Food support finder

Find and record the food help near you: campus pantry, local food banks, community meals and grocery support, with hours and what to bring.

NAME

DATE

Place or program	Type (campus pantry, food bank, community meal)	Address	Hours	What to bring	Notes (halal, kosher, vegetarian options)

STEPS

- [ ] Asked my student union or student services about a campus pantry
- [ ] Searched for a food bank near where I live
- [ ] Saved hours and whether I need ID or proof of address
- [ ] Noted options that fit my faith or diet

Using a food bank is normal and confidential. Ask about options for your diet or faith.

SOURCES (CHECKED 2026-11-26)

Food Banks Canada offers a Find a Food Bank tool to search for a food bank in your community. https://foodbankscanada.ca/find-a-food-bank/ (checked 2026-11-26)