

## PLEASE NOTE

Please note that times and locations stated within this brochure are subject to change. Although we do our best to keep this information updated, it is advisable that you call these organizations directly for confirmation.

### Housing Help Centre - Hamilton & Area

#### Mailing Address

119 Main Street East  
Hamilton ON L8N 3Z3

#### Hours of Operation

Monday Tuesday Thursday Friday  
10:00 am - 4:30 pm  
Wednesday 12:00 pm - 4:30 pm

#### Access

P-905-526-8100  
F-905-528-1448  
www.housinghelpcentre.ca  
info@housinghelpcentre.ca

# EMERGENCY FOOD

Information about  
Food Banks, Meals &  
the Soup Van in  
Hamilton

Housing  
Help Centre  
Hamilton & Area

TEL: 905-526-8100

## MEALS

### *Good Shepherd Men's Centre*

135 Mary Street, Hamilton  
Phone: 905-528-9109  
Monday to Friday- 3:30 pm - 4:45 pm  
Saturday 11:30 am—12:30 pm  
Men, women and children welcome.

### *Hamilton Urban Core Health Centre*

71 Rebecca Street, Hamilton  
Phone: 905-522-3233  
Mondays & Thursdays:  
Drop-in - 10 am - 12 pm  
3<sup>rd</sup> Tuesdays of the Month:  
Pancake Breakfast - 10 am - 12 pm  
3<sup>rd</sup> Friday of the Month:  
Dinner & Movie - 5 pm - 8 pm  
3<sup>rd</sup> Saturday of the Month:  
Family Saturday - 10 am - 1 pm

### *Salvation Army*

94 York Blvd., Hamilton  
Phone: 905-527-1444  
Pay \$10 per month & get one meal a day,  
your choice:  
Breakfast: Mon - Fri: 7 am - 7:30 am  
Sat - Sun: 7:30 am - 8 am  
Lunch: every day: 11:15 am - 12 pm  
Dinner: Mon - Sat: 4 pm - 4:45 pm  
Sun: 3:45 pm - 4:15pm  
Church vouchers for meals also available.

### *De Mazenod Door Outreach*

St Patrick's Roman Catholic Church  
440 King Street E  
Breakfast: Daily 10 am—11 am  
Lunch: Saturday—Thursday 11 am—1 pm  
Friday BBQ Lunch 1 pm

### *King's Way Outreach Centre*

649 King Street E., Hamilton  
Phone: 905-296-9473  
Breakfast: Mon-Thurs 11 am—12:30 pm  
Lunch: Mon—Thurs 1:30 pm—3:00 pm

Friday Pizza Night 6 pm—9 pm

### *New Vision United Church*

24 Main Street W., Hamilton  
Phone: 905-522-6843  
Thursday Outreach Program  
Doors Open: 10:00 am (tea and coffee)  
Lunch served at 12:00

### *Hamilton Community Food Centre*

310 Limeridge Rd W Unit 10, Hamilton  
Phone: 905-574-1334 ext. 205  
Thursday Dinner 5:30 pm - 6:30 pm  
Friday Lunch 12:30 pm - 1:30 pm

### *Good Food Market and Café*

Low -cost weekly fruit and vegetable  
market.  
Saturday 10:30 am-12 pm

### *541 Eatery & Exchange*

541 Barton St E., Hamilton  
Phone: 289-389-0541

## YOUTH

### *Best Start Breakfast Program*

460 Wentworth Street N  
Phone: 905-526-1558  
Monday to Friday 7:00 am—8:30 am  
Children within school catchment area

### *Notre Dame*

14 Cannon Street W. Hamilton  
Phone: 905-308-8090  
Sunday to Saturday:  
Lunch: 11:30 am - 12:15 pm  
Dinner: 4 pm - 4:45 pm  
For youth ages 16 - 21 years.

### *Living Rock Ministries*

30 Wilson Street, Hamilton  
Phone: 905-528-7625  
Monday to Friday-

# FOOD BANKS

## DOWNTOWN

### **Salvation Army**

80 Bay St. N., Hamilton  
Phone: 905-540-1888

#### **By appointment only:**

Monday, Tuesday, Wednesday, Friday:  
9:30 am - 11:45 am & 1 pm - 3:30 pm  
Thursday: 9:30 am - 11:30 am

Closed on Holidays

One piece of ID required for each family member. Proof of rent, address and income statements. Services can be used once a month.

### **St. Matthew's House**

414 Barton St. E., Hamilton  
Phone: 905-523-5546

Monday to Friday:

9 am - 11:30 am & 1 pm - 3:30 pm

Closed on Holidays

Two pieces of ID, proof of income, proof of rent payment, proof of bills are required for the head of household & one piece of ID for everyone else. Only 1 St. Matthew's food bank location can be used per month.

### **Welcome Inn**

40 Wood St. E., Hamilton  
Phone: 905-525-5824

Monday, Wednesday, Thursday: 11:30 am - 2 pm. ID required for each household member. Services can be used once per month per household.

### **Living Rock Ministries**

30 Wilson St., Hamilton  
Phone: 905-528-7625

Tuesday & Thursday: 1 pm - 4 pm,  
Wednesday: 1:30 pm - 4 pm,  
Saturday: 1:30 pm - 4:30 pm  
Must be between 13-25 years old.

### **Good Shepherd Centre**

155 Cannon St. E, Hamilton  
Phone: 905-972-9485

#### **By appointment only:**

Monday to Friday:

9 am - 12 pm & 1 pm - 3 pm

Bring a rent receipt, proof of income, proof of address & one piece of ID for adults and children. Services can be used once a month. Food Bank is open while supplies last.

### **Mission Services of Canada**

196 Wentworth St. N., Hamilton  
Phone: 905-528-4212

Walk-in hours:

Monday, Wednesday, Friday:

9:30 am - 12 pm

One piece of ID is required per person along with a recent income statement and rent receipt. Services can be used once every 30 days and are available for the first 50 households each day.

### **Hamilton Dream Centre**

627 Main St. E., Hamilton  
Phone: 905-527-8605

#### **By appointment only**

Service the Wellington St. to Parkdale Ave & Cumberland Ave to Burlington St. areas

## WATERDOWN

### **Food with Grace Waterdown Food Bank**

157 Mill Street North  
(Parking accessed from 182 Main St N)  
Phone: 905-689-6715  
Tuesday 2 pm—6 pm

## MOUNTAIN

### **Neighbour to Neighbour**

28 Athens St., Hamilton

Phone: 905-574-1334

Monday to Wednesday: 9:30 am - 3:30 pm

Thursday: 1:00 pm - 8:00 pm

Emergency & Supplementary Food

Must live on the mountain

ID required for each family member, proof of income & address. Services can be used once a month.

### **7<sup>th</sup> Day Adventist Church Community Food Bank**

284 Concession St., Hamilton

Phone: 905-575-8764

Wednesday: 6 pm - 7 pm (Side Door)

Services can be used once a month (4 weeks from last visit). ID is required.

### **Ancaster Community Services**

300 Wilson St E., Ancaster

Phone: 905-648-6675

#### **By appointment only:**

Monday, Tuesday: 9:00 am—3:30 pm

## FLAMBOROUGH

### **Flamborough Food Bank**

1432 Centre Rd., Flamborough

Phone: 905-690-1036

Services residents of Flamborough, Waterdown & area.

## STONEY CREEK

### **Stoney Creek Food Bank**

605 Highway 8, Stoney Creek

Phone: 905-643-2090

Monday, Wednesday, Thursday

9:30 am - 1 pm

## DUNDAS

### **Salvation Army**

150 King St. W., Dundas

Phone: 905-627-0572

Services residents of Dundas, Flamborough, Waterdown & West Hamilton.

Closed on Holidays

#### **By appointment only:**

Monday, Wednesday:

9:30 am - 11:45 am

Friday :

9:30 am - 11:45 am 1 pm - 3:30 pm

One piece of ID for all member of the household. Proof of rent, address and current income.

### **Jewish Social Services**

#### **Kosher Food Bank**

30 King Street E., Dundas

## EAST END

### **St. Matthew's House**

785 Britannia Ave., Hamilton

(Inside St. Helen's School)

Phone: 289-684-8716

Monday & Thursday: 9 am - 12 pm

## SALVATION ARMY SOUP VAN

MacNab & Strachan

8 pm - 8:45 pm

Catherine & Rebecca St.

9 pm - 9:45 pm

Barton & Birch St.

**OPERATES 7 DAYS A WEEK**