

Food Resources in Niagara Falls

(Date revised –April 29, 2025 BG)

**To make an appointment for emergency food distribution for Project SHARE
Call 905-357-5121 Ext 250, email at emergencyfood@projectshare.ca, or book in person**

Project SHARE – 2-4129 Stanley Ave

Food bank open Monday-Friday 9am-3pm

Provides a monthly food distribution by appointment

Identification (for every household member) + Niagara Falls address verification required.

Project SHARE Satellite Location

Chippawa Presbyterian Church – 8280 Willoughby Drive (Chippawa)

Food bank open Wednesdays 1 p.m. – 6 p.m.

Provides a monthly food distribution by appointment

Identification (for every household member) + Niagara Falls address verification required.

Both Project SHARE locations cannot be accessed in the same month for emergency food services, it's either Stanley Ave or Willoughby Dr location.

Niagara Worship Centre – 6846 Frederica Street

Food Pantry -The food pantry can be accessed the 2nd Thursday of the month from 10am-2pm

Falls View BIC Church – 7189 Drummond Rd

Shepherd's Heart Food Pantry – Wednesday 10:00am – 12:00pm

Identification + Verification of Income requested

fallsviechurch.office@gmail.com

Salvation Army Food Truck – Fridays 4 different stops

3:30pm at Edgecliff Inn (4181 Queen St)

4:00pm at Niagara Falls Community Centre (4790 Victoria Ave, Huron street entrance)

4:45pm at Continental Inn (5756 Ferry St)

5:45pm at Fallsvie Lane Residences (8004 Lundy's Lane)

Niagara Falls Community Outreach (The Soup Kitchen) – 4865 St. Lawrence Ave

Bagged lunches given daily at the front doors 1130am-1:00pm

Southminster United Church – 6801 Hagar Ave

Community Lunch on Wednesdays 11:30am -12:15pm

Thrift shop on Wednesdays 10am-12:30pm

The Bridge – 4349 Queen St

Breakfast 7 days a week - 7:30am-8:30 for take-out or 7:30am-8:20am if you eat inside
Provides coffee or tea with breakfast, no income cut off, for anyone that could use a nutritious meal. For any questions please email admin@thebridgenf.ca

GROW Community Food Literacy Centre – 4377 Fourth Ave

Low Cost market Saturdays 9:30am-12:30pm
Identification (for every household member) + income verification + address verification
MUST become a member, please call or visit the website to register
Call (905) 353-9792 or visit website: <https://www.growcflc.com/growmarket>

Small Scale Farms – 13145 Lundy's Lane

Local food hub/Market - Open Monday-Friday 9am-5pm, Saturday 9am-3pm
Check out Facebook for daily deals, prices on produce, meat, eggs, dairy, etc..
<https://www.facebook.com/smallscalefarming> or call 1-844-769-7333.
orders@smallscalefarms.ca

Grow-On-The-Go Mobile Market – Every Thursday – Cash only – Bring your own bag

12:45pm-1:30 6388 Hawkins St, Apartment building
2:00pm-2:45pm 6868 Ailanthus Ave, Apartment building
3:15-4:00pm 4790 Victoria Ave, Niagara Falls Community Health Centre

The Good Food Box - 4790 Victoria Ave (Niagara Falls Community Health Centre)

Fresh and affordable produce purchased from local farmers and wholesalers.
Pick-ups are Wednesday afternoons once per month, and orders are due on Tuesday one week prior. Exact cash only, at reception in person.
To order online, or check out the calendar for ordering dates, visit the website at:
linksforgreenerlearning.org
Small box \$22 (1-2) people - Large box \$26 (3-5) people
905-356-4222

Pop-Up Market – 4848 Victoria Ave – Niagara Falls Public Library

First come first serve, one Thursday a month, 12:00pm - 1:30pm
Varies each food item from \$0.50 to \$2 – Bring own bags
linksforgreenerlearning.org for pop-up market calendar dates or call: (905) 397-5639