

Low Cost Food Options: Toronto Central

Food Banks

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

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

Toronto People With AIDS Foundation **Tel: 416-506-1400**
Fax: 416-506-1404
200 Gerrard Street East, Toronto
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

Low Cost Dining Options

Covenant House **Tel: 416-598-4898**
Toll Free: 1-800-435-7308
20 Gerrard Street East, Toronto
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

- 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

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

Other

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

- 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

- Meal Delivery Program

Tel: 416-506-1400

Fax: 416-506-1404

Additional Resources

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