

Community Gardens - continued

Community Development Halton

Acton: 905-632-1975

Halton Food Council

www.haltonfoodcouncil.ca

Holy Cross Lutheran Church Community Gardens

Lakeshore Rd. & Walkers Ln., Burlington
905-637-2741

Milton Community Gardens

Ontario St. & Childs Dr.
905-878-2630

Oakville Community Gardens

Kingsford Gardens (East Oakville)
Lyons Lane Park (Central Oakville)
Shell Park (West Oakville)
905-845-6601 ext. 3076
www.oakville.ca

Time to Grow Community Gardens

North Burlington Baptist Church
Forest Run Ave. & Walkers Ln., Burlington
905-335-5808
www.nbhc.ca

School-based Food Programs

Active Chefs

A charitable organization dedicated to promoting the health and well-being of children. Programs offer experiential learning and engaging opportunities emphasizing healthy eating, nutrition, cooking skills, active living, daily physical activity, multiculturalism, diversity, family engagement and community building.

905-827-8830

www.activechefs.ca

Food4Kids

Burlington/Oakville/Milton: 905-469-3113
Halton North: 416-992-3260
www.food4kids.ca

HealthyFam

HealthyFam is a not-for-profit organization founded by a local chef. The mission of the program is to educate children, seniors and families on the benefits of healthy eating by providing experiential learning programs.
905-510-5905
www.healthyfam.ca

Student Nutrition Programs

Halton Food for Thought strives to facilitate a student nutrition program in every school, thereby improving the learning capacity, health and well-being of all children and youth in Halton.

905-315-6842

www.haltonfoodforthought.ca

Meals-on-Wheels

For people who need access to healthy, hot, prepared meals. Volunteers provide home delivery of nutritious hot lunches and/or frozen pre-packaged meals at reasonable costs.

Canadian Red Cross

Burlington: 905-637-5664
www.redcross.ca

Links2Care

Acton: 519-853-3310
Georgetown: 905-873-6502
www.links2care.ca

Milton Meals-on-Wheels

905-878-6699
www.miltonmow.com

Oakville Kiwanis Meals-on-Wheels

905-842-1411
www.oakvillemealsonwheels.com

Friendship Luncheon

Volunteer drivers offer transportation to a weekly lunch at wheelchair accessible locations. Some lunches are combined with a social outing or exercise program.

Friendship Luncheon (formerly Wheels-to-Meals):

- Oakville Senior Citizens' Recreation Centre
Oakville: 905-815-5966 (Tuesdays)
- Sir John Colborne Recreation Centre for Seniors
Oakville: 905-815-5960 (Wednesdays)
- Iroquois Ridge Older Adult Centre
Oakville: 905-338-4255 (Thursdays)

Links2Care

Offers congregate dining in designated seniors' apartment buildings in Halton Hills.
Acton: 519-853-3310
Georgetown: 905-873-6502
www.links2care.ca

Grocery Stores with Delivery Service

Delivery charges may apply.

Azores Supermarket

Southeast Oakville: 905-845-7991

Grocery Gateway

1-877-447-8778
www.grocerygateway.com

Sobeys

Acton: 519-853-1960

Grocery Stores with a Charter Bus Service

Primarily servicing seniors. A small fee may apply.

Bob's No Frills

Brant St. (every second Wednesday)
Burlington: 1-866-987-6453

Fortinos

West Burlington, seniors only
Plains Rd. (every second Wednesday)
Burlington: 905-634-1591

Metro

Louis St. Laurent Ave. & Kennedy Circle (every Tuesday)
Milton: 905-878-3363
Upper Middle Rd. & 8th Ln. (every Thursday)
Oakville: 905-849-4911

Sobeys

Queen St. (every Wednesday)
Acton: 519-853-1960

Other Programs Providing Support with Meal Preparation/Delivery

Acclaim Health – Halton

Provide home support that may include assistance with simple meal planning and preparation.
905-827-8800 or 1-800-387-7127
www.acclaimhealth.ca

Links2Care

May provide assistance with grocery shopping as part of the Home Help Program.

Acton: 519-853-3310

Georgetown & Milton: 905-873-6502

Oakville & Burlington: 905-844-0252

www.links2care.ca

Healthy Eating Advice

EatRight Ontario

Provides easy-to-use, credible nutrition information to help make healthier food choices. Online articles, tips, meal planning advice and recipes are available for a wide range of topics, tailored to all age-groups. Speak to a registered dietitian free-of-charge:
1-877-510-5102
www.eatrightontario.ca

Mothers and Babies

Halton Baby-Friendly Initiative

Up-to-date information on where to find local breastfeeding supports.
www.babyfriendlyhalton.ca

HaltonParents

Public health nurses are available Monday to Friday 8:30 a.m. – 4:30 p.m. to provide support and answer your questions about pregnancy, breastfeeding, child development or concerns about your child or yourself.
Dial 311
www.halton.ca/haltonparents

Halton Prenatal Nutrition Program (HPNP)

A free year round program that offers weekly health support and education by a public health nurse and/or a registered dietitian related to healthy nutrition, pregnancy, birth, breastfeeding, and parenting with an overall goal of improving the health of moms and their babies, particularly those facing challenging life circumstances. Additional supportive services include: transportation to program, a healthy meal each week, free childcare at program, vouchers to access prenatal vitamins, vitamin D for breastfed babies and a Halton Fresh Food Box consisting of locally grown fruits and vegetables.
Dial 311
www.halton.ca/hpnp

Where to Get FOOD in Halton



Burlington • Halton Hills • Milton • Oakville



HE-178840

halton.ca 311



Halton Region is committed to improving access to safe and nutritious food in partnership with Halton's non-profit and community organizations. To learn more about the organizations listed in this guide, including their hours of operation, please contact the organization directly.

Food Banks

Acton Foodshare

Acton residents only
519-853-0457
www.actonfoodshare.com

Burlington Food Bank

Open to all Burlington residents
905-637-2273
www.burlingtonfoodbank.ca

Georgetown Bread Basket

905-873-3368
www.georgetownbreadbasket.ca

Kerr St. Mission

Oakville: 905-845-7485
www.kerrstreet.net

Oak Park Neighbourhood Centre

North Oakville: 905-257-6029
www.opnc.ca

Oakville Fare Share Food Bank

905-847-3988
www.oakvillefoodbank.com

Salvation Army Khi Community Church & Family Services

Food Bank, Emergency Assistance, Christmas Assistance
Milton and Campbellville Food Bank
By appointment only
905-875-1022
www.khicommunity.com

The Salvation Army – Burlington Community and Family Services

Food Bank, Emergency Assistance, Christmas Assistance
Burlington residents only
905-637-3893
www.sally-ann.org

The Salvation Army – Oakville Community Church and Community & Family Services

Food Bank, Emergency Assistance, Christmas Assistance
Oakville residents by appointment only
905-827-6523
www.salvationarmyoakville.ca

Emergency Food Programs

These programs distribute food or vouchers on a short-term or emergency basis. They are not set up to meet the food needs of individuals or families on a continuous basis. Many churches and places of worship offer a variety of services to neighbours in need. Search online or access your local telephone directory for a list of churches or places of worship in your area.

Acton Salvation Army

519-853-5610

Burlington Food Share

Burlington: 905-320-4442
www.burlingtonfoodshare.ca

Compassion Society of Halton

Burlington: 905-592-3722
www.compassionsociety.ca

Food4Kids

Provides packages of healthy food for kids aged five to 14 years with limited or no access to food each weekend. Students are referred directly by their schools to ensure that the program is helping those who need it most. At the school, the package is placed in the student's backpack.

Burlington/Oakville/Milton: 905-469-3113
Halton North: 416-992-3260
www.food4kids.ca

Food for Life

905-635-1106 ext. 221
www.foodforlife.ca

Acton

St. Alban's Anglican Church: 519-853-2711
(Thursdays 11:30 a.m.)

Burlington

St. Luke's Anglican Church: 905-634-1826
(Tuesdays 11:30 a.m.)
Burlington East Presbyterian Church:
905-637-5155 (Mondays 12 p.m.)
Tansley United Church: 905-335-0090 (Fridays
10:30 a.m.)
Faith Christian Reformed Church:
905-336-5353 (Tuesdays 7 p.m.)
Brant Hills Presbyterian Church:
905-335-2640 (Mondays 1:30 p.m.)

Georgetown

St. John's United Church: 905-877-2531
(Tuesdays 11 a.m.)

Milton

Milton Bible Church: 905-876-3586 (Thursdays
12:30 p.m.)
Milton Gospel Hall: 905-878-0765
(Tuesdays 1:15 p.m.)

Oakville

Clearview Christian Reformed Church:
905-829-2242 (Tuesdays 12:30 p.m.)
Oakridge Bible Church: 905-849-0567
(Wednesdays 1 p.m.)
St. Luke's Anglican Church Palermo:
905-825-3364 (Thursdays 5 p.m.)

Kerr St. Mission

Oakville: 905-845-7485
www.kerrstreet.net

Open Doors at St. Christopher's

662 Guelph Ln., Burlington
905-634-1809
www.stcb.ca

Safetynet Children & Youth Charities

Provides 24-hour emergency help. Call to make an appointment.
Oakville: 905-845-SAFE (7233)
416-574-4581
www.safetynetservices.ca

Society of St. Vincent de Paul

To find a conference in your area contact:
905-336-8332
www.ssvphaltonpc.org

The Salvation Army – Georgetown Community Church

905-877-1374
www.georgetowncommunitychurch.ca

Community Meals/Dinners

These programs provide meals and prepared foods. They are not set up to meet the food needs of individuals or families on a continuous basis. Many churches, places of worship and community centres offer prepared meals and dinners to residents and neighbours in need. Search online or access your local telephone directory for a list of churches/places of worship in your area.

Kerr St. Mission

Oakville: 905-845-7485
www.kerrstreet.net

North BurLINKton Community Group

northburlinkton.cdhalton.ca

Open Doors at St. Christopher's

662 Guelph Ln., Burlington
905-634-1809
www.stcb.ca

Wellington Square United Church

2121 Caroline St., Burlington 905 634 1809
www.wsquare.ca

Budgeting Assistance

These programs help individuals and families manage their household costs.

Halton Consumer Credit Counselling Service

(Division of Thrive Counselling)
A non-profit agency which provides assistance with budgeting and debt management.
905-845-3811
www.thrivecounselling.org

The Women's Centre of Halton

Free income tax services, legal clinic and budgeting workshops to women living in Halton.
905-847-5520
www.haltonwomenscentre.org

Pick-Your-Own Farms

For access to local vegetables and fruits, please contact the following agencies or resources.

Harvest Ontario (Bright Light Communications)

A print brochure listing many of Ontario's pick-your-own farms, road-side markets and farmers' markets is available annually.
416-588-3390
www.harvestontario.com

Ontario Berry Growers Association

Provides up-to-date information on pick-your-own berry farms.
613-258-4587
www.ontarioberries.com

Simply Local

Halton Region's Simply Local web pages offer information about farms in Halton – where to pick your own produce, purchase garden products, and enjoy recreational activities with the whole family.
Dial 311
www.halton.ca/simplylocal

Community Kitchens

A community kitchen is a group of individuals or families that plan and prepare meals together. They may cook large amounts of food which are divided into portions to take home or enjoy together at the kitchen.

Community Kitchen

Wellington Square United Church, Burlington
905-632-9405

Open Doors at St. Christopher's

662 Guelph Ln., Burlington
905-634-1809
www.stcb.ca

Community Shared (Supported) Agriculture

These local family farms sell fresh produce boxes weekly. Contact the farm for more details.

Everdale Farm

Hillsburg: 519-855-4859 ext. 106
www.everdale.org

Plan B Organic Farm

Organic food available in three box sizes.
Flamborough: 905-659-2572
www.planborganicfarms.ca

Whole Circle Farm

Vegetables available in various sizes.
Erin: 519-856-1384
www.wholecirclefarm.ca

Food Box Programs

A box of fresh fruits and vegetables may be purchased monthly at a reasonable price.

Halton Fresh Food Box Program

905-634-8645
www.haltonfreshfoodbox.com

Holy Cross Good Food Box Program

Holy Cross Lutheran Church
Lakeshore Rd. & Walkers Ln., Burlington
905-844-1109

Wanigan Organic and Locally Grown Fruits and Vegetables

Many box sizes available with delivery to your home in Halton.
1-877-926-4426
www.wanigan.com

Farmers' Markets

For dates, times and details about all of these markets, please visit www.farmersmarketsontario.com or www.harvestontario.com, or contact the market below.

Acton Farmers' Market on 7

Bethel Church, 365 Queen St
905-703-5581

Burlington Mall Farmers' Market

Burlington Mall, 777 Guelph Ln.
905-617-1227
www.burlingtonmallfarmersmarket.com

Centro Farmers' Market

437 Brant St., Burlington
289 337-5755
www.centrogarden.com/farmers-market

Dorval Crossing Civitan Farmers' Market

Dorval Crossing (Oakville Town Centre parking lot)
200-240 North Service Rd. West
905-845-6460
www.oakvillecivitan.ca

Georgetown Farmers' Market

Main St. South (downtown)
Contact: Georgetown BIA
905-873-4970
www.farmersmarketgeorgetown.com

Milton Farmers' Market

Main St., between Martin St. & James St.
Contact: Milton Chamber of Commerce
905-878-0581
www.miltonfarmersmarket.ca

Terra Winter Farmers' Market

12800 Britannia Rd., Milton
905-876-4000
www.terragreenhouses.com

Community Gardens

A community garden is a place where friends, families and individuals come together to grow their own vegetables and fruits in a public space. For further information about community gardens please contact one of the following local organizations:

Burlington Community Gardens

289-983-6527
www.burlington.ca