



Food Banks / Food Programs Woodbridge

Organization Name	Service Description/Eligibility Details
Humanity First 600 Bowes Rd, Suite 40 Concord, ON L4K 4A3 416-440-0346 www.humanityfirst.ca	Food Bank Provides immediate assistance to the needy families: free food hampers (with food supplies for a month) are provided on a monthly basis to those families who struggle for the their daily sustenance * most of these families have no means of transportation to come to the Food Bank, and thus monthly food hampers are delivered to their homes free of cost throughout the year Phone for hours of operation and to make arrangements to receive the food * delivery provided to those who do not have their own transportation * food may be requested by emailing to foodbank@humanityfirst.ca
Society of St Vincent de Paul – Newmarket Saint John Chrysostom Church Office, 432 Ontario St, Newmarket, ON L3Y 2K4 905-898-4137 ext 500 (leave message)	Emergency Food Vouchers Food vouchers Tues by apt * Contact for hours Infants, toddlers, children, youth, adults, seniors are all eligible for food vouchers Interview to assess needs
Vaughan Food Bank 5732 Hwy 7, Units 3 and 4 Woodbridge, ON L4L 3A2 905-851-2333 www.vaughanfoodbank.ca	Thu, Fri 10am-4pm (Users can access once per 28 days) <ul style="list-style-type: none"> Provides emergency food to low-income residents of Vaughan Must be a resident of Vaughan in financial need * Proof of residence and evidence of need (proof of income) is required upon visit

Organization Name	Service Description/Eligibility Details
<p>Langar Seva Meal and Support Services 71 Innovation Dr, Unit 6, 2nd Floor Woodbridge, ON L4H 0S3 416-628-7041 www.LangarSeva.ca</p>	<p>Meal delivery: volunteers will deliver up to 5 North-Indian, vegetarian, hot meals once-a-week to individuals living at home without support from family/friends Services are available to all individuals who are:</p> <ul style="list-style-type: none"> • unable to cook due to a serious health issue and • are living at home • have no support from family, and • are able to direct their own dietary needs <p>A referral from a registered health practitioner is required; our staff will also conduct a final assessment Online client application form</p>