

## Food and Grocery Delivery in Self-Isolation

A curated list of food options and delivery services for those in self-isolation that are unable to leave their home to pick up groceries and meals. Find information about restaurants in your area offering delivery services, grocery delivery, food banks and other food assistance, and more.



## Food Delivery Resources for those in Self- Isolation/Quarantine

A list by the University of Toronto of food delivery resources for those in self-isolation. Includes grocery and meal delivery services, a brief description of the service's specialty, and the location of the delivery zone.

**Accessible from:** [https://studentlife.utoronto.ca/wp-content/uploads/Food\\_Resource\\_List.pdf](https://studentlife.utoronto.ca/wp-content/uploads/Food_Resource_List.pdf)

## Toronto-Region Branch Mobile Food Bank

Information from the Canadian Red Cross on the Mobile Food Bank service, which delivers food to persons who are unable to access a food bank due to a permanent or temporary disability. The program provides access to nutritious meals, safety checks, health status monitoring, and social interaction.

**Accessible from:** <https://www.redcross.ca/in-your-community/ontario/nutrition-and-transportation/mobile-food-bank/toronto-region-branch-mobile-food-bank>

## Toronto Emergency Food Assistance

Information from the Canadian Red Cross on emergency food assistance available in Toronto during COVID-19. Provides information on a Red Cross call centre to identify beneficiary needs, contact information, and connections to volunteers who can deliver several days worth of shelf stable food.

**Accessible from:** Info found at: <http://211update.findhelp.ca/record/MET0198> or <https://www.redcross.ca/in-your-community/ontario/ontario-news-and-stories/canadian-red-cross-launches-toronto-emergency-food-assistance>

## CareMongering-HamOnt: Hamilton Community Response to COVID-19

A Hamilton-based Facebook group for sharing and organizing community resources in response to COVID-19. Ensures vulnerable community members have access to food, housing, healthcare, and other necessities.

**Accessible from:** <https://www.facebook.com/groups/Hamont.Response.COVID19/>

## CareMongering-Ott: Ottawa Community Response to COVID-19

An Ottawa-based Facebook group for sharing and organizing community resources in response to COVID-19. Ensures vulnerable community members have access to food, housing, healthcare, and other necessities.

**Accessible from:** <https://www.facebook.com/groups/1818811868263501/>

## CareMongering-TO: TO Community Response to COVID-19

A Toronto-based Facebook group for sharing and organizing community resources in response to COVID-19. Ensures vulnerable community members have access to food, housing, healthcare, and other necessities.

**Accessible from:** <https://www.facebook.com/groups/TO.Community.Response.COVID19/>

## Good Neighbour Project: COVID-19 Essentials Volunteer Delivery

A list by Toronto Central Local Health Integrated Network (LHIN) of contact information for the Good Neighbour Project, as well as hours of operation and a brief description of the organization's activities. Provides service to the Greater Toronto Area, Ottawa, and London.

**Accessible from:** <https://www.torontocentralhealthline.ca/display/service.aspx?id=194953>

## Good Neighbour Project: COVID-19 Essentials Volunteer Delivery Website

Good Neighbor Project provides seniors, persons with disabilities, pregnant individuals, and those in self-isolation grocery delivery services, who are otherwise unable to access groceries during the pandemic. Provides service to the Greater Toronto Area, Ottawa, and London.

**Accessible from:** <https://www.goodneighbourproject.com>

## Food Banks Canada: Find a Food Bank

A resource from Food Banks Canada helping locate food banks near you based on proximity. The website additionally has an interactive map and allows you to search for local food banks by city or town.

**Accessible from:** <https://www.foodbankscanada.ca/utility-pages/find-a-food-bank.aspx>

## 211 Program: Government, Community-based, Non- Clinical Health and Social Services

A website from 211 describing their free and confidential services, which can be accessed 24 hours a day, in more than 150 languages, by phone, chat, text, and web. During COVID-19, 211 can play an important role in helping you access social programs, such as getting groceries or running errands while self-isolating, assistance in applying for Government benefits, and accessing mental health services.

**Accessible from:** <https://211.ca>

## Food Security Resources

A guide from Social Planning Toronto outlining food security resources for non-profits and charities, as well as residents. City of Toronto resources are outlined, as well as community organized projects that assist with food security for at-risk groups during COVID-19.

**Accessible from:** [https://www.socialplanningtoronto.org/covid\\_food](https://www.socialplanningtoronto.org/covid_food)

## Food Rx

A guide from Social Planning Toronto outlining food security resources for non-profits and charities, as well as residents. City of Toronto resources are outlined, as well as community organized projects that assist with food security for at-risk groups during COVID-19. The Food Rx program is a project run in collaboration between FoodShare and the University Health Network (UHN). Supported by the McConnell Foundation, it aims at addressing food needs that have been exacerbated by the COVID-19 pandemic by connecting folks with a 'prescription' for regular home delivery of fresh fruits and vegetables.

**Accessible from:** <https://foodshare.net/program/foodrx/>

## Second Harvest: Need Food

A list from Second Harvest detailing food resources in the Greater Toronto Area. Find the contact information of food banks in the GTA, as well as meal programs offered through the Second Harvest or the City of Toronto's Foodlink Hotline.

**Accessible from:** <https://secondharvest.ca/need-food/>

## Downtown Hamilton: List of Restaurants Offering Delivery

A list compiled by the city of Hamilton featuring restaurants and other businesses offering delivery, takeout, or curbside pickup options.

**Accessible from:** <https://downtownhamilton.org/support-our-community/>

## Resources for People in Need

Resources compiled by the Government of Ottawa to assist people in need. Find food resources, resources for isolated seniors, masking resources, community health and resource centres, text and chat lines to provide support for victims of violence and abuse, and more.

**Accessible from:** <https://ottawa.ca/en/family-and-social-services/family-and-social-services-covid-19-info/resources-people-need>

## Seniors Resources and Supports During COVID-19

Support services and resources available for seniors during the COVID-19 pandemic compiled by Red Book, a Community Information website from the Hamilton Public Library. Find resources for loneliness, meal delivery, grocery shopping, faith-based support, and more for seniors in self-isolation.

**Accessible from:** <https://redbook.hpl.ca/node/12216>

## Toronto Community Fridges

"Take what you need, leave what you can." Find information on and locations of the completely free, open-access community fridges located throughout Toronto for those who are struggling with food insecurity.

**Accessible from:** <https://linktr.ee/cfto>