

# HOT MEALS

Where to go when you're looking for warm food

Last updated: February 2024

## Out of the Cold Program

Out of the Cold is a program that provides shelter, food and warm clothing to people in Toronto who are experiencing homelessness and food insecurity. Services usually operate out of church basements, synagogues and faith communities, but Out of the Cold is an interfaith program, so people of all religions and beliefs are welcome.

The 2023–2024 schedule outlines meals by day of the week. See [www.outofthecold.org/find-a-location](http://www.outofthecold.org/find-a-location) for locations and dates.

Note: Many sites are unable to deliver overnight programs due to COVID-19 safety concerns.

## Year-Round Providers of Hot Meals

### Calvin Presbyterian Church

26 Delisle Avenue

[www.pccweb.ca/calvinchurchtoronto](http://www.pccweb.ca/calvinchurchtoronto)

Tel.: 416 923-9030

[office@calvinchurchtoronto.com](mailto:office@calvinchurchtoronto.com)

**Hot meals:** Community breakfast once a month on the second Saturday of the month, 8:00 am–9:45 am

**Eligibility:** Open to all

### Covenant House Toronto – Drop-In Centre

20 Gerrard Street East

[www.covenanthousetoronto.ca](http://www.covenanthousetoronto.ca)

Tel.: 416 204-7037

[info@covenanthouse.ca](mailto:info@covenanthouse.ca)

**Services:** Hot meals, weekly food bank

**Eligibility:** Youth in crisis and homeless youth, ages 16–24

**Hours:** Shelter open 24/7; drop-in centre open Monday to Sunday, 12:00 pm–7:00 pm; health clinic open Monday, Wednesday, Thursday, Friday, 9:00 am–12:00 pm and 1:00 pm–4:00 pm, Tuesday, 9:00 am–12:00 pm and 1:00 pm–7:00 pm

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If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at [access.resources@camh.ca](mailto:access.resources@camh.ca).

*This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.*

**camh**

## Fred Victor – Adelaide Resources Centre for Women

67 Adelaide Street East

[www.fredvictor.org](http://www.fredvictor.org)

Tel.: 416 364-7739

[wdp@fredvictor.org](mailto:wdp@fredvictor.org)

### Services:

- 45 Queen Street East serves low-cost meals, Monday to Friday, 10:00 am–11:30 am and 4:00 pm–5:30 pm
- Low-cost meals served in same building as health services and housing support
- 40 Oak Street in Regent Park serves free meals, with breakfast on Mondays to Fridays, and lunch on Monday, Tuesday, Thursday and Friday

**Eligibility:** Women age 18+ without children who are homeless or marginally housed

## Good Shepherd Centre – Community Meals

412 Queen Street East

[www.goodshepherd.ca](http://www.goodshepherd.ca)

Tel.: 416 869-3619

**Services:** Meals, shelter and clothing for people in need

**Eligibility:** Seniors, people living on disability payments, people living in poverty, homeless men and women

**Hours:** Meals provided Monday to Friday, 3:30 pm–4:45 pm and Saturday, 11:30 am–12:30 pm

## Haven Toronto

170 Jarvis Street

[www.haventoronto.ca](http://www.haventoronto.ca)

Tel.: 416 366-5377 ext. 227

[info@haventoronto.ca](mailto:info@haventoronto.ca)

**Hot meals:** Twice a day, at 8:00 am and 12:00 pm

**Eligibility:** Men age 50+ experiencing poverty, homelessness or isolation

## Osgoode Hall Cafeteria – Lawyers Feed the Hungry Program

130 Queen Street West

[www.lawyersfeedthehungry.ca](http://www.lawyersfeedthehungry.ca)

Tel.: 416 947-3412

[lsf@lso.ca](mailto:lsf@lso.ca)

**Hot meals:** Served in the cafeteria of Osgoode Hall; Tuesday and Wednesday dinner, 5:00 pm; Thursday breakfast, 6:45 am; Sunday brunch, 10:00 am

**Eligibility:** People living in poverty or experiencing homelessness

## The Redeemer Toronto – The Common Table

162 Bloor Street West

[www.theredeemer.ca/drop-in](http://www.theredeemer.ca/drop-in)

Tel.: 416 922-4948

[roncesvallesuc@gmail.com](mailto:roncesvallesuc@gmail.com)

**Hot meals:** Monday to Friday; coffee/tea, 8:00 am–9:00 am; breakfast, 9:00 am–10:00 am; lunch, 10:30 am–11:45 am

**Eligibility:** Anyone facing economic or health challenges, homelessness, living in shelters or underhoused, experiencing isolation

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## Roncesvalles United Church

214 Wright Avenue, basement

[www.roncesvallesuc.com](http://www.roncesvallesuc.com)

Tel.: 416 536-1755

[roncesvallesuc@gmail.com](mailto:roncesvallesuc@gmail.com)

**Hot meals:** Lunch every Sunday, 1:00 pm–3:00 pm

**Eligibility:** Anyone in need

## Yonge Street Mission

365 Spadina Avenue

[www.ysm.ca](http://www.ysm.ca)

Tel.: 416 929-9614 ext. 2200

[info@ysm.ca](mailto:info@ysm.ca)

**Services:** Drop-in space; hot dinners and lunches; free health and dental clinic (foot care, STI testing, chiropractic adjustments, acupuncture, medical, dental care); nursery care; parenting workshops; nursery food bank

**Eligibility:** Street-involved youth in Toronto, ages 16–24

**Hours:** Monday to Friday, 12:00 pm–5:00 pm; lunch, Monday to Friday, 12:00 pm–2:00 pm; dinner, Monday to Thursday, 5:00 pm–6:00 pm