

Please [click here](#) for a list of food banks **in East Scarborough**

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## **FOOD BANKS AND SOUP KITCHENS IN WARD 24 (List Below)**

### **Soup Kitchens:**

#### **5N2 Kitchens – Soup Kitchen**

Seema David

7B - 2050 Ellesmere Rd

<http://5n2kitchen.com>

12-2 Every Day

\*During this outbreak of Covid-19, **5n2kitchens** will be offering a free meal delivery service to our neighbours who are struggling to make it through this crisis.

Please visit <http://5n2kitchen.com>, to view a form that agencies or residents can fill out to see if **5N2 Kitchens** can support in providing free food delivery services.

### **Food Banks:**

#### **Salvation Army, Community and Family Services**

#### **Cedarbrae Family Services**

2085 Ellesmere Rd Toronto, ON M1H 2W6

416-438-2573

[www.salvationarmy.ca](http://www.salvationarmy.ca)

Mon 9:30 am-12:15 pm, Wed-Thu 9:30 am-2:15 pm

#### **3945 Lawrence Ave. E Building 2 Low Rise (lower level)**

Weekly on Fridays from 12:00pm – 3:30pm

Contact: Lorna at 416-428-5827

#### **Friends of Jesus Christ, West Hill Community Food Bank**

#### **Food Bank Ministry**

4205 Lawrence Ave E Toronto, ON M1E 4S6

416-335-8829

Thu 2 pm-5 pm

## **Scarborough Centre for Healthy Communities**

### **Food and Clothing Bank**

4100 Lawrence Ave E Scarborough, ON

416-847-4147

[FoodBank@schcontario.ca](mailto:FoodBank@schcontario.ca)

Food support operates on Wednesdays from 12:30pm to 3:30pm, Thursdays from 2pm to 4:30pm, and Fridays from 10:30am to 1pm. **It is recommended not to arrive early.**

## **St John the Compassionate Mission, Scarborough Good Neighbours Drop-In**

193 Markham Rd Toronto, ON M1J 3C3

647-358-4105

[good.neighbours.108@gmail.com](mailto:good.neighbours.108@gmail.com)

[goodneighboursmission.org](http://goodneighboursmission.org)

**Thursdays and Fridays, open at 9:30 a.m. for breakfast, and from 12 to 1 p.m. for lunch.**

**Take out meals are available Thursday and Friday from 12 to 2 pm**

**Also serves as a food bank - Emergency Family Food Hampers**

**Available:** Adult(s) with children who find themselves in need of emergency food can call and receive same-day help during regular hours. Free to those live in Scarborough. Call ahead for an appointment at 647-358-4105 (Every Thursday in June, Good Neighbours is open for distribution of free diapers and formula - call for an appointment at 647 358 4105 and bring a photo ID card.)

## **Meals Program for International Students and Others in Need**

Jame Abu Bakr Siddique - Scarborough Muslim Association

For Assistance and Details please CALL:

Mushtak Patel: 647-239-9041

Saleh Hafejee: 416-706-3234

Zakir Patel: 416-561-7973

Iqbal Pachbhaya: 416-543-7717

## **Emergency Food Access - East Scarborough Boys & Girls Club**

- **Emergency Food Programs Intake, please contact Kacy Knight: Email at [kknight@esbgc.ca](mailto:kknight@esbgc.ca) or call at 416-888-1916 (Enquire, Register for Services)**
- Weekly delivered Family Meal Kits (with plant or meal based protein options) – currently 3 delivery dates weekly
  - **Halal, as well as meals for seniors and children with dietary restrictions when possible.**
- East Second Harvest Kitchen has expanded to also produce prepared meals for families and individuals experiencing food insecurity – hot meal service delivered daily
- All of our Emergency Food Access services include access to family and/or individual hygiene kits, and crafts/educational learning packages for children and youth.
- All of our EFA services are delivered directly to those in need

## **Food Pantry at Morningside**

**90 Mornelle Court, Bsmt Toronto, ON M1E 4P9**

**647-762-4670**

**[info@csagss.org](mailto:info@csagss.org)**

**[www.csagss.org](http://www.csagss.org)**

**Saturdays 2-4 pm**

Offering additional food delivery services for seniors in need – please call to check for availability and eligibility.

## **Food Pantry at Tuxedo Court**

**50 Tuxedo Court – Outside Main lobby entrance**

**Pre-registration is required: [dailybread.link2feed.ca](http://dailybread.link2feed.ca) or 647-762-4670**

**Thursdays 1:30 PM – 3:00 PM**

## **Emergency Food Bank/Deacon's Cupboard**

**Thursdays, 9:30am-11:00am**

**Christ Church Scarborough Village, Anglican**

**155 Markham Road (south of Eglinton on the east side)**

**416-261-4169**

## **Wednesdays from 12 - 3 PM**

Emmanuel Life Management Centre and Spice it Up Restaurant are distributing groceries to people who need them at Spice it Up Restaurant (**4352 Kingston Road**). Hot soup also available. Delivery also available. Contact Janel for more information 437-886-4694, [elmc2010@hotmail.ca](mailto:elmc2010@hotmail.ca)

**Note: currently seeking volunteers & delivery drivers, contact Janel if you would like to help out!** [See flyer here.](#)

**Free warm lunch only Friday's from ESBGC:** In partnership with Children's Charity by Presidents Choice ESBGC will be 'feeding hungry minds.' Our club will be giving away **free lunch to the members in our community from the ESBGC parking lot (100 Galloway Rd.)** Drive-Thru or Walk-Thru and grab a warm lunch from **12:30pm-2:30pm.**

## **Locations Accepting Non-Perishable Food Donations**

### **East Scarborough Boys & Girls Club**

100 Galloway Road & 62 Orchard Place Drive (by appointment only)

Currently accepting food, hygiene, and STEM donations

For business and community food donations please contact Trichelle Primo to schedule a drop-off/pick-up @ [tprimo@esbgc.ca](mailto:tprimo@esbgc.ca)

### **Fire Halls in Ward 24**

**40 Coronation Dr (Station 234)** – near Galloway and Kingston Roads. The bin outside is for donations.

**740 Markham Rd (Station 231)** – on Markham north of Lawrence. No longer accepting at the side door. Please ring the bell by the front door where Fire staff will respond and bring it inside.