



In these difficult financial times, we are providing you with places that may assist you with your day-to-day living expenses.

Please see the links below. If you wish to contact the office for any other assistance that we may have been able to find, please contact Donna at [support@uniforlocal673.org](mailto:support@uniforlocal673.org) or call 416-636-5767; again confidentiality will be upheld.

**Food Banks:**

Anyone in need can use a food bank. When you visit, you'll most likely be assessed to see how the program can help you. Make sure to bring: Photo identification for you and everyone in your household who will be using the food bank's services.

Please Note: Each food bank has different rules.

This useful tool by the Daily Bread Food Bank lets users find their closest food bank by inputting their home address:

<https://www.dailybread.ca/need-food/programs-by-location/>

Feed Ontario has a similar tool, but is more provincial in scope:

<https://feedontario.ca/about-us/find-a-food-bank/>

Here are some Food Banks that may work for you

**MISSISSAUGA**, by postal code -

4544 Eastgate Pkwy, Mississauga, ON L4W 3W6

Serves Mississauga Residents Only

One will receive 7+ days of healthy food for each family member.

St. Mary's Food Bank

### **Coopers Location**

Serving Postal Codes: L4Z, L5W, L4W, L5R, L5V

5715 Coopers Ave, Mississauga, ON L4Z 2C7

### **Dundas Location**

Serving Postal Codes: L4X, L4Y, L5A

1699 Dundas St E, Mississauga, ON L4X 1L5

### **Streetsville Location**

Serving Postal Codes: L5N

6277 Mississauga Rd, Mississauga, ON L5N 1A7

[211Ontario](#) or [211Central](#) (GTA) often has information included around what each food bank eligibility and requirements are (but also provides info on other community resources).

### **Rent:**

The Toronto Rent Bank provides some income assistance for renters who may be behind on their rent payments.

<https://www.toronto.ca/community-people/employment-social-support/housing-support/financial-support-for-renters/toronto-rent-bank/>

The Housing Help Centre is also an organization that can be reached out to on this front (for those in Toronto and York Region):

<https://www.shhc.ca/>

### **Utilities:**

Those in Toronto can reach out to the Emergency Energy Fund if they might be behind on gas and hydro payments so as to not get disconnected.

<https://www.toronto.ca/community-people/employment-social-support/support-for-people-in-financial-need/assistance-through-ontario-works/policies-and-procedures/emergency-energy-fund-eef/>

### **Mortgage:**

This is a bit trickier, and so far just seeing suggestions that people contact their financial institution and inquire about mortgage payment deferrals (deferring payments for up to possibly four months).

<https://www.canada.ca/en/financial-consumer-agency/services/mortgages/mortgage-deferrals.html>