W 416-766-4634	B 9-10 am L noon-1 pm	B 9-10 am L noon-1 pm D 4-7 pm (women)	B 9-10 am L noon-1 pm D 4-7 pm (men)	B 9-10 am L noon-1 pm D 5:30-7 pm	B 9-10 am L noon-1 pm	B 9-10 am L noon-1 pm	B 9-10 am L noon-1 pm
Wesley Mimico United Church 2379 Lakeshore Blvd W 416-251-5811	closed	closed	closed	closed	closed	closed	L noon-1 pm
Weston-King Neighbourhood Centre 2017 Weston Rd 416-241-9898	closed	B 8-9:30 am L 12:30-1:30 pm	B 8-9:30 am L 12:30-1:30 pm D 4:30-7pm	B 8-9:30 am L 12:30-1:30 pm D 4:30-7 pm	B 8-9:30 am L 12:30-1:30 pm	B 8-9:30 am L 12:30-1:30 pm D 4:30-7 pm	B 8-9:30 am L 12:30-1:30 pm

B - BREAKFAST

L - LUNCH

D - DINNER

Free and Low Cost Meals List 2015 – 2016

Scarborough

LOCATION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Agincourt Community Services Association 4155 Sheppard Ave E 416-321-6912	B 9-10:30 am L 11:30 am-1 pm	B 9-10:30 am L 11:30 am-1 pm	B 9-10:30 am L 11:30 am-1 pm	closed	B 9-10:30 am L 11:30 am-1 pm	B 9-10:30 am L 11:30 am-1 pm	B 9-10:30 am L 11:30 am-1 pm
East End Meeting Place 4100 Lawrence Ave E 416-847-4141	closed	closed	closed	closed	L 11:30 am-12:30 pm	closed	B 10:30 am-noon
Red Cross Drop-In Scarborough 202 Markham Rd 416-267-0115	closed	B 10-11:30 am L noon-1:30 pm	B 10-11:30 am L noon-1:30 pm	B 10-11:30 am L noon-1:30 pm	B 10-11:30 am L noon-1:30 pm	B 10-11:30 am L noon-1:30 pm	closed
Warden Woods CC Teesdale Drop-In 40 Teesdale Pl 416-694-1138	closed	closed	closed	L noon	L noon (bag lunch) D 1 pm (take-out every 2nd Thurs)	closed	closed

B - BREAKFAST

L - LUNCH

D - DINNER

Free and Low Cost Meals List 2015 – 2016

Toronto/East York

LOCATION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
416 Community Support for Women 416 Dundas St E 416-928-3334 (women only)	B 8:30-10 am L noon-2 pm	B 8:30-10 am L noon-2 pm	B 8:30-10 am L noon-2 pm	B 8:30-10 am L noon-2 pm	B 8:30-10 am L noon-2 pm	B 8:30-10 am L noon-2 pm	B 8:30-10 am L noon-2 pm
519 Church Street Community Centre 519 Church St 416-392-6874	B 10 am L 1:30 pm	D 6pm (Trans)	closed	D 5pm (Trans youth)	closed	closed	closed
Adelaide Resource Centre for Women 67 Adelaide St E 416-392-9243 (women only)	closed	L noon-12:45 pm	L noon-12:45 pm	L noon-12:45 pm	L noon-12:45 pm	L noon-12:45 pm	closed
Beach Interfaith Lunch Program Woodbine Ave/Queen St	closed	L 11 am-1 pm Corpus Christi Church 1810 Queen St E	closed	L 11 am-1 pm Beach-Hebrew Institute 109 Kenilworth Ave (Oct-May)	L 11 am-1 pm New Beach United Church 140 Wineva Ave (Oct-May)	L 11 am-1 pm Kingston Road United Church 975 Kingston Rd (Oct-May)	closed
Calvin Presbyterian Church 26 Delisle Ave 416-923-9030	closed	closed	closed	closed	closed	closed	B 8-9:45 am 2nd Sat of each month
Caribbean Catholic Church 867 College St 416-534-1145	closed	closed	closed	B 9:30 am-1:30 pm	closed	closed	closed
Christie-Ossington Neighbourhood Centre 789 Dovercourt Rd 416-531-8031 x111	L 1-2 pm	L noon-1 pm	L noon-1 pm	L noon-1 pm	L noon-1 pm	closed	D 4-8 pm

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Free and Low Cost Meals List 2015 – 2016

Toronto/East York

LOCATION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Church in the City Cornerstone Outreach 152 The Esplanade 416-203-7117	closed	closed	closed	closed	closed	closed	D 5-7 pm 40 Oak St
Church of the Holy Trinity 10 Trinity Sq 416-598-4521	B 8 am	closed	closed	closed	closed	closed	closed
Church of the Redeemer 162 Bloor St W 416-922-4948 (lower level)	closed	B 9-10 am L 10:30-11:45 am	B 9-10 am L 10:30-11:45 am	B 9-10 am L 10:30-11:45 am	B 9-10 am L 10:30-11:45 am	B 9-10 am L 10:30-11:45 am	closed
The Corner Drop-in 260 Augusta Ave 416-925-2103 x2260	B 8-10:30 am L 10:45-11:15 am	B 7:30-10:30 am L 10:45-11:15 am	B 7:30-10:30 am L 10:45-11:15 am	B 7:30-10:30 am L 10:45-11:15 am	B 7:30-10:30 am L 10:45-11:15 am	B 7:30-10:30 am L 10:45-11:15 am	closed
Council Fire Drop-in Program 439 Dundas St E 416-360-4350	L noon-12:30 pm	L noon-12:30 pm D 4-4:30 pm	L noon-12:30 pm D 4-4:30 pm	L noon-12:30 pm D 4-4:30 pm	L noon-12:30 pm D 4-4:30 pm	L noon-12:30 pm	L noon-12:30 pm
Covenant House Community Support Services 20 Gerrard St E 416-204-7037 (youth 16-24)	closed	L 1:15-4 pm D 4-6:45 pm	L 1:15-4 pm D 4-6:45 pm	L 1:15-4 pm D 4-6:45 pm	L 1:15-4 pm D 4-6:45 pm	L 1:15-3 pm D 3-4:45 pm	closed
CRC 40 Oak St 416-363-4234	closed	B 9-10 am L noon-1 pm	L noon-1 pm	B 9-10 am	L noon-1 pm	B 9-10 am L noon-1 pm	closed
Davenport-Perth Neighbourhood Centre 1900 Davenport Rd 416-656-8025	closed	closed	closed	D 5-6 pm	closed	L noon	closed

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Toronto/East York

LOCATION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Emmanuel Howard Park United Church 214 Wright Ave 416-536-1755	L 2-4 pm D 5:30-6 pm	closed	closed	closed	closed	closed	closed
Evangel Hall 552 Adelaide St W 416-504-3563	D 5:30 pm	B 9 am L 10:30 am	B 9 am L 10:30 am	B 9 am L 10:30 am	B 9 am L 10:30 am	B 9 am L 10:30 am	B 9 am L 11 am
Fort York Food Bank 797 Dundas St W 416-203-3011	closed	closed	L noon-2 pm	closed	L noon-2 pm	L noon-2 pm	L noon-2 pm
Fred Victor Centre 145 Queen St E 416-364-8228	closed	B 10-11:30 am \$1.50 D 4-5:30 pm \$2.50	B 10-11:30 am \$1.50 D 4-5:30 pm \$2.50	B 10-11:30 am \$1.50 D 4-5:30 pm \$2.50	B 10-11:30 am \$1.50 D 4-5:30 pm \$2.50	B 10-11:30 am \$1.50 D 4-5:30 pm \$2.50	closed
Fred Victor 24-Hour Women's Drop-In 67 Adelaide St E 416-392-9292 (women only)	B 10 am	B 10 am	B 10 am	B 10 am	B 10 am	B 10 am	B 10 am
Glen Rhodes United Church 1470 Gerrard St E 416-465-3755	closed	D 5 pm 4th Monday of each month, except Dec	closed	closed	closed	closed	closed
Good Neighbours Club 170 Jarvis St 416-366-5377 (men 50+)	B 8:15 am L 12:15 pm All meals \$1	B 8:15 am L 12:15 pm	B 8:15 am L 12:15 pm	B 8:15 am L 12:15 pm	B 8:15 am L 12:15 pm	B 8:15 am L 12:15 pm	B 8:15 am L 12:15 pm
Good Shepherd Drop-In 412 Queen St E 416-869-3619	B 9-11 am L 2-4 pm	B 9-11 am L 2-4 pm	B 9-11 am L 2-4 pm	B 9-11 am L 2-4 pm	B 9-11 am L 2-4 pm	B 9-11 am L 2-4 pm	B 9-11 am L 2-4 pm

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Toronto/East York

LOCATION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Grace Church of the Nazarene 624 Annette St 416-762-3322	closed	closed	closed	closed	B 10 am D 7 pm	closed	closed
Houselink Drop-In Centre 805 Bloor St W 416-539-0690	D 5 pm \$1	B 11 am 50¢	D 4:30 pm \$1	closed	L 12:30 pm \$1	closed	closed
Margaret's Toronto East Drop-In 323 Dundas St E 647-367-2100	B 7-9 am L 10:30 am- noon	closed	B 7-9 am L 10:30 am- noon	B 7-9 am L 10 am- 1 pm	B 7-9 am L 10:30 am- noon	closed	B 7-9 am L 10 am- 1 pm
Mustard Seed 791 Queen St E 416-465-6069	closed	closed	closed	closed	closed	closed	L noon (Oct-May)
Native Canadian Centre 16 Spadina Rd 416-964-9087 Lunch \$2 unemployed/ \$3 employed	closed	B 8-9 am (Jan-Mar 31) L 12-12:30 pm	B 8-9 am (Jan-Mar 31) L 12-12:30 pm	B 8-9 am (Jan-Mar 31) L 12-12:30 pm	B 8-9 am (Jan-Mar 31) L 12-12:30 pm	B 8-9 am (Jan-Mar 31) L 12-12:30 pm	closed
Native Child and Family Services of Toronto Youth Drop-In 655 Bloor St W 416-969-8510 (Native, Métis, Inuit youth 16-24)	closed	B 10-11 am L noon-1 pm D 5-6 pm	B 10-11 am L noon-1 pm D 5-6 pm	B 10-11 am L noon-1 pm D 5-6 pm	B 10-11 am L noon-1 pm D 5-6 pm	B 10-11 am L noon-1 pm D 5-6 pm	L 1:30-2:30 pm D 5-6 pm
Osgoode Hall 130 Queen St W 416-947-3439	B 9-10 am	closed	D 5-6 pm	D 5-6 pm	B 6:45-7:30 am	closed	closed

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Toronto/East York

LOCATION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Our Place Community of Hope Centre 1183 Davenport Rd 416-598-2919	closed	closed	D 5 pm (\$1)	D 5 pm (\$1)	closed	D 5 pm (\$1)	closed
Parkdale Activity Recreation Centre 1499 Queen St W 416-537-2591	L 1 pm	B 9 am L 11:30 am	B 9 am L 11:30 am	B 9 am L 11:30 am	B 9 am L 11:30 am	L 1 pm	L 1 pm
Red Cross Downtown A 41 Earl St 647-883-7133	closed	B 8:30-10 am	closed	D 5:30-7 pm	closed	closed	closed
Red Cross Downtown B 54 Hayden St 647-883-7133	closed	closed	closed	closed	closed	closed	L 12:30-2:30 pm (Nov-Apr)
Saint Luke's United Church 353 Sherbourne St 416-924-9619	closed	closed	D 5:30 pm (community dinner)	closed	closed	closed	closed
St. Andrew's Church 73 Simcoe St 416-593-5600	closed	D 6-8 pm (Nov-Apr)	B 7:30-9 am	closed	closed	closed	closed
St. Bart's Breakfast 509 Dundas St E 416-368-9180	closed	closed	closed	closed	B 6-8 am	closed	closed
St. Felix Centre 25 Augusta Ave 416-203-1624	closed	L 11 am-12:25 pm D 5:30-6:30 pm (adults \$1)	L 11 am-12:25 pm D 5:30-6:30 pm (adults \$1)	L 11 am-12:25 pm D 5:30-6:30 pm (adults \$1)	L 11 am-12:25 pm D 5:30-6:30 pm (adults \$1)	L 11 am-12:25 pm	closed
St. Francis Table 1322 Queen St W 416-532-4172	L noon-1 pm All meals \$1	D 4:30-6 pm	L noon-1 pm D 4:30-6 pm	L noon-1 pm D 4:30-6 pm	L noon-1 pm D 4:30-6 pm	L noon-1 pm	closed

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St. James Cathedral 65 Church St 416-364-7865	closed	closed	L 1:30-3:30 pm	closed	closed	closed	closed
St. John the Compassionate 155 Broadview Ave 416-466-1357	closed	B 5:30-8:30 am* *Breakfast program (Nov-Mar)	B 5:30-8:30 am	B 5:30-8:30 am D 4:30-6:30 pm	B 5:30-8:30 am L noon	B 5:30-8:30 am L noon	L 10:30 am-2 pm
Salvation Army 789 Dovercourt Rd 416-532-4511	closed	closed	closed	closed	closed	closed	D 4-8 pm
Salvation Army Gateway Drop-In 107 Jarvis St 416-368-0324	D 4:30-5:30 pm (Tickets given out at 1pm)	D 4:30-5:30 pm (Tickets given out at 1pm)	closed	D 4:30-5:30 pm (Tickets given out at 1pm)	D 4:30-5:30 pm (Tickets given out at 1pm)	closed	D 4:30-5:30 pm (Tickets given out at 1pm)
Sanctuary 25 Charles St E 416-922-0628	closed	closed	closed	L noon	 D 6 pm	closed	closed
Scott Mission 502 Spadina Ave 416-923-8872	B 8-10 am (bag lunch)	L 10:30 am + 11:30 am Bag lunch @ 4 pm	L 10:30 am + 11:30 am Bag lunch @ 4 pm	L 10:30 am + 11:30 am Bag lunch @ 4 pm	L 10:30 am + 11:30 am Bag lunch @ 4 pm	L 10:30 am + 11:30 am Bag lunch @ 4 pm	closed
Sistering A Woman's Place 962 Bloor St W 416-926-9762 (women only)	B 9:30-10:30 am L noon-2:45 pm	L noon-2:45 pm	B 9:30-10:30 am L noon-2:45 pm	B 9:30-10:30 am L noon-2:45 pm	B 9:30-10:30 am L noon-2:45 pm	B 9:30-10:30 am L noon-2:45 pm	B 9:30-10:30 am L noon-2:45 pm
Sistering Parkdale 220 Cowan Ave 416-588-3939 (women only)	closed	B 9:15-11:15 am L noon-12:30 pm	B 9:15-11:15 am L noon-12:30 pm	B 9:15-11:15 am L noon-12:30 pm	B 9:15-11:15 am L noon-12:30 pm	B 9:15-11:15 am L noon-12:30 pm	closed

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Toronto/East York

LOCATION	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
The Stop Community Food Centre 1884 Davenport Rd 416-652-7867	closed	B 9-10 am L noon-1 pm	B 9-10 am L noon-1 pm	closed	B 9-10 am L noon-1 pm	B 9-10 am L noon-1 pm	closed
Warehouse Mission 252 Carlton St 3rd Floor 647-228-3472	L 1 pm	closed	D 4:30 pm (for members of the literacy program)	L noon (women's program)	D 5-6 pm	closed	B 9-11 am Darling Lane, 2nd + 3rd Sat of each month
WoodGreen Community Services Drop-In 650 Queen St E 416-645-6000	closed	B 9 am L 1 pm	B 9 am	B 9 am L 1 pm	B 9 am L 1 pm	B 9 am L 1 pm	closed
Wychwood Open Door 729 St Clair Ave W 416-652-0857	closed	B 9-11 am L 12:30-2 pm	closed	B 9-11 am L 12:30-2 pm	closed	B 9-11 am L 12:30-2 pm	closed
Yonge Street Mission's Evergreen Centre of Street Youth 381 Yonge St 416-977-7259 (youth 16-24)	closed	L noon-2 pm D 5-6 pm (Oct-May)	L noon-2 pm D 5-6 pm (Oct-May)	L noon-2 pm D 5-6 pm (Oct-May)	L noon-2 pm D 5-6 pm (Oct-May)	L noon-2 pm D 5-6 pm (Oct-May)	closed
Yonge Street Mission New Hope Fellowship 270 Gerrard St E 416-929-9614	closed	closed	D 6-6:30 pm (Sept-June)	closed	D 6-6:30 pm (adults only) (Sept-June)	closed	closed
YMCA Drop-In 7 Vanauley St 416-603-6366 (youth 16-24)	closed	B 9:30-10:30 am L noon	B 9:30-10:30 am L noon	B 9:30-10:30 am L noon	B 9:30-10:30 am L noon	B 9:30-10:30 am L noon	closed

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