

Many food aid organizations ask for government-issued ID, income documents, or even proof of immigration status to access their services, which many non-status residents do not have. However, this varies from organization to organization. There are a number of food aid services – food banks, community cafeterias, collective kitchens and low-cost food stores – that are open to anyone, regardless of immigration status. Some of these places ask for no documents, and others will accept referral letters from organizations like Solidarity Across Borders. Below is a list of some of these food aid services in Montréal, along with their requirements for access, operational hours, and costs.

The Food for All committee of Solidarity Across Borders works with a variety of food aid organizations to fight for accessibility to food services for all – especially for those with precarious immigration status. Please get in touch with us if you are having trouble accessing food services and we will do our best to support you: [food4allmontreal@gmail.com](mailto:food4allmontreal@gmail.com)

| Name of organization   | Contact Info & Neighbourhood   | Requirements for access  | Operating hours & cost  |
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| Entraide Ahuntsic Nord – Service de Nutrition et d’Action Communautaire (SNAC) Fourchettes de l’Espoir | 514-382-9171<br>10780 Laverdure, Ahuntsic<br><a href="http://entraidenord.org/">http://entraidenord.org/</a>   | Need a photo-ID (not government issued) & must have an Ahuntsic postal code, & ask for proof of income (but this can be negotiated)  | Twice a week: Thursdays 5:30-7pm at Maison du Monde (corner of Chabonnel & St. Laurent) and Wednesdays 1-2:30pm; suggested donation: 2\$  |
| Corporation Culturelle Latino-Américaine de l’amitié (COCLA)   | 514-852-1492<br><a href="mailto:lesfourchettesdelespoir@hotmail.com">lesfourchettesdelespoir@hotmail.com</a><br>12165 Boulevard Rolland, Montréal Nord | Must call on Monday to get an appointment from Tuesday-Friday, need proof of address (but no government-issued documents), must live in Montréal North, wheelchair accessible      | Community food bank: Mondays at 1pm, only allowed one handout per month   |
| Head & Hands   | 514-748-0796<br><a href="http://coclamontreal.org">coclamontreal.org</a><br>1357 St. Louis, Ville St. Laurent  | Open to all, take referrals but documents are not necessary, serve anyone in Montréal regardless of neighbourhood, confidential; speak Spanish, Arabic, French, & English;         | Food bank every Friday (10am-5pm, give out food boxes according to family size), emergency food aid any day of the week, by donation lunch on Wednesdays at 12pm, community kitchens on Mondays and Tuesdays 10am-1pm (with lunch), holiday food baskets available in December, also host workshops |
| NDG Food Depot   | 514-481-0277<br>5833 Sherbrooke Ouest, Notre-Dame-de-Grace (NDG)   | Must be between the age of 12-25, do not ask for proof of address or status;   | Food bank during regular office hours (9am-5pm, Monday to Friday), can use services twice a month   |
|  | 514-483-4680<br><a href="mailto:info@depotndg.org">info@depotndg.org</a><br>2121 Ave. Oxford, NDG  | Ask for proof of address & ID; *but if non-status can speak confidentially to staff for access; must live either in Côte-des-Neiges, Snowdon, Outremont, or the Town of Mont Royal | Food baskets for individuals & families twice a month: Mondays 2:30pm-7:30pm & Thursdays 10am-3pm   |
| Conseil Communautaire Solidarités Villeray   | 514-279-0117<br><a href="mailto:ccsv@solidaritesvilleray.org">ccsv@solidaritesvilleray.org</a><br>660 rue Villeray, Villeray                           | Must have proof of address & income (priority for community members) but can receive aid without these documents   | Open on Fridays   |

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| La Maison de Quartier Villeray   | 514-272-4598<br><a href="mailto:mqv@bellnet.ca">mqv@bellnet.ca</a><br>660 Villeray, Villeray  | Must be a Villeray resident, volunteer or else be referred by another organization; proof of income encouraged but not necessary; wheelchair accessible; speak Spanish, Arabic, English, & French; confidential | Food bank, collective garden & kitchen, and subsidized grocery store; food bank every Wednesday for volunteers, once per week for referrals; twice per month for subsidized grocery store; twice a month for collective kitchen; once a week for collective garden       |
| Conseil communautaire Solidarité Villeray (CCSV)                                     | 514-279-0117<br>Food is served in the basement of the Notre-Dame-du-Rosaire Church (807 Villeray), Villeray   | No documents needed but must live in Villeray, confidential, wheelchair accessible  | Food bank every Thursday, may be accessed twice a month, or once a week if in a situation of serious precarity   |
| Cafeteria Communautaire Multicaf   | 514-733-0554<br><a href="mailto:katy.cavanaugh@multicaf.org">katy.cavanaugh@multicaf.org</a> OR <a href="mailto:info@multicaf.org">info@multicaf.org</a><br>3591 av. Appleton, Côte-des-Neiges (CDN)  | Cafeteria is open to all, no documents needed; for food bank need proof of address (must be a Côte-des-Neiges, Snowdon, Outremont, or Town of Mont Royal resident) & ID   | \$1.50 per cafeteria meal or by donation for the food bank;  |
| PEYO Cafeteria   | 514-278-7396<br><a href="mailto:information@peyo.org">information@peyo.org</a><br>419 rue Saint Roch, Parc Extension  | Cafeteria is open to all  | 1\$ Lunch meals for children, 3.50\$ for a main (adult) course or 5\$ with soup, juice, & salad  |
| Centre des Femmes de Montréal  | 514-842-4780<br><a href="mailto:cfmwcm@centredesfemmesdemtl.org">cfmwcm@centredesfemmesdemtl.org</a> OR <a href="mailto:spl@centredesfemmesdemtl.org">spl@centredesfemmesdemtl.org</a><br>3585 rue Saint Urbain, Plateau (Montréal)   | Need "proof of residency for min. 5 years" + address, but claim that they can be accessible to all who live in the Plateau neighbourhood, regardless of status; confidential                                    | Food bank is available once a month; book an appointment on Monday then come on Thursday for a food box  |
| Accueil Bonneau Inc.   | 514-845-3906 ext. 223<br>427 de la Commune Est & 430 St. Catherine for meals  | Open to all; wheelchair accessible; confidential  | 2 free meals a day 9:30-11:20am and 1:45-3pm, also have other services for no charge   |
| Centre Aide a la Famille   | 514-982-0804<br><a href="mailto:manuela@centreaidefamille.com">manuela@centreaidefamille.com</a><br>3861 Boulevard Saint-Laurent, Plateau   | Need proof of address & income or else a referral from another organization   | Food bank every Wednesday and collective kitchen every second Friday. Cost: 3\$/week per person or 12\$/month, or per 2-3 people: 4\$/week, 16\$/month, or +4 people: 5\$/week or 20\$/month   |
| Centre d'entraide et de ralliement familial (CERF) Groupe Communautaire L'itinéraire | 514-288-8314<br><a href="mailto:centraifa@aol.com">centraifa@aol.com</a><br>105 rue Ontario Est, bureau 101, Centre Sud<br>514-597-0238 ext. 240<br><a href="mailto:shawn.bourdages@itineraire.ca">shawn.bourdages@itineraire.ca</a><br>2103 St. Catherine Est, 3 <sup>rd</sup> floor, Centre Sud | Must be a member (5\$/year) or pay cost of food package (5\$/month);<br><br>Must be in a condition of homelessness  | Free emergency food aid twice a month if referred by a known organization or can prove urgent situation; OR regular food aid once a month<br><br>No cost for weekly food bank, \$4 for a meal or may receive a donated meal; café is open Monday to Friday, 8:30am - 1pm |
| Maison des Amis-e-s du Plateau Mont Royal  | 514-527-1434<br><a href="mailto:marcel.bergeron@maisondesamis.org">marcel.bergeron@maisondesamis.org</a><br>1360 St. Joseph Est, Plateau  | Ask for name, age & gender for stats purposes but no need for identification or documents   | Free meals at 1:30pm Monday to Saturday, no limit on use   |

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| Midnight Kitchen   | midnightkitchencollective@gmail.com<br>3rd floor (room 304), Shatner Building (3480 McTavish St), McGill University, Downtown   | Open to all + can volunteer   | Daily vegan lunch servings September to April, Monday to Friday at 12:30pm   |
| The People's Potato  | 514-848-2424 ext. 7590<br><a href="mailto:peoplespotato@gmail.com">peoplespotato@gmail.com</a><br>7 <sup>th</sup> floor, Hall Building, 1455 de Maisonneuve O, Concordia University, Downtown | Open to all + can volunteer   | Daily vegan lunch servings September to April, Monday to Friday at 12:30pm   |
| Carrefour d'Éducation Populaire Point St. Charles                            | 514-596-4444<br><a href="mailto:carrefour.anim@csdm.qc.ca">carrefour.anim@csdm.qc.ca</a><br>2356 rue Centre, Point St. Charles  | A collective kitchen open to all (& dedicated to supporting those who are illiterate), kitchen is not wheelchair accessible | Meals are 1.25\$ a portion   |
| Comité d'Éducation des Adultes de la Petite-Bourgogne et de St. Henri (CEDA) | 514-596-4422<br><a href="mailto:direction@ceda22.com">direction@ceda22.com</a><br>2515 rue Delisle, St. Henri & Little Burgundy   | Need proof of residence & proof of income for food bank access, low-cost café is open to all                                | 2\$ fee for food bank, meals range from 1.75-250\$, food bank is second-to-last Wednesday of each month; low-cost frozen dinners are also sold during CEDA's regular hours (9am-5pm, Monday to Friday)       |
| Réseau d'Entraide de Verdun  | 514-762-0705<br><a href="mailto:nicolasr6@gmail.com">nicolasr6@gmail.com</a><br>4400 Boulevard Lasalle, Verdun  | Open to all & receive referrals   | Emergency food aid is free, also have a low-cost grocery store & operate a collective kitchen, open Monday to Thursday, 10am-6pm   |
| Solidarité Saint-Henri   | 514-937-9813<br><a href="mailto:securitealimentaire_ssh@hotmail.com">securitealimentaire_ssh@hotmail.com</a><br>75 Square Sir-Georges-Étienne-Cartier, St. Henri                              | Open to all   | Sell veggies & fruits at reduced prices in 3 locations (Femijeunes, CRCS Saint Zotique & Centre Saint Paul), the 1 <sup>st</sup> and 3 <sup>rd</sup> week of each month (for a total of 6 markets per month) |
| Share the Warmth   | 514-933-5599<br>625 Fortune St., Point St. Charles  | Take referrals  | Food bank Mondays & Thursdays 1-3pm, except the first week of each month; can be accessed by individuals twice a month   |