

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

Low Cost Food Options: Toronto North

Food Banks

Churches on the Hill Food Bank

Timothy Eaton Memorial Church, 230 St Clair Avenue, Toronto

Tel: 416-967-3842

Lighthouse

1008 Bathurst Street, Toronto

www.lighthousecentre.ca

Tel: 416-535-6262

Fax: 416-535-3293

Walmer Road Baptist Church

188 Lowther Avenue, 1st Floor, Toronto

www.walmer.ca

Tel: 416-924-1121

Additional Resources

CNAP, Community Navigation and Access Program

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

Tel: 1-877-540-6565

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

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