

FOOD ASSISTANCE PROGRAM



Helping the Ancaster
Community One Meal
at a Time!

FOR MORE INFORMATION,
PLEASE CALL US AT:
(905) 648-6675



ANCASTER COMMUNITY SERVICES



FOOD ASSISTANCE PROGRAM INFORMATION



*Monthly programs providing nutritious meals
for low-income individuals and families.*

Food Bank: The Food Bank is a **monthly** program providing individuals and families with non-perishable foods, vouchers, and other necessities.



Good Food Box: This program occurs monthly and provides up to **three (3) grocery bags** of fresh fruits and vegetables. The cost is discounted for those who access our Food Bank.



Our food bank **hours of operation** are
Mondays, Tuesdays and Fridays
9:00 AM- 4:00PM.



To qualify, you must:

- Reside in the Ancaster or surrounding area (please enquire)
- Provide current identification and proof of income
- Provide copies of expenses



***By appointment **only**.** Please contact our
office to book or for more information.*

ANCASTER COMMUNITY SERVICES
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