

Listing from Halton Region

Food Support

This listing summarizes the day-by-day open hours for all food and meal programs in Burlington

- food banks usually have a wide selection and stock of items, food cupboards/pantries may have a smaller number and selection
- some may require proof of residency or income, see each listing for details
- all community meals are free, open to everyone and drop-in, unless otherwise specified

CALL AHEAD TO CONFIRM, AS HOURS MAY CHANGE, OR BE SUBJECT TO VOLUNTEER SCHEDULES

Monday:

- 9 am-12:30 pm [Burlington Food Bank](#), 1254 Plains Rd E, 905-637-2273
- 9 am-9 pm [Community Fridge](#), Burlington Public Library Aldershot Branch, 550 Plains Rd E
- 12 noon-3:30 pm [Compassion Society Emergency Food Cupboard](#), 1881 Fairview St, 905-592-3722
- 1 pm-4 pm by appointment only [Salvation Army Burlington, Food Bank](#), 5040 Mainway, 289-230-2556

Tuesday:

- 9 am-12:30 pm [Burlington Food Bank](#), 1254 Plains Rd E, 905-637-2273
- 9 am-9 pm [Community Fridge](#), Burlington Public Library Aldershot Branch, 550 Plains Rd E
- 11 am-6 pm Food for Life [Mountainside Market](#), 2258 Mountainside Drive, 905-635-1106
- 9:45 am-11 am Food for Life Neighbourhood Food Program at [St Luke's Anglican Church](#), 1382 Ontario St, 905-634-1826
- 1:30 pm-5 pm, 1st and 3rd Tuesday of the month [Burlington ROCK Hub - Warwick, Our Community Cares - Food Pantry](#), 702 Surrey Lane
- 3:30 pm-6 pm by appointment [Open Doors Community Market](#) at St Christopher's Anglican Church, 662 Guelph Line, 905-634-1809
- 6 pm [Open Doors Community Dinner](#) at St Christopher's Anglican Church, 662 Guelph Line, 905-634-1809

Wednesday:

- 9 am-12:30 pm [Burlington Food Bank](#), 1254 Plains Rd E, 905-637-2273
- 9 am-12 noon by appointment only [Salvation Army Burlington, Food Bank](#), 5040 Mainway, 289-230-2556
- 9 am-9 pm [Community Fridge](#), Burlington Public Library Aldershot Branch, 550 Plains Rd E
- 11:30 am, 1st, 3rd and 5th Wednesday of the month (Oct-May) [St Luke's Anglican Church Community Lunch](#), 1382 Ontario St, 905-634-1826
- 1:30 pm-5 pm, 1st and 3rd Wednesday of the month [Burlington ROCK Hub - Warwick, Our Community Cares - Infant Supplies](#), 702 Surrey Lane
- 1:30 pm-5 pm, 2nd and 4th Wednesday of the month [Burlington ROCK Hub - Burloak, Our Community Cares - Food Pantry](#), 356 Burloak Dr

- 1:30 pm-5 pm, 2nd and 4th Wednesday of the month [Burlington ROCK Hub - Burloak, Our Community Cares - Infant Supplies](#), 356 Burloak Dr
- 4 pm-7 pm [Compassion Society Emergency Food Cupboard](#), 1881 Fairview St, 905-592-3722
- 6 pm-7 pm, 2nd and 4th Wednesday of each month [North BurLINKton Community Group Dinner Night Out](#), Glad Tidings Pentecostal Church, 1401 Guelph Line

Thursday:

- 9 am-12:30 pm [Burlington Food Bank](#), 1254 Plains Rd E, 905-637-2273
- 9 am-12 noon and 1 pm-4 pm by appointment only [Salvation Army Burlington, Food Bank](#), 5040 Mainway, 289-230-2556
- 9 am-9 pm [Community Fridge](#), Burlington Public Library Aldershot Branch, 550 Plains Rd E
- 11 am-6 pm Food for Life [Mountainside Market](#), 2258 Mountainside Drive, 905-635-1106
- 12 noon-1 pm [Next Door Social Space Lunch](#), 650 Plains Rd E
- 12 noon [Open Doors Seniors Lunch](#) at St Christopher's Anglican Church, 662 Guelph Line, 905-634-1809
- 12:30 pm-1:30 pm by appointment [Open Doors Community Market](#) at St Christopher's Anglican Church, 662 Guelph Line, 905-634-1809
- 5 pm-7 pm [Burlington Food Bank](#), 1254 Plains Rd E, 905-637-2273

Friday:

- 9 am-12:30 pm [Burlington Food Bank](#), 1254 Plains Rd E, 905-637-2273
- 9 am-5 pm [Community Fridge](#), Burlington Public Library Aldershot Branch, 550 Plains Rd E
- 9:45 am-10:45 am Food for Life Neighbourhood Food Program at [Grace United Church](#), 2111 Walkers Line, 905-335-0090
- 12 noon, monthly Sep-Jun (see website for dates), [Calvary Baptist Church Seniors Lunch](#), 2458 St Frances Dr, 905-336-7332
- 12 noon-2 pm [Friday Hub & Lunch](#), Wellington Square United Church, 2121 Caroline St, 905-634-1849
- 12 noon-3:30 pm [Compassion Society Emergency Food Cupboard](#), 1881 Fairview St, 905-592-3722

Saturday:

- 9 am-10:30 am, 2nd and 4th Saturday of the month (second Saturday only in December), [Compass Point Bible Church, Food Market](#), 1500 Kerns Rd, 905-336-0500
- 9 am-11 am [Next Door Social Space Community Breakfast](#), 650 Plains Rd E
- 9 am-5 pm [Community Fridge](#), Burlington Public Library Aldershot Branch, 550 Plains Rd E

Sunday:

- 12 noon-5 pm [Community Fridge](#), Burlington Public Library Aldershot Branch, 550 Plains Rd E

FOOD VOUCHERS may be available from:

- [Society of Saint Vincent de Paul](#), see listing for phone numbers