

Community fridges are maintained by volunteers (community members).
Donations can be made directly to the fridge, freezer, and pantry any time, 24/7.
Anyone is welcome to take whatever they need.

DONATION GUIDELINES

YES, PLEASE

- **Fresh fruit & vegetables**
- **Meals/goods from certified kitchens** (labelled with kitchen name, ingredients and/or allergens, prepared and/or best before date)
- **Sealed PPE and hygiene supplies**

YES, IF... commercially packaged and labelled with best before date

- **Bread, baked goods**
- **Dairy & alternatives**
- **Frozen foods**
- **Eggs**
- **Cooked/cured meat (e.g. cold cuts)**
- **Sealed non-alcoholic drinks**
- **Grab-and-go foods**
- **Canned & dry goods**
- **Pet food**

NO, THANKS

- **Raw meat or seafood (fresh or frozen)**
- **Home-cooked food or leftovers**
- **Rotting or wilted food**
- **Unsealed food or hygiene supplies (unboxed & individually sealed is great though)**
- **Items past expiry**
- **Alcohol or medications**
- **Severely dented cans**
- **Ungraded eggs**
- **Excess packaging (please break down bulk goods/take waste with you — i.e. cases of drinks, bags of fruit, etc.)**
- **Clothing, books, or housewares**

STOCKING TIPS

- **COVID safety:** please wear a mask, allow space between others, and use hand sanitizer at the fridge.
- **Remove any "NO, THANKS!" items.**
- **Split up a bunch or bag of food to give more people access (e.g. breaking bananas from a bunch, removing plastic packaging from apples or a box from granola bars).**
- **Please feel free to leave a few grocery bags.**

- Store eggs on lowest shelf of the fridge as per Public Health guidelines.
- Make sure nothing's left on top of the fridge or on the ground.
 - Please keep safety, respect, and physical accessibility in mind.

BONUS: *snap a pic of what's there & share with us on social media!*

DONATION SUGGESTIONS

- Fruits & vegetables
 - fresh, frozen, garden-grown
- Bread, bagels, waffles
- Milk
 - dairy, alternative, and canned/evaporated
- Eggs
- Frozen meals
- Juice boxes, water bottles
- Grab-and-go items
 - granola bars, sandwich ingredients, pop-top cans, crackers, muffins
- Freezies, popsicles
- Coffee, tea
- Cereal
- Cookies, candy, treats
- Sauces, spices, condiments
- Baking supplies (flour, butter, sugar)
- Pet food
- Baby formula, diapers
- Personal care supplies
 - Soap, deodorant, toothbrushes, diapers, menstrual products, Naloxone kits

FREE FOOD RESOURCES IN HAMILTON

- Food Bank & Emergency Services, Neighbour to Neighbour 28 Athens St. (Contact for intake appt. 905-574-1334)
- Emergency Food Program, Parkview Church 1120 West 5th St. (Mon-Thu 10AM-1PM, Fri 10AM-12PM)
- Mountain Mutual Aid Network tinyurl.com/mountainmutualaid
- Seventh Day Adventist Church Community Services and Food Bank 284 Concession St. (905-575-8764)
- New Vision United Church, snacks & rest space 24 Main St. W. (Daily 5-10PM)
- Soup Kitchen, Salvation Army 94 York Blvd. (Mon-Fri 11:15AM-12PM)
- Hot Meals, Good Shepherd Centres 135 Mary St. (Mon-Sat 3:30-4:45PM)
- Mobile Meal Service, Salvation Army 71 Rebecca St. (8-8:45PM), Bayfront Park (9-9:45PM), Barton St. (10-10:45PM)

- Youth Resources [Ages 13-25], Living Rock 30 Wilson St. (Mon-Fri: Breakfast 9-10AM, Dinner 4-5PM. Hampers avail. daily + Sat & Sun 12-5PM. Pick-up at side door)
- Food Bank, Restoration House 103 MacNab St. N. (Tue, Fri, Sun 12-2PM)
- Food Bank, Salvation Army 80 Bay St. N. (Mon-Fri 9:30AM-11:45AM, Fri+ 1PM-3:30PM)
- Wesley Day Centre 195 Ferguson Ave. N. (Mon-Fri 8:30AM-4PM, Sat 9AM-1:30PM, Sun 12:30-5PM)
- Food Bank, Welcome Inn Community Centre 40 Wood St. E. (Mon, Wed-Fri 10:30AM-2PM)
- Infant Formula & Diaper Bank 100 Main St. E. (Mon, Wed, Fri 10AM-12PM)
- Emergency Food Bank, Good Shepherd Centres 155 Cannon St. E. (Call to register, 905-972-9485, opt 1)
- Food Pantry, King's Way Outreach Centre 390 King William St. (Mon-Thu 11AM-12:30PM, 1:30-3PM)
- DeMazenod Door Outreach, St. Patrick's Church 440 King Street E. (Sat-Thu: Breakfast 10-11AM, Lunch 11AM-1PM. Fri [BBQ]: Breakfast 10-11AM, Lunch 1-2:30PM)
- BlueDoor Food Pantry, The Hamilton Dream Centre 627 Main St. E. Suite 100 (Appointment only, 905-527-8605)
- Hamilton East Campus Food Bank 203 Bell Ave. (905-545-6180)
- Food Bank, All Nations Full Gospel Church 1209 Main St. E. (Sun. 12:30-1:30PM)
- Niwasa Food Bank 785 Britannia Ave. (Appointment & delivery only, 905-549-4884)
- Emergency Outreach Program, Native Women's Centre Hamper deliveries for Indigenous people (905-664-1114)
- The Giving Cupboard, Crown Point Community Church 92 Ottawa St. N. (Wed. 12-2PM)
- Good Food Centre, Mission Services 196 Wentworth St. N (Mon, Wed, Fri 9AM-12PM, 1PM-3PM. Tue & Thu 9AM-12PM)
- Emergency Food Pantry, Eva Rothwell 460 Wentworth St. N. (Appointment only, 905-526-1558 ext. 405)