

**UPDATED  
DEC 2025**

# Food Support



## Burlington Food Bank

1254 Plains Rd E Unit 1A. In store shopping of non-perishable foods, hygiene, produce, milk, eggs, bread and frozen meat.

Mon-Fri 9am-12:30pm, Thurs 5-7pm and Sat 9am-12pm.

Some delivery available 905-637-2273. No appointments—walk in only.

Email [info@burlingtonfoodbank.ca](mailto:info@burlingtonfoodbank.ca)



## Open Doors

662 Guelph Line

Tuesdays in person sit down Community Dinner at 6pm.

Thursdays in person sit down Community Lunch at 12pm.

Community Market (food bank) open to the public, by appt. ID Required.

Tuesday 3:00-6pm and Thursday 12:30pm-2pm.

Email inquiries: [opendoorsprograms@stcb.ca](mailto:opendoorsprograms@stcb.ca) or call 905-634-1809.



## Food for Life Programs

(market style programs, please bring grocery bags)

St. Luke's Anglican 1382 Ontario St. Tues 9:45-10:45am 905-634-1826

Grace United 2111 Walkers Line Fri, 8:30-10am 905-335-0090

Mountainside Market-2258 Mountainside Dr. (closed b/w 12:30-1:30pm).

Tues & Thurs- 10:30am-5:45pm. (appt required)

Register at [foodforlife.ca](http://foodforlife.ca) Come in to verify your account Mon 11am-1pm

Good Food Line 905-635-1106 x225 or email [goodfood@foodforlife.ca](mailto:goodfood@foodforlife.ca)



## Compass Point Food Market

Non perishable food, produce, bread. Meat and hygiene items (when available). 1500 Kerns Road | 2<sup>nd</sup> and 4<sup>th</sup> Sat of the month | 9:00-10:30am.

Inquiries 905-336-0500 ext. 234 email: [foodmarket@compasspointbc.com](mailto:foodmarket@compasspointbc.com)



## Compassion Society

1881 Fairview St Units 4/5.

In store shopping for non-perishables, produce, meats, pizzas, salads, soups, sandwiches, and hygiene/self care items as available.

Appts made on site. Mon/Fri 12-3:30pm, Wed 4-7pm.

(Opens 1 hour later for walk-ins)

Inquiries: [general.compassion@gmail.com](mailto:general.compassion@gmail.com) or call 905-592-3722.



## Salvation Army Community & Family Services Food Bank

5040 Mainway Unit 9

In person shopping of non-perishables, proteins (either frozen or fresh) produce, hygiene items etc.

By appointment, Mon 1-4pm, Wed 9am-2pm, Thurs 9am-2 pm.

Call 289-230-2556.