

Food Banks & Supports in Brampton

Regeneration Outreach Community- 156 Main Street N., Brampton, ON

To ensure the safety of guests, hot meals will be served in takeout containers:

- Breakfast: 7 days a week from 8:00AM to 9:30am
- Lunch: Monday to Thursday from 11:30AM to 12:30PM
- Personal Care (Showers & Laundry) Monday to Friday from 7:00AM to 5:00PM

Knights Table- 116 Kennedy Rd. S, Unit 6, Brampton 905-454-8725

- Open 7 days a week
- First Bite Breakfast Program (FREE) 8AM-10AM
- Cecil' Kitchen Program - \$1 per meal: Mon-Fri: 12PM-6PM/ Sat-Sun: 12PM-4PM
- Pantry Program (Food Bank): Wed-Fri: 12PM-4PM

Emergency Food Banks

1. Grace United Church

156 Main St. N., Brampton (Corner of Main and Church)
905-451-1215
Tuesdays: 10-11:30 am

2. St. Andrew's Presbyterian Church

44 Church St. E., Brampton (Corner of Church & Union)
905-451-1723
Wednesdays: 1pm until food is depleted

3. Ste. Louise Outreach Centre

32 Hagger Ave. N., Brampton
905-454-2144

4. Regeneration Emergency Food Bank

156 Main Street N., Brampton, ON
Breakfast, Lunch & Dinner: daily from 8:00AM to 6:00PM

Programs & Services that Provide Free or Low-Cost Clothing and Household Items

- 1. Brampton Life Centre**
141 Kennedy Rd N., Brampton
905-454-2191

- 2. Knights Table**
287 Glidden Rd, Unit 4, Brampton
905-454-8725

- 3. Salvation Army – Brampton Heart Lake**
420 Rainside Dr, Brampton
1-855-984-8378

- 4. Salvation Army – Brampton South**
263 Queen St. E, Unit 8
905-796-1953

- 5. Ste Louise Outreach Centre of Peel**
32 Hagger Ave N, Brampton
905-454-2144