

Note: Most Exchange is currently finding ways to support students facing food insecurity at this time. If you are in that situation, please see the open opportunities on the link in the right.

Created March 18, 2020, please be in touch with info@exchange.com if you have resources, updates, or new regions to add.

This is a list of national resources - navigate to the regional/provincial tabs to see support in your communities.

Organization	Name	Phone	Website
HEALTH INFORMATION			
Government of Canada	Coronavirus: Symptoms & Treatment		https://www.canada.ca/en/health-canada/services/covid-19/coronavirus-symptoms-treatment.html
Government of BC	Covid-19 self-assessment tool		https://www2.gov.bc.ca/gov/content/health/the-2019-nCoV/covid-19-self-assessment-tool/index.html
EMPLOYMENT ASSISTANCE			
Government of Canada	List of government supports if you lose your job or are asked to quarantine yourself, and other important workplace information		https://www.canada.ca/en/employment-social-development/news/2020/03/covid-19-workplace-supports.html
Carleton University	COVID-19 Canada Emergency Relief benefit info		https://www.carleton.ca/news/2020/03/24/covid-19-relief-benefit-info/
STUDENT LOANS			
National Student Loan Service Centre	Repayment & interest paused until Sept 30, 2020	1-888-910-4514	https://www2015.slc.ca/en/repayment-interest.html
HELPLINES			
Kiwi Help Phone	Up to 20 years old	1-800-668-0868	https://kiwihelpphone.ca/
Crisis Text Line powered by Kiwi Help Phone	Up to 20 years old	Text: 754-1-888-6868 (English), text: 754-1-888-6868 (French)	
503 Helpline	Up to 20 years old	Text: 778-783-5177	https://www.503helpline.ca/about-us/
Black Youth Helpline	Everyday 9am - 10 pm	416-265-8964	https://www.blackyouth.ca/
Crisis Services Canada	Use drop down menu to find your province		https://www.crisisservices.ca/en/what-to-do-if-you-need-help/
ADVOCACY FOR STUDENTS			
Canadian Federation of Students	Organizing to amplify student voices, and particular governmental action around COVID-19		https://cfs.ca/en/advocacy-issues/advocacy-for-students-voices-and-organize-to-raise-issues-to-respond-to-covid-19
Migrant Students United	Advocacy support for international students, informational webinars		https://www.migrantstudents.ca/en/advocacy-support/
Food Banks Canada	Advocacy to support food banks across the country		https://www.foodbanks.ca/en/advocacy/
International Student Ministries Canada	Various social support programs (online)		https://www.ismcc.ca/en/
ADDITIONAL RESOURCES			
UN	SDG Map, see the 'poor hunger' blue to see food security resources in your community, and across the country		https://sdg.un.org/

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We have listed both emergency food services for those who need it, as well as community food delivery services for those who can afford it. Please note that social media is often the most up-to-date on current services.

Community	Type of service	Organization	Notes	Social Media	Website
NOVA SCOTIA					
Halifax	Community support	Caremongering-Halifax	Community group, offering mutual support	Facebook Group	
Halifax	Emergency food	Feed Nova Scotia	List of emergency food services, sorted by community (some are closing, call in advance)		https://www.feednovascotia.ca/find-food
Halifax	Local food delivery	Afashionado	Offers food box deliveries with locally produced vegetables and/or meats.	Facebook Page	http://afashionado.ca/shop-online/
Halifax	Financial Resources	Dalhousie Student Union	List of emergency financial support/resources compiled by Dal Students Union		https://docs.google.com/document/d/1MNXA6ZgIBB_hyOPWlR87s8TdXo9JgPU_pwG4yVedf7zuspesharing
Halifax	Emergency fund	NSPIRG	One time \$100 grant for folks who need it- apply on google form		https://docs.google.com/forms/d/e/1FAIpQLSo8eYaxO7VQc-1ZEiNmZUwFE5axFEbs8-XBwKsWxg2wG5a/viewform?hl=de&hl=en&hl=fr&hl=it&hl=ja&hl=ko&hl=pt&hl=ru&hl=tr&hl=uk&hl=vi&hl=zh-CN&hl=zh-TW&hl=zh-HK&hl=zh-MO&hl=zh-TW&hl=zh-HK&hl=zh-MO
NEW BRUNSWICK					
Fredericton	Emergency food	Greener Village Food Bank	open regular hours; if you have symptoms, call 459-7461 to make arrangements for delivery	Facebook Page	https://www.greenvillage.org
Fredericton	Local food delivery	Strawberry Hill Farm	Offers food box deliveries with locally produced vegetables and/or meats.	Order online ->	http://www.strawbernyhillfarm.ca/
Sackville	Emergency food	Sackville Food Bank	Open - posting updates on Facebook	Facebook Page	
Sackville	Local food delivery	Wysmykal Farm	Offers food box deliveries with locally produced vegetables, see facebook page for availability	Facebook Page	
Sackville	Local food delivery	Sackville Farmers' Market	List of local food producers offering deliveries	Check website & call ->	https://www.sackvillefarmersmarket.ca/vendors.htm?hl=de&hl=en&hl=fr&hl=it&hl=ja&hl=ko&hl=pt&hl=ru&hl=tr&hl=uk&hl=vi&hl=zh-CN&hl=zh-TW&hl=zh-HK&hl=zh-MO&hl=zh-TW&hl=zh-HK&hl=zh-MO

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Community	Type of service	Organization	Notes	Facebook	Instagram	Website
TORONTO						
Toronto	Community support	Caremongering-Toronto	Community group, offering mutual support	Facebook Group		
Toronto	Emergency food	Daily Bread Food Bank	Open - posting updates on Facebook	Facebook Page		
Toronto	Emergency food	The Stop Community Food Centre	Open - posting updates on Facebook	Facebook Page		
Toronto	Emergency food	Regent Park Community Food Centre	Open - posting updates on Facebook	Facebook Page		
Toronto	Emergency food	FoodShare & Black Creek Community Farm	Applications currently closed; may open again	Facebook Page	@blackcreek	https://docs.google.com/forms/d/e/1FAjOCST7y9-9AUj69yevRmV9DhQPSG6cA4Q1Gw-zuzMfYXGgk0sef8fm
Toronto	Local food delivery	FoodShare	Delivering food boxes with fresh produce, bread, meat options; waiving delivery fee until April 5	Facebook Page	@foodshareto	https://goodfoodbox.foodshare.net/
Toronto & GTA	Local food delivery	UTERN- "only for UoT students"	Complete the google form before 12pm April 10th to receive a Good Food Box delivered!	Facebook Page		https://docs.google.com/forms/d/e/1FAjOCST7y9-9AUj69yevRmV9DhQPSG6cA4Q1Gw-zuzMfYXGgk0sef8fm
Scarborough	Emergency food	Scarborough Campus Student Union Food Bank	Providing emergency food for delivery or pickup on April 3rd. Fill out google form to access	Facebook Page		https://docs.google.com/forms/d/e/1FAjOCST7y9-9AUj69yevRmV9DhQPSG6cA4Q1Gw-zuzMfYXGgk0sef8fm
Scarborough	Emergency food, Grocery	Scarborough Food Security Initiative	Providing emergency food. Delivering groceries for those self isolating	Facebook Page		https://scarboroughfoodsecurityinitiative.com/
Toronto & GTA	Food delivery	Real Food For Real Kids	Previous school food organization pivoting to delivering homemade frozen meats (free delivery for orders over \$50)	Facebook Page		https://delivery.rfk.com/#howitworks
PEEL						
Mississauga/Brampton	Emergency food	Peel Region	List of food programs available			https://www.peelregion.ca/planning-maps/foodprograms/foodprograms.html
HAMILTON						
Hamilton	Food support	Serve Our City	free weekly community dinners in the Citivox/Lauderdale and Strathcona neighbourhoods. In response to COVID-19, these dinners are currently being handed out as take-out meals. Grocery support and friendship programs are also available. For more information, contact us at 905-571-1111	Facebook Page		https://engage.jillchurch.ca/one/2277-2884-2716
Hamilton	Support & emergency food	Hamilton International Students	Food support, social and mental health; christian	Facebook Page		https://www.hamiltoninternationalstudents.com/
Hamilton	Emergency food	Hamilton Food Share	List of emergency food services that are open, by region	Facebook Page		http://www.hamiltonfoodshare.org/contact-2/where-to-get-food/?bclid=hwAR1Mj7SM3Pz-PzL4PAm3Kb-6MAN6COAJHYFAHDPaoAK8y9QoQ
GUELPH						
Guelph	Campus emergency food	CSA FoodBank	By appointment only; foodbank@unguelph.ca or (519) 824-4120 ext. 52561	Facebook Page		
Guelph	Community support	Caremongering-Guelph	Community group, offering mutual support	Facebook Group		
Guelph	Emergency food	Guelph Food Bank	open - posting updates on facebook	Facebook Page		
WATERLOO						
Waterloo	Emergency food	Food Bank of Waterloo Region	open - posting updates on facebook	Facebook Page		
Waterloo	Emergency food	Waterloo Food Bank	open - posting updates on facebook	Facebook Page		
Waterloo	Community support	Caremongering-Waterloo	Community group, offering mutual support	Facebook Group		
OTTAWA						
Ottawa	Emergency food	Ottawa Food Banks	List of emergency food services; search with your address			https://www.ottawafoodbank.ca/get-help/?bclid=hwAR2qQeLH5-SiH6he6Nz0H48FRXhZfZLkAp-JNF39#neuc73kCRw
Ottawa	Emergency food	Parkdale Food Centre	delivering food - posting updates on facebook	Facebook Page		
Ottawa	Emergency food	Gloucester Emergency Food Centre	open - posting updates on facebook	Facebook Page		
Ottawa	Emergency food	Carleton University Food Centre	Operating on an appointment basis- email foodcentre@cusasocline.ca with your availability	Facebook Page		
Ottawa	Community support	Caremongering-Ottawa	Community group, offering mutual support	Facebook Group		
LONDON						
London	Grocery delivery	London VTF	student volunteer run service (commercial services also available)			https://www.londonvtf.ca/
London	Emergency food	Western University Food Support Service	Pre-made food hampers available; see facebook page for details or apply via google form ->	Facebook Page		https://docs.google.com/forms/d/e/1FAjOCST7y9-9AUj69yevRmV9DhQPSG6cA4Q1Gw-zuzMfYXGgk0sef8fm
London	Emergency food	London Food Bank	open - posting updates on facebook or call 519-659-4045	Facebook Page		
THUNDER BAY						
Thunder Bay	Community support	Caremongering-Thunder Bay	Community group, offering mutual support	Facebook Group		
Thunder Bay	Emergency food	Shelter House	Offering takeaway meals	Facebook Page		
Thunder Bay	Emergency food	Dew Drop-In	Providing takeaway lunches- check updates on facebook	Facebook Page		
Thunder Bay	Emergency food	Grace Place	Providing emergency meals- check updates on facebook	Facebook Page		
Thunder Bay	Emergency food	Salvation Army	Food bank and soup van remain open. Breakfast program and Language Cafe closed until further notice	Facebook Page		Website
PETERBOROUGH						
Peterborough	Emergency food	Kawartha FoodShare	List of food banks operating	Facebook Page		Website

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Calgary	Community Support	Volunteers	Offering: Door to Door Grocery Deliveries, Guidance on Zero contact airport pickup, Free Sanitary Kits	Facebook Group	
Calgary	Food Bank	Calgary Food Bank	Emergency Hamper Support line: (403-253-2055)	Facebook Page	
Calgary	Online Grocery Delivery	Various	List of grocery stores with online shopping, and their amendments during this time		Avenue Magazine Calgary
Calgary	Online Grocery Delivery	SPUD	Local and Organic discounted items, current order times changed from 8 am -3 pm, delivery days depending on region, 10\$ off first order	@SpudAlberta	https://www.spud.ca/
Edmonton	Emergency Food	University of Alberta	Open Wednesdays and Thursdays (12-6pm) for hamper pick ups and client registrations. See client page on main website for more information.	Facebook Page	campusfoodbank.com
Lethbridge	Emergency Food	Lethbridge Food Bank	For more information on services call 403-320-1879	Facebook Page	https://lethbridgefoodbank.ca/
Lethbridge	Emergency Food	Interfaith Food Bank	If you are unsure if you qualify or need support getting a hamper, call 403-320-8779	Facebook Page	https://interfaithfoodbank.ca/?fbclid=IwAR2IaF7WmXWcw0oJodFlokzBthdrWeYVqEDWISU3FvvQV5HU1ZimxVIZUJ
Lethbridge	Community Support	"Lethbridge Support Circle"	Connecting Lethbridge residents with people, supports & services (grocery delivery, what businesses are still open, what services are available, etc)	Facebook Group	
Lethbridge	Emergency food for U of L	U of L Chaplaincy	Chaplain Erin is asking U of L students who need food to email her at phillips@uleth.ca or message the U of L Food Pantries facebook page	Facebook Page	

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Province-wide	Type of service	Organization	Notes	Social Media	Website
All of BC	Financial assistance information	Gov of BC	City of Victoria update - and instructions for accessing the financial aid in first paragraph of the media release link in column F		https://www.victoria.ca/assets/City-Hall/Media-Releases/2020/2020-04-02_MR_City%20of%20Victoria%20COVID-19%20Update.pdf
All of BC + some national resources		SFU	Supports from governments (federal and BC) listed as well as other useful resources		https://www.wegotchu.ca/
All of BC, and specific cities	Distress centers	Government of Canada	List of distress lines in BC - both phone and text lines available		https://www.crisiservicescanada.ca/en/looking-for-local-resources-support/
Many locations in B.C.	Grocery Delivery	Thrifty Foods			https://www.thriftyfoods.com/shop-online
Many locations in B.C.	Grocery Delivery	Save on Foods			https://www.saveonfoods.com/shop-online-how-it-works/
Vancouver, Burnaby, Squamish, and Victoria	Grocery Delivery	SPUD	Many local and organic discounted items, current order times changed from 8 am - 3 pm, delivery days depending on region, 10% off first order	@spudvancouver	https://www.spud.ca/
Vancouver, Squamish, Victoria & Island, Okanagan etc	CSA	Farm Folk City Folk	List of CSA's (confirm they are in operation by clicking on individual links within the list)		https://www.farmfolkcityfolk.ca/knowledge-pantry/csa/
Vancouver Island					
Vancouver Island	Community Support	Carementoring	Community group, offering mutual support	Facebook Group	
Many locations on the island	Grocery Delivery	Quality Foods	Potential delays but actively working to increase capacity		https://www.qualityfoods.com/
Nanaimo	Emergency food	Leaves and Fish	Shifted hours listed on website	Facebook Page	https://www.nanaimoleavesandfishes.org/
Nanaimo	List	various	List of more food banks/distribution, and community support		http://www.telchbc.ca/index.html?c=fin&t=3&e=10
Nanaimo	Community Support		Community group, offering mutual support	Facebook Group	
Victoria	Community food security project	CRFAIR and partners	Three initiatives: Get growing Victoria (city staff growing food for communities), Fill Your Basket (funding for Indigenous families to start gardens), and Seedlings for Saanich Seniors		https://www.growingfood-together.com/support-and-initiatives
Victoria			Detailed list of services provided through the Food Share Network		https://mail.google.com/mail/u/0/?ui=2&ik=8&as=box/FMfgwvHMZLFXzmbjGjZHQDGBMFjx7cprojector=1&messagePartId=0.1
Victoria	Community Support	Community-built	List of more food banks/distribution, and community support		https://docs.google.com/document/d/1wmhTyDafyWJUDT3TmV_G_X4hrpZy5f91Bsnwb8e4dP2bclid=hwAR3MG8BTw-SS-Dpj_UIN08zM1W3DQeK9HamAmBjR4qbatnc2wLDS7tq
Victoria	Emergency Food	UVSS Food Bank	Closed until further notice	Facebook page	https://uvss.ca/foodbank/
Victoria	Emergency Food	Mustard Seed	Food Bank	Facebook page	http://mustardseed.ca/?fbclid=IwAR2zE4Gngg1jODZuHJOIDRClnwX2WwaTV6yCESORHWHvV51yoGzxA
Victoria	Food Box	Good Food Box	open - order online		https://thepoodfoodbox.ca/
Victoria	Community Support		Community-led food needs and offers, and ride sharing	Facebook Page	
Victoria	Support Group	Coming Together	Offering: direct aid, social support, neighbourhood pods, advocacy	Facebook Group	
Victoria	Grocery Delivery	The Market Stores (on Yates and Millstream)	Higher price points, potential delays		https://express.themarketstores.com/
Victoria	CSA	Saanich Organics	Sign-up open for June		https://www.saanichorganics.com/csa-box
Victoria & CRD	Community Support	CRFAIR	Post on Facebook with a list of operational regional farmers markets and farm-direct delivery (posted March 23rd)	Facebook Page	
Greater Vancouver & Squamish					
Greater Vancouver	Emergency Food	Greater Victoria Food Bank	List of open and closed locations and a map of food banks in the area.		https://foodbank.bc.ca/
North Vancouver, Burnaby, Dundas and Hasling's	Emergency Food	Quest Food Exchange	Closed until further notice		http://www.questoutreach.org/
North Vancouver	Community Support	Coming Together	Community group, offering mutual support	Facebook Group	
Vancouver	Food Services	UBC	Feast, Gather and Open Kitchen still open with precautions		Covid-19 response
Vancouver	Emergency Food	AMS @ UBC	Mondays from 10 am - 2 pm, and on Thursdays from 2 pm - 5 pm	AMS Services (if not Food bank community tables, and updates here)	https://www.ams.ubc.ca/student-services/food-bank/
Vancouver	Community Support	Coming Together	Community group, offering mutual support	Facebook Group	
Surrey	Emergency Food	Surrey Food Bank	Altered hours		https://www.surreyfoodbank.org/2020/03/information-regarding-temporary-program-changes/
Langley	Emergency Food	Langley Food Bank	No Covid-19 notice yet - contact before visiting		http://langleyfoodbank.com/
East Vancouver	Emergency Food	Saige Community Food Bank	Limited hours (twice per month) but individuals offering support in the Facebook group, trans, two spirit and gender diverse safe space, open to all and is also no barrier - no ID, proof of housing or income required.	Facebook Page (click 'about us' for more details)	
Burnaby	Community Support	Carementoring South Burnaby	Community group, offering mutual support	Facebook Group	
Squamish	Emergency Food	Squamish Food Bank	Pre collected hampers only - limiting foot traffic	Facebook Page	https://www.canadahelps.org/en/charities/squamish-food-bank-society/?fbclid=IwAR20BnjqFYfth6JhzhNqN8u06oifrmCkx1O_GkchQrM/7Z4fXCBK6W8
Squamish	Community Support	Coming Together	Community group, offering mutual support	Facebook Group	
Kelowna					
Kelowna	Emergency Food	UBCSUO Food Pantry	Pantry accessible through security, offering support to those in need via email (pantry.foodbank@ubcsuo.ca)	Facebook Page	https://www.ubcsuo.ca/pantry
Kelowna	Community Support	Coming Together	Community group, offering mutual support	Facebook Group	
Kelowna	Emergency Food	Central Okanagan Food Bank Kelowna location	Pre-scheduled appointments only	Facebook Page	https://cofoodbank.com/client-services/client-services-kelowna/
Kelowna	Grocery Delivery	Instacart	Many grocery stores that have online deliveries use the third party service		https://www.instacart.ca/grocery-delivery/kelowna-bc
District of Lake Country	Emergency Food	Lake Country Food Bank	Walk in service closed, hampers available	Facebook Page	https://www.lakecountryfoodbank.org/?fbclid=IwAR0W0KCBFw57Oj-q_dwMMOnqrmqz3v7PRMz17Tkg3C2V2WjAGevnPAGa