

# Food and Financial Resources

Below are some food and financial resources that are still open during the pandemic.

## Food Banks and Meal Programs

Food banks and meal programs are still open, but they have changed how they run to promote physical distancing. Most offer pre-packaged meals or food hampers. Some need people to call and book an appointment in advance. Visit the [Hamilton Food Share website](#) for the latest updates on locations and hours of operation.

Most community **meal programs** are operating by handing out bagged meals at the same times that people would regularly be used to. [Here's the list and contact info.](#)

## Meals for Pickup

- |                                  |   |
|----------------------------------|---|
| <b>Wesley Day Centre</b>         | Indoor seating for 20 people (reserved for homeless). Offering bagged lunch that can be picked up. <ul style="list-style-type: none"> <li>• 195 Ferguson Avenue North (905-528-5629)</li> </ul> |
| <b>541 Eatery &amp; Exchange</b> | Bagged lunch available daily from 11 A.M. to noon. <ul style="list-style-type: none"> <li>• 541 Barton Street East (289-389-0541)</li> </ul>  |

## Meal Delivery

- |                        |  |
|------------------------|--|
| <b>Meals on Wheels</b> | Hot and frozen meals for delivery. Small cost per meal. Call for details <ul style="list-style-type: none"> <li>• <b>Ancaster:</b> Ancaster Community Services (905-648-6675)</li> <li>• <b>Dundas:</b> Dundas Community Services (905-627-5461)</li> <li>• <b>Other Hamilton Communities:</b> VON (289-684-4328)</li> </ul> |
| <b>Heart to Home</b>   | Commercial service offering frozen meals delivered weekly. Order by phone or online. No extra delivery fees. <ul style="list-style-type: none"> <li>• 1-877-545-5577 or <a href="https://www.hearttohomemeals.ca/">https://www.hearttohomemeals.ca/</a></li> </ul>   |

## Grocery Shopping Help

- |                                  |   |
|----------------------------------|---|
| <b>Grocer-Ease</b>               | Banyan Services<br>This is a shopping service for grocery and pharmacy shopping. Individuals can call and self-refer. There is a small service fee. <ul style="list-style-type: none"> <li>• 905-545-1175 or <a href="#">Website</a></li> </ul> |
| <b>Grocery Gateway by Longos</b> | Grocery delivery <ul style="list-style-type: none"> <li>• 1-877-447-5577</li> <li>• <a href="http://www.grocerygateway.com">www.grocerygateway.com</a></li> </ul>   |

**\*\*\*This is not an exhaustive list. There are lots of options online and most grocery stores are delivering for little cost.\*\*\***

Public Health Services (905-974-9848) will continue to connect vulnerable individuals in need of support with the City Emergency Operations Centre (EOC) to facilitate the following:

- Emergency food delivery for those in self isolation or deemed medically vulnerable who have no other supports such as friends, family or neighbours to assist
- Delivery of masks and gloves to individuals identified by public health as COVID positive
- Arranging transportation to the assessment centres via DARTS for individuals requiring testing for COVID-19
- Providing information for accessing financial supports such as OW and EI and supporting navigation of these processes
- Receiving and forwarding requests from community agencies such as long term care facilities, shelters and residential housing for PPE as well as supplies (i.e. bags and boxes for the food banks)
- Supporting individuals with accessing or renewing prescriptions through their pharmacy
- Support with accessing Mental Health supports (primarily COAST)
- Tracking and forwarding offers of support from the community to our City EOC for coordinated planning

## Financial Resources

**Public Health Services (905-974-9848) will continue to connect vulnerable individuals in need of support with the City Emergency Operations Centre (EOC) to facilitate providing information for accessing financial supports such as OW and EI and supporting navigation of these processes.**

### Canada Emergency Response Benefit (CERB)

The federal government has [announced a new plan](#) to provide support to those who have lost their income because of COVID-19.

This is a taxable benefit of \$2,000 per month for up to 4 months. It is available to:

- workers who had to stop working because of COVID-19 and do not have access to paid leave or other income support.
- workers who are sick, quarantined, or taking care of someone who is sick with COVID-19.
- working parents who must stay home without pay to care for children that are sick or need additional care because of school and daycare closures.
- workers who still have their employment but are not being paid because there is not enough work and their employer has asked them not to come to work.
- wage earners and self-employed individuals, including contract workers, who would not otherwise be eligible for Employment Insurance.

How to apply:

- Applications will start in early April
- Apply online or by telephone (a 1-800 number will be announced)
- Payments will begin 10 days after application
- Benefit is available from March 15 to October 3, 2020
- Those who have already applied for EI do not need to re-apply

To prepare to receive the CERB benefit, make sure direct deposit is set up with the Canada Revenue Agency. You can do that by setting up an account, if you haven't already, and [logging in to the website](#).

## **Rent**

The province of Ontario has suspended evictions in the current health emergency. This is the number for the Ontario Landlord Tenant Board that handles tenants' rights: 1-888-332-3234.

## **Mortgage**

You can apply to have your mortgage payments deferred. Contact your bank directly for more information.

## **Other Benefits**

Here is a [detailed chart](#) that outlines other benefits that you may be eligible for, and how to apply.