Where to Get FOOD in Halton

A List of Food Programs

Burlington • Halton Hills • Milton • Oakville
For hours of operation, please call the organization listed. If you reach an answering machine or voice mail, please leave a message with your name and phone number so someone can get back to you.

**Food Banks**

**Acton Foodshare**  
Acton residents only  
519-853-0457

**Burlington Salvation Army, Family Services, Food Bank, Emergency Assistance, Christmas Assistance**  
Burlington residents only  
905-637-3893

**Fareshare Food Bank**  
Oakville: 905-847-3988

**Georgetown Bread Basket**  
905-873-3368

**Kerr Street Ministries**  
Oakville: 905-845-7485  
www.kerrstreet.com

**Oak Park Neighbourhood Centre**  
North Oakville: 905-257-6029  
www.opnc.ca

**Oakville Salvation Army, Family Services, Food Bank, Emergency Assistance, Christmas Assistance**  
Oakville residents by appointment only.  
905-827-6523  
www.salvationarmyoakville.ca

**Partnership West**  
Open to all Burlington residents  
905-637-2273  
www.partnershipwest.org

**Salvation Army Khi Community & Church Family Services, Food Bank, Emergency Assistance, Christmas Assistance**  
Milton and Campbellville Food Bank  
By appointment  
905-875-1022  
www.khicommunity.com

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**Emergency Food Programs**

These programs distribute food or vouchers on a short-term or emergency basis. They are not set up to meet the food needs of individuals or families on a continuing basis.

Many churches offer a variety of services to neighbours in need. Look in the Yellow Pages of your phone directory for a list of churches in your area.

**Acton Salvation Army**  
519-853-5610

**Compassion Society of Halton**  
Burlington: 905-592-3722  
www.compassionsociety.net

**Food for Life**  
www.foodforlife.ca

**Acton**  
St Alban’s Anglican Church:  
519-853-2711 (Thursdays)

**Burlington**  
St. Luke’s Anglican Church: 905-634-1826 (Tuesdays)  
Burlington East Presbyterian Church: 905-637-5155 (Mondays)  
Tansley United Church: 905-335-0090 (Friday)

**Georgetown**  
St John’s United Church: 905-877-2531 (Tuesday)

**Milton**  
Milton Bible Church: 905-876-3586 (Thursday)

**Food4Kids**  
Food4Kids provides backpacks of healthy food for kids with limited or no access to food on weekends through their school.  
905-741-0060  
www.food4kids.org

**Georgetown Salvation Army, Family Services**  
905-877-1374

**Nelson United Church**  
905-637-5631

**SafetyNet Children & Youth Charities**  
Provides 24-hour emergency help; call to make an appointment  
Oakville: 905-845-SAFE (7233)  
www.safetynetservices.ca

**Society of St. Vincent de Paul**  
To find a conference in your area contact:  
905-336-8332  
www.ssvphaltonpc.org
Budgeting Assistance
These programs help individuals and families manage their household costs.

Halton Consumer Credit Counselling Service
(Division of Halton Family Services)
A non-profit agency, which provides assistance with budgeting or debt management.
905-845-3811

The Women’s Centre
Free income tax services, legal clinic, and budgeting workshops to women living in Halton.
905-847-5520
www.haltonwomenscentre.org

Community Food Advisor Program
The Community Food Advisor program provides, through trained volunteers, reliable information and education that promotes safe and nutritious food selection, preparation and storage practices to consumers in Halton. Community Food Advisors provide free presentations, displays, food demonstrations and information for groups of 10 or more people about a variety of healthy eating topics. For more information about the program, dial 311 or visit www.halton.ca

Pick-Your-Own Farms
For access to local vegetables and fruits, please contact the following agencies or resources.

Harvest Ontario (Brightlife Communications)
A print brochure listing many of Ontario’s Pick-Your-Own Farms, road-side markets and farmers’ markets is available annually.
416-588-3390
www.harvestontario.com

Ontario Berry Growers Association
Provides up-to-date information on Pick-Your-Own Berry Farms.
613-258-4587
www.ontarioberrries.com

Simply Local Farm Directory
To order the brochure Simply Local – Your Guide to Halton Farms, dial 311 or visit www.halton.ca/simplylocal

Community Kitchens
A community kitchen is a group of individuals or families that plan and prepare meals together. They cook large amounts of food which are divided into portions to take home or enjoy together at the kitchen.

Community Kitchen for Teen Moms
Wellington Square United Church, Burlington
Contact: Eleanor
905-632-9405

Community Shared (Supported) Agriculture
These local family farms sell fresh produce boxes weekly. Contact the farm for more details.

Everdale Farm
Hillsburg: 519-855-4859 ext. 106
www.everdale.org

Plan B Organic Farm
Organic food available in three box sizes.
Flamborough: 905-659-2572
www.planborganicfarms.ca

Whole Circle Farm
Vegetables available in various sizes.
519-856-1384
www.wholecirclefarm.ca

Whole Village Farm
Caledon: 519-938-9448
www.wholevillagefarm.ca

Food Box Programs
A box of fresh fruits and vegetables may be purchased monthly at a reasonable price.

Halton Fresh Food Box Program
Delivered to your neighbourhood.
905-634-8645
www.haltonfreshfoodbox.com

Holy Cross Lutheran Church
Lakeshore and Walker’s Line, Burlington
Contact: 905-844-1109 (Patti)

Wanigan Organic and Locally Grown Fruits and Vegetables
Many box sizes available with delivery to your home in Halton.
1-877-926-4426
www.wanigan.com
Farmers’ Markets
For dates and times details about all of these markets, please contact the Farmers’ Market or go to: www.farmersmarketsontario.com or www.harvestontario.com

Acton Farmers Market
Willow Street South
519-853-9555

Aldershot Farmers’ Market
35 Plains Road East (Cooke Plaza)
905-681-2929 or 905-844-1854

Burlington Mall Farmers’ Market
Burlington Mall, 777 Guelph Line
905-617-1227

Dorval Crossing Civitan Farmers’ Market
Dorval Crossing (Oakville Town Centre) lot
200-240 North Service Road West
905-845-6460
www.oakvillecivitan.ca

Georgetown Farmers’ Market
Downtown, Main Street South
Contact: Georgetown BIA
905-873-4970
www.downtowngeorgetown.com

Harbourside Organic Farmers’ Market
Terrace at Whole Foods
301 Cornwall Road, Oakville
905-825-8966
www.oakvilleorganicmarket.com

Milton Farmers’ Market
Main Street, between Martin and James
Contact: Milton Chamber of Commerce
905-878-0581
www.miltonfarmersmarket.com

Oakville Place Farmers’ Market
Oakville Place Shopping Centre
Trafalgar Rd. and Leighland Ave.
905-842-2140

Community Gardens
A Community Garden is a place where friends, families, and individuals come together to grow their own vegetables and fruits in a public space.

Holy Cross Lutheran Church Community Gardens
Lakeshore and Walker’s Line, Burlington
905-637-2741

Milton Community Gardens
Ontario Street and Childs Drive
905-878-2630

Oakville Community Gardens
Kingsford Gardens (East Oakville)
Lyons Lane Park (Central Oakville)
Shell Park (West Oakville)
905-845-6601 ext. 3076
www.oakville.ca

‘Time to Grow’ Community Gardens
North Burlington Baptist Church
Forest Run and Walker’s Line, Burlington
905-335-5808
www.nbbc.ca

For further information about community gardens please contact the following local organizations:

Burlington Green:
905-466-2171
www.burlingtongreen.ca

Community Development Halton:
905-632-1975

Oakville Sustainable Food Partnership:
905-825-8966
www.oakvilleorganicmarket.com

Student Nutrition Programs
Halton Food for Thought strives to facilitate a student nutrition program in every school thereby improving the learning capacity, health and well-being of all children and youth in Halton Region.
Contact: 905-315-6842
info@haltonfoodforthought.ca
www.haltonfoodforthought.ca
Meals-on-Wheels
Good nutrition for elderly, disabled, and convalescent people who are no longer able to prepare hot, nourishing meals on their own. Provides:
• Nutritious hot lunches and/or frozen pre-packaged meals at reasonable costs
• Home delivery by volunteers

Canadian Red Cross
Burlington: 905-637-5664, ext. 103 (for Meals-on-Wheels)
www.redcross.ca

Links2Care
Acton: 519-853-3310
Georgetown: 905-873-6502, ext. 23
www.links2care.ca

Milton Meals-on-Wheels
905-878-6699

Oakville Kiwanis Meals-on-Wheels
905-842-1411
www.oakvillekiwanis.com/mow_main.html

Wheels-to-Meals
People are transported by volunteer drivers to a weekly lunch at wheelchair accessible locations. For more information, please contact the agency.
• Combines lunch with a social outing
• Some programs include an exercise program

Friendship Luncheon
(formerly known as Wheels-to-Meals):
Oakville Senior Citizens Recreation Centre
Oakville: 905-815-5966 (Tuesdays)

Sir John Colborne Recreation Centre For Seniors
Oakville: 905-815-5960 (Wednesdays)

Iroquois Ridge Older Adult Centre
Oakville: 905-338-4255 (Thursdays)

Links2Care
Also offers Congregate Dining in designated Seniors’ apartment buildings in Halton Hills.
Acton: 519-853-3310
Georgetown: 905-873-6502
www.links2care.ca

Milton Wheels-to-Meals
905-878-6699

Other Programs Providing Support with Meal Preparation

Acclaim Health - Halton
Provides home support that may include assistance with grocery shopping, meal planning, and preparation.
905-827-8800
1-800-387-7127
www.acclaimhealth.ca

ActiveChefs
ActiveChefs provides innovative, affordable & cost-free, during-school & after-school programs that focus on healthy multicultural cooking, physical activity and community partnerships.
Contact: 289-644-8090
info@activechefs.ca
www.activechefs.ca

Kids Culinary Community
Kids Culinary Community aims to educate children on the benefits of healthy eating by providing experiential food preparation learning programs.
Contact:
ashley@kidsculinary.ca
www.kidsculinary.ca

Links2Care
May provide assistance with grocery shopping, if part of the Home Help Program.
Acton: 519-853-3310
Georgetown: 905-873-6502
Milton: 905-878-6403
Oakville & Burlington: 905-844-0252
www.links2care.ca

Grocery Stores with Delivery Service
A small delivery charge may apply.

Azores Supermarket, Oakville
Southeast Oakville: 905-845-7991

Grocery Gateway
Delivers to most areas of Halton
1-877-447-8778
www.grocerygateway.com

M&M Meat Shop
905-637-9803 or 905-315-1688

Sobeys, Acton
519-853-1960
Grocery Stores with a Charter Bus Service
Primarily servicing seniors. A small fee may apply.

Bob's No Frills
Burlington: Brant St. (every 2nd Wednesday) 1-866-987-6453

Metro
Milton: Louis St Laurent Av. & Kennedy Circle (every Tuesday) 905-878-3363
Oakville: Upper Middle Rd. & 8th Line (every Thursday) 905-849-4911

Fortinos
West Burlington Seniors only
Burlington: Plains Rd. (every 2nd Wednesday) 905-634-1591 or 905-335-7845

Sobeys
Acton: Queen St. (every Wednesday) 519-853-1960

Healthy Eating Advice
EatRight Ontario provides easy-to-use, credible nutrition information to help you make healthier food choices. Online articles, tips, meal planning advice and recipes are available for a wide range of topics, tailored to all age-groups. Speak to a Registered Dietitian free-of-charge: 1-877-510-5102 or by email via www.eatrightontario.ca

Mothers and Babies
Call HaltonParents at 311 to speak to a public health nurse about breastfeeding your baby and community supports.

Halton Prenatal Nutrition Program
A free year-round program that hosts weekly sessions on various topics including healthy eating, labour, breastfeeding, parenting, baby care and much more. The program aims to improve the health of moms and their babies and provide extra support to those facing challenging life circumstances. A nutritious snack, food vouchers, bus tickets and prenatal vitamins are provided. No registration is required, join anytime. For more information, dial 311 or visit www.halton.ca/hpnpp.

Calling New Parent Drop-Ins
Public health nurses present weekly sessions for moms and their babies to learn about topics related to baby care and parenting. No registration is required. Join anytime. For more information, dial 311 or visit www.halton.ca/callingnewparents

Breastfeeding Supports
Breastfeeding ensures an optimal secure food supply for babies. Some supports include:

Halton Region Health Department
Halton Region’s public health nurses provide breastfeeding education, support and linking to community resources. For more information, dial 311.

Halton Breastfeeding Connection
A volunteer program that provides mother-to-mother telephone support. For more information, dial 311.

Halton Baby Friendly Initiative
Provides up-to-date information and videos on breastfeeding. For a complete list of breastfeeding supports, visit the Halton Community Breastfeeding Support section on www.babyfriendlyhalton.ca or visit us on facebook.

La Leche League
Breastfeeding support provided by telephone warm line and monthly meetings. Call 1-800-665-4324 or www.lllc.ca. Online Community: www.meetup.com/OakvilleLLL

International Board Certified Lactation Consultants
www.ilca.org. Listing of lactation consultants that can be hired for help with breast feeding.

Private Certified Doula Support
www.cappacanada.ca
A listing of dulas that offer supportive and knowledgeable guidance in prenatal and the early postpartum period.

For more information or to order additional copies, contact

Access Halton
Dial 311 www.halton.ca