

Food Banks and Services



1.

Neighbour to Neighbour Centre

Provides emergency food assistance and practical support for Hamilton residents and families experiencing financial difficulties.

Website: <https://n2centre.com/>

Phone: 905-574-1334



2.

Good Shepherd Venture Centre Food Bank

Provides emergency food and clothing assistance to eligible individuals and families. Contact the centre to confirm appointment requirements and eligibility.

Website: <https://goodshepherdcentres.ca/>

Phone: 905-972-9485



3.

Mission Services of Hamilton — Good Food Centre

Operates a market-style food bank providing food assistance to individuals and families experiencing food insecurity.

Website: <https://mission-services.com/food-services/>

Phone: 905-528-4212



4.

Welcome Inn Community Centre

Provides emergency food assistance and personal hygiene items for individuals and families who need support.

Website: <https://welcomeinn.ca/food-bank/>

Phone: 905-525-5824



5.

Hamilton Food Share

Connects families with local food banks and meal programs throughout Hamilton. It helps residents locate participating organizations that provide food directly to the public.

Website: <https://hamiltonfoodshare.org/looking-for-help/>

Phone: 905-664-9065



6.

City of Hamilton — Food Access Guide

An online directory of places offering free or low-cost food, meals, and other food assistance programs throughout Hamilton.

Website: <https://foodaccessguide.ca/>



7.

Hamilton Dream Center — Blue Door Pantry

Provides food and clothing assistance to eligible individuals and families experiencing financial hardship. Contact the organization to confirm current eligibility and appointment requirements.

Website: <https://www.hamiltondreamcenter.ca/services/>

Phone: 905-527-8605



8.

Wesley — Community Services

Offers community programs that include food services, family supports, and other assistance. Families can contact Wesley to find appropriate programs.

Website: <https://wesley.ca/services/>



CONTACT

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Recreation Customer Service · hamilton.ca/things-do/recreation-customer-service/recreation-assistance-program