

COMMUNITY RESOURCES - Food & Necessities

541 Eatery and Exchange Bagged Lunch Program

541 Barton St. East

(currently still running)

Mondays-Saturdays at 11am Sack lunches being handed out at the door to the people in our community who have been cut off from their support system due to COVID-19. Will of course need to stop if Public Health's recommendations change. www.fivefortyone.ca

Donations can also be made online to support efforts.

Caremongering Burlington:

www.facebook.com/groups/BurlingtonCovidResponse/

Caremongering Hamilton:

www.facebook.com/groups/Hamont.Response.COVID19/

Food Banks and hot meal programs were still running in Hamilton as of March 17 update (with modifications in how they're distributing)

For up to date info from Hamilton Food Share: www.feedthehammer.com

Where to get food in Hamilton list with contact phone numbers:

*call first as changes are happening daily

www.hamiltonfoodshare.org/contact-2/where-to-get-food/

Good Shepherd Centre

Provides personal care items and feminine products at their emergency programs. Their Marketplace (food bank) requires pre-registration and that info can be found here:

www.goodshepherdcentres.ca/food-bank-clothing-room

PALZ Trading Zone Hamilton

this is a very active FB group with over 20 000 members where only trades (no cash) is allowed. May not be first choice for folks but I have seen people trade for gift cards, edibles, necessities here. "Porch pick ups" and "swaps" are a norm here so social distancing is an option.

www.facebook.com/groups/1615163062039333/

Compiled March 2020