



Parkdale
Community
Health Centre

FOOD RESOURCE GUIDE FOR PARKDALE AND SURROUNDING AREA

Note: Catchment areas and times are subject to change and it is recommended to call the agency prior to arrival

Updated December 2011 by Parkdale Community Health Centre

Not sure where to go?

Call FoodLink Hotline

416-392-6655

	Breakfast	Lunch	Dinner	Snacks/Soup	Food bank
Monday	8-9 Christie Ossington (winter only) 9 PARC 9-10:15 Church of the Redeemer 9-10:30 Parkdale Breakfast Club	10-4 Parkdale Neighbourhood Church 10:30-11:30 Church of the Redeemer 11:30 PARC 12-1 Sistering 12-1 Christie Ossington	4:30-6 St. Francis Centre (\$1 fee)	10-11 Christie-Ossington	11-3 Salvation Army Bloor Centre 12-3 The Stop
Tuesday	8-9 Christie Ossington (winter only) 9 PARC 9-10:15 Church of the Redeemer 9:30-11:30 Sistering	10:30-11:30 Church of the Redeemer 11:30 PARC 12-1 Sistering 12-1 Christie Ossington 12-1 St. Francis Centre (\$1 fee)	4:30-6 St. Francis Centre (\$1 fee)	10-11 Christie-Ossington	10-12, 2-5 Sorauren Food bank 10-2 Fort York Food Bank 10:30-1:30 High Park Baptist Church 12-3 The Stop
Wednesday	8-9 Christie Ossington (winter only) 9 PARC 9-10:15 Church of the Redeemer 9-10:30 Parkdale Breakfast Club 9:30-11:30 Sistering	10:30-11:30 Church of the Redeemer 11:30 PARC 12-1 Sistering 12-1 Christie Ossington 12-1 St. Francis Centre (\$1 fee)	4:30-6 St. Francis Centre (\$1 fee)	9:30-11 Caribbean CCC (soup kitchen drop-in) 10-11 Christie-Ossington	11-3 Salvation Army Bloor Centre 1:30-4 Parkdale Community Food Bank 1:30-3:30 Christie-Ossington (single mothers only)
Thursday	8-9 Christie Ossington (winter only) 9 PARC 9-10:15 Church of the Redeemer 9:30-11:30 Sistering	10:30-11:30 Church of the Redeemer 11-4 Salvation Army Bloor Centre 11:30 PARC 12-1 Sistering 12-1 Christie Ossington 12-1 St. Francis Centre(\$1 fee)	4:30-6 St. Francis Centre (\$1 fee) 6-8 Salvation Army Bloor Centre	10-11 Christie-Ossington	10-2 Fort York Food Bank 11-3 Salvation Army Bloor Centre 12-3 The Stop 1:30-4 Parkdale Community Food Bank
Friday	9-10:15 Church of the Redeemer 9-10:30 Parkdale Breakfast Club 9:30-11:30 Sistering	10:30-11:30 Church of the Redeemer 12-1 Sistering 12-1 St. Francis Centre (\$1 fee) 1 PARC			10-2 Fort York Food Bank 12-1:30 Parkdale Community Food bank (65yrs+ or person(s) with wheelchair only) 12-3 The Stop
Saturday	9:30-11:30 Sistering	12-1 Sistering 1-2 Christie Ossington 1 PARC		11-12 Christie-Ossington	10-2 Fort York Food Bank 11:30-1:30 Parkdale Community Food Bank
Sunday	9:30-11:30 Sistering	12-1 Sistering 12-1 St. Francis Centre (\$1 fee) 1 PARC 1-2 Christie Ossington Drop-In 2-4:30 Emmanuel Howard Park United Church	5:30-6:15 Emmanuel Howard Park United Church	11-12 Christie-Ossington	

Food Resource Agencies

Caribbean Catholic Church and Centre (Caribbean CCC)
 867 College St. (east of Ossington Ave.)
 Phone: 416 534 1145
 -Drop-in for soup kitchen

Christie Ossington Neighbourhood Centre Drop-In (Christie Ossington)
 854 Bloor St.
 Phone: 416 534 8941
 -Food bank serves **single mothers only**
 -Drop-in first visit to register
 -Required: 2 pieces of ID

Church of the Redeemer (Drop-in)
 162 Bloor St. (at Avenue Rd.)
 Phone: 416 922 4948

Emmanuel Howard Park United Church (Drop-in)
 214 Wright Ave. (Roncesvalles Ave. and Queen St.)
 Phone: 416 538 2433

Fort York Food Bank
 797 Dundas St. West (at Bathurst St.)
 Phone: 416 203 3011
 -Required ID for each person with: name, address, income
 -Call for area served

High Park Baptist Church
 9 Hewitt Ave. (Roncesvalles Ave. and Dundas St. West)
 Phone: 416 534 4225
 -Area served: Bloor to Lakeshore, Parkside to Lansdowne

Parkdale Activity Recreation Centre (PARC) (Drop-In)
 1499 Queen St. West
 Phone: 416 537 2262
 -Area served: Strachan Ave. to Jameson Ave., Lake Ontario to Queen St.

Parkdale Breakfast Club (Drop-In)
 220 Cowan Ave. (Queen St. West and Brock Ave.)
 Phone: 416 392 6928

Parkdale Community Food Bank
 1316 King St. West (between Dufferin St. and Jameson Ave.)
 Phone: 416 532 2375
 -First visit: drop-in and register
 -Following first visit appointment is necessary
 -Required ID: proof of income, address
 -Call for area served

Parkdale Neighbourhood Church
 201 Cowan Ave. (south of Queen St. West)
 Phone: 416 532 8397
 -Drop-in

Salvation Army Bloor Centre
 789 Dovercourt Rd. (north of Bloor St.)
 Phone: 416 532 4511
 -By **appointment only**
 -Call for area served

Sistering (for women)
 963 Bloor St (east of Ossington Ave.)
 Phone: 416 926 1946
 -Drop-in

Sorauren Food Bank (at PARC)
 1499 Queen St. West
 Phone: 416 537 2262
 -Drop-in
 -No appointment necessary
 -Required ID: address, income, ID for family members
 -Call for area served

St. Francis Table
 1322 Queen St. West (west of Dufferin St)
 Phone: 416 532 4172
 -Drop-in

The Stop
 1884 Davenport Rd. (west of Lansdowne Ave.)
 Phone: 416 652 7867 ext. 227
 -Required ID with name and address for each person receiving food
 -Provides three-day supply of food once a month
 -Call for area served

