

## **Low Cost Food Options: Toronto Central**

### **Food Banks**

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**Metropolitan United Church Food Bank** **Tel: 416-363-0331**  
**Fax: 416-363-7690**  
56 Queen Street East, Toronto  
<http://www.metunited.org>

**Native Women's Resource Centre of Toronto** **Tel: 416-963-9963**  
**Fax: 416-963-9573**  
191 Gerrard Street East, Toronto  
<http://www.nwrct.ca/main.html>

**Ryerson University Students' Union, Community Food Room** **Tel: 416-979-5255 x12334**  
**Fax: 416-979-5260**  
Student Campus Centre, 55 Gould Street, Room SCC-212, Toronto  
[www.foodroom.ca](http://www.foodroom.ca)

**The Scott Mission, Women and Family Ministry** **Tel: 416-923-3916**  
**Fax: 416-923-1067**  
502 Spadina Avenue, Toronto  
[www.scottmission.com](http://www.scottmission.com)

**Toronto People With AIDS Foundation** **Tel: 416-506-1400**  
**Fax: 416-506-1404**  
200 Gerrard Street East, Toronto  
[www.pwatoronto.org](http://www.pwatoronto.org)

**University of Toronto Students' Union, Food Bank** **Tel: 416-978-4911**  
**Fax: 416-978-2018**  
Multi-Faith Centre, Koffler House, 569 Spadina Avenue, Toronto  
[www.utsu.ca](http://www.utsu.ca)

### **Low Cost Dining Options**

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**Covenant House** **Tel: 416-598-4898**  
**Toll Free: 1-800-435-7308**  
20 Gerrard Street East, Toronto  
[www.covenanthouse.ca](http://www.covenanthouse.ca)

- provide meals for community youth, age 16-24

**Native Women's Resource Centre of Toronto** **Tel: 416-963-9963**  
**Fax: 416-963-9573**  
191 Gerrard Street East, Toronto  
<http://www.nwrct.ca/main.html>

**Out of the Cold Meal Programs, Knox Presbyterian Church** **Tel: 416-921-8993**  
**Fax: 416-921-5918**  
630 Spadina Avenue, Toronto  
[www.knoxtoronto.org](http://www.knoxtoronto.org)

- provide meals for youth, age 16-25

**The Scott Mission, Men's Ministry** **Tel: 416-923-8872 x 232**  
**Fax: 416-923-1067**  
502 Spadina Avenue, Toronto  
[www.scottmission.com](http://www.scottmission.com)

*These services are provided for information only,  
Without recommendation of CAMH*

## **Other**

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**Ryerson University Students' Union, Community Food Room**      **Tel: 416-979-5255 x12334**  
Student Campus Centre, 55 Gould Street, Room SCC-212, Toronto      **Fax: 416-979-5260**

[www.foodroom.ca](http://www.foodroom.ca)

- Good Food Box: Receive a reusable green box filled with fresh Ontario produce for a small fee

**Toronto People With AIDS Foundation**

200 Gerrard Street East, Toronto

[www.pwatoronto.org](http://www.pwatoronto.org)

- Meal Delivery Program

**Tel: 416-506-1400**

**Fax: 416-506-1404**

## **Additional Resources**

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**CNAP, Community Navigation and Access Program**

<http://www.cnap.ca/content/home/home.aspx>

- Service for seniors to access community support in the Toronto area

**Tel: 1-877-540-6565**

**Dietitians of Canada**

<http://www.dietitians.ca/>

**Tel: 416-596-0857**

**Eat Right Ontario**

Speak directly with a Registered Dietitian

<http://www.eatrightontario.ca/en/Default.aspx>

**Tel: 1-877-510-5102**

**FoodShare Toronto**

<http://foodshare.net/index.htm>

**Tel: 416-363-6441**

**Fax: 416-363-0474**

**Health Canada**

<http://hc-sc.gc.ca/>

**Tel: 613-957-2991**

**Toll Free: 1-866-225-0709**

**Toronto 211**

<http://www.211toronto.ca/index.jsp>

**Tel: 211**

- A directory of over 20 000 community, social, health and government services