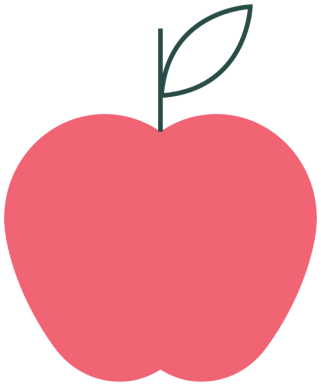
Food Resources in the Plateau-Mont-Royal

Objective

This pamphlet is intended to provide information and raise awareness about food security services provided in the Plateau Mont-Royal area.



Legend

- Food bank /baskets
- Fresh fruit & vegetable baskets
- Prepared meals
- Community kitchen & workshops

Monday

- Mile-End Community Mission - 9:00 am (Community dinners)
- Resto Plateau - 16:30 to 18:30 (Prepared meals and food bank)

Tuesday

- Mile-End Community Mission - 12:00 (Community dinners)
- Coop MPB - 12:30 to 14:30 (Community dinners)
- Accordailles - 12:00 to 15:00 (Community dinners)
- Restauration Verticale - 14:00 to 17:00 (Food baskets)

Wednesday

- Restauration Verticale - 10:00 to 12:30 (Food basquets)
- Mile-End Community Mission - 12:00(Community dinners)
- Centre d'aide à la famille - 13:00 to 15:00 - every other week (Food baskets)
- Resto Plateau - 16:30 to 18:30 (Prepared meals)

Thursday

- Mile-End Community Mission - 12:30 (Food basquets)
- AEPP (Food basquets)
- Restauration Verticale - 10:00 to 12:30 (Food basquets)
- Cuisine collective (home delivery of portioned meal ingredient food boxes)
- PIAMP - 13:00 to 19:00 - every other week (Food basquets)

Friday

- AEPP - 10:00 (food bank)
- Mile-End Community Mission - 12:00 (Community dinners)
- Mousquet'aides - 14:30 à 15:30 (Food basquets)
- Santropol Roulant - June 14 to October 25 - 16:00 to 18:00 (soup kitchen)
- Milton Parc food bank - 18:00 (Food basquets)
- Réseau d'entraide Milton Parc - 16:00 to 20:00 (food bank)

Sunday

- Réseau d'entraide Milton Parc - 14:00 to 16:00 (Food basquets)
- Resto Plateau - 11:30 to 13:30 (Prepared meal counter)

RDV

- Chaînon - by appointment (Food basquets & Prepared meals)
- Montreal Womens center - Wednesday by appointment (Food basquets)

Du lundi au vendredi

- Plein Milieu - (distribution of soup and snacks)
- Open door - 9:00, 12:00 & 17:00 (hot meal)
- Resto Plateau 11:30 to 13:30 (hot meal)
- Société Saint-Vincent de Paul - displayed on the organization's voicemail (Community dinners)
- Diners St-Louis - 12:00 to 13:00 & 15:00 (Soup kitchen)
- Maison d'Aurore (Frozen meals)
- Maison des amis 13:00 to 14:00 (Soup kitchen)
- Fruits de la passion - displayed on the organization's Facebook (Food basquets)

Mile End

Les Accordailles

Community dinners and grocery assistance/ accompaniment.

465, Gilford Street, suite 101

Every Tuesday Noon-3PM

Community dinners: $4 for members, $5 for non-members. Frozen meals sold for $2 to $4 each

514 282-1553

Who can go?

- This resource is is intended for people 50 years of age and older

How does it work?

- For community dinners: show up between 12 noon and 5PM on Tuesdays.
- For accompaniment services: A referral from a professional is required to request an intake, then just show up during hours of operation.

Mile-End Community Mission

Weekly food bank, community dinners & prepared meal service

99, Bernard West

Community dinners: Monday at 9AM,
Tuesday, Wednesdays, and Fridays at 12 noon.
Food bank: Thursday at 12:30PM

Free community dinners and delivery meals $2

514 274-3401 \\ general@mileendmission.org

Who can go?

- This resource is available for anyone who needs it.

How does it work?

- Community dinners: no registration or membership required. Just show up during meal times.
- Food bank: Sign up to confirm that you are eligible for this. Proof residence and proof of income required.

Plein Milieu - fixed site

Soup kitchen and snacks to go.

4675, Saint-Denis street

Monday to Friday, call us to find out our opening hours

Free

514 524-3661 #26

Who can go?

- The Fixed Site, Day and Evening Center for people in vulnerable situations, experiencing homelessness, or who use drugs by injection and/or inhalation.

How does it work?

- Not required to register or show documentation.
- Show up during the hours of operation.

Banque alimentaire Milton Parc

Prepared meals (vegetarian options), distribution of food boxes.

3594 Jeanne-Mance Street

Every Friday at 6 p.m.

Free

mpfoodbank@gmail.com

Who can go?

- This resource is for anyone who needs it.

How does it work?

- Present yourself at the organization during distribution hours with bags for the food box and containers for the hot meal.
- No registration or documentation is required.

Coop BMP

Community lunch

3714 Av. Du Parc

Every Tuesday, 12h30 to 14h30

Free or donation

solidaritymealprogram@bmp.coop

Who can go?

- This resource is for anyone who needs it.

How does it work?

- No registration or documentation is required.
- Present yourself at the organization during distribution hours.
- Welcome to stay and enjoy their meal inside, or they may chose to take it to go provided they bring their own container.

Jeanne-Mance

Ateliers d'éducation populaire du Plateau

Food bank service, pick-up location for community food baskets, and surplus food pick-up

4273, Drolet street

Monday to Thursday 9AM to 5PM, Friday 9AM to 12 noon. Emergency food baskets are provided on Thursdays (registration required) and surplus food is given out Fridays at 10AM (no appointment necessary).

$5 annual membership fee

514 350-8881 ext. 201 \\ chargedeprojet3@aepp.ca

Who can go?

- This resource is intended for low-income residents of the Plateau.

How does it work?

- Food bank and solidarity baskets: sign up for an info session by contacting the AEPP at the number above.
- Documents required for food box: an identity document, proof of income for each adult, and proof of residence.

Centre communautaire Restauration Vertical

Food bank/ baskets

3767, Berrin street

Tuesday 2PM to 5PM, Wednesdays and Thursdays
10AM to 12:30PM depending on availability

$7 food bank baskets and $10 sign-up fee

514 750-3946 \\ nydia@restauracion.ca

Who can go?

- Resource is available for anyone who needs it.

How does it work?

- Just show up during opening hours and ask to sign up.
- Documents required: photo ID, proofs of residency and revenue, and status.

Centre des femmes de Montréal

Food bank services / baskets

3585, Saint-Urbain street

Wednesdays, by appointment

Free

514 842-4780

Who can go?

- Services available for any woman who may need them.

How does it work?

- Contact organization to inquire and sign up
- No documents required for sign-up.

Le Chaînon

Food baskets and prepared meal delivery

4373, de l'Esplanade Avenue

Contact the organization during opening hours to inquire on signing up and make an appointment

Free

514 845-0151

Who can go?

- This resource is for women in difficulty or in crisis

How does it work?

- Contact them to confirm availability of a given service
- No ID documentation required

Open Door

Soup kitchen providing meals 3 times a day

3535, du Parc Avenue

Every day at 9AM, 12 noon & 5PM

Free

514 939-1970

Who can go?

- This resource is for people who are experiencing homelessness with priority given to Indigenous people.

How does it work?

- Show up at meals times for soup kitchen; sign up at 8AM for a bed for the night.
- No ID document required to sign up.

Les Cuisines collectives du Grand Plateau

Cooking workshops and the Vous êtes le chef / “You’re the chef” program (home delivery of portioned meal ingredient food boxes)

4095, Saint-André street

Workshops: monthly
Portioned ingredients delivery on Thursdays

Free

514 523-1752 \\ ainmation3@ccgp-montreal.org

Who can go?

- Open to all, including adults, seniors, women and families.
- For Vous êtes le chef , must be senior living in “HLM” social housing

How does it work?

- Contact the organization to sign up
- No ID document required to sign up.

Réseau d’entraide Milton Parc

Food bank, home meal delivery, and participating in Partage & Solidarité program

3516, du Parc Avenue

Food bank: Friday 4PM to 8PM,
Provider of “Partage & Solidarité” Sunday 2PM to 4PM

Free

514 561-4656

Who can go?

- Available to anyone in need. At-home meal delivery is intended for people with reduced mobility

How does it work?

- Just show up during hours listed.
- No sign-up or ID documentation required

Resto Plateau

Community meals, frozen prepared meals in bulk, food bank (by donation) and solidarity basket pick-up point.

4450, Saint-Hubert street (basement)

Soup kitchen & prepared meal counter open Monday to Friday 11:30AM to 1:30PM. Prepared meal counter only: Monday & Wednesday 4:30PM to 6:30PM & Saturday 11:30 PM to 1:30 PM
Food bank : Monday 4h30 to 18h30

Sliding scale $3,75 to $9

514 527-5997, extension 2373

Who can go?

- Available to anyone in need.

How does it work?

- Just show up during food bank hours or meal counter hours
- No sign-up or ID document required.
- Food bank: first come, first served.

Santropol roulant

111, Roy street East

Meals on Wheels (home delivery): Monday to Wednesday, Friday, and Saturday from 9:30 a.m. to 5:30 p.m. Food kiosk: every Friday from June 14 to October 25 from 4:00 p.m. to 6:00 p.m., prices vary according to income, between $0 and $6. Emergency food assistance: Monday to Wednesday from 9:30 a.m. to 4:30 p.m., Thursday from 1:30 p.m. to 4:30 p.m. and Friday from 9:30 a.m. to 4:30 p.m.

514-284-9335

Who can go?

- Available to anyone in need.

How does it work?

- Meals on Wheels: a referral form must be completed by a healthcare professional on the organization's website (proof of income required to receive the service free of charge). If you are eligible, you will be contacted by the organization.
- Soup kitchen and vegetables: go to the food kiosk during opening hours.
- Food assistance: go to the location. Free. Non-perishable food items, coffee.

Société St. Vincent de Paul Society
Centre d'aide Saint-Jean-Baptiste

Monthly community dinners, Christmas food basket delivery

4240, Drolet street

Meal times are displayed on the organization's voicemail

Free

514 849-2008

Who can go?
- Available to anyone in need.

How does it work?
- To sign up, call organization during opening hours to make an appointment

Les fruits de la passion & Montreal food rescrue

Mutual aid society for redistributing surplus food

Corner of St-Denis and Duluth Streets

Almost every day except for Saturdays, check the Facebook page for complete info the day you wish to access.

Free

Facebook page link:
www.facebook.com/lesfruitsdelapassion
https://surl.li/vkvjcl

Who can go?
- This resource is for anyone who is in need of support with food or who is concerned with limiting food waste.

How does it work?
- Show how it works and the schedule for the day on their page.
- No registration form of membership required.

De Lorimier

La Maison d'Aurore

Solidarity parcel pick-up, communities dinners, provider of frozen prepared meals and cooking workshops

4816, Garnier street

Frozen prepared meals available during opening hours for all other services , check organization calendar

Sliding scale

514 527-9075 \\ info@maisonaurore.org

Who can go?

- This service is for anyone who needs it

How does it work?

- Contact organization to inquire.
- No ID document required to sign up.

La Maison des Amis du Plateau Mont-Royal

Soup kitchen and fresh vegetable basket provider

1360, Saint-Joseph Boulevard East

Soup kitchen 1PM to 2PM Monday to Friday, as well as December 25 and January 1

Free

514 527-1344

Who can go?

- This resources is intended for anyone who needs it.
- Lunchtime soup kitchen is intended to Plateau residents.

How does it work?

- Show up during the soup kitchen hour
- No ID document required.

Mousquet'aides

Food bank service provider

2275, Saint-Joseph Boulevard East

Friday 2:30PM to 3:30PM

Anual membership fee of $12, baskets provided for $3, $5, or $7 according to household size

438 930-9035 \\ https://lesmousquetaides.org

Who can go?

- Anyone in need.

How does it work?

- Fill out the form on their website, where you will also find the form to complete every week that you wish to receive a food basket
- No documentation required to register

PIAMP

Food bank baskets

4430, Papineau Avenue

Thursdays 1PM to 7PM, twice monthly

Free

438 408-6376

Who can go?

- This organization serves youth 25 and under who engage in the exchange of sexual services or have done so in the past

How does it work?

- Contact organization to inquire and sign up
- No documents required for sign-up.

Dîners Saint-Louis

Soup kitchen and food bank provided to users thereof

1818, Gilford street

Meal distribution: Monday to Friday from 12:00 p.m. to 1:00 p.m. and snack at 3:00 p.m. One food aid distribution per month; call for the date.

Free

514 521-8619

Who can go?

- This service is intended for people 18 to 30 years of age who are experiencing homelessness.

How does it work?

- Just show up during meal times listed
- ID document: any form of ID that functions as proof of age

Other Resources

Centre d'aide à la famille

Food bank, emergency food baskets, and community kitchen

Food bank services every other Wednesday. 1:30PM to 3PM; community kitchen "popote" once a month.

Annual $5 fee; community kitchen $5 per visit and food bank portions are $4-$7 according to size of household

514 982-0804 extension 2 \\ ba@centreaidefamille.com

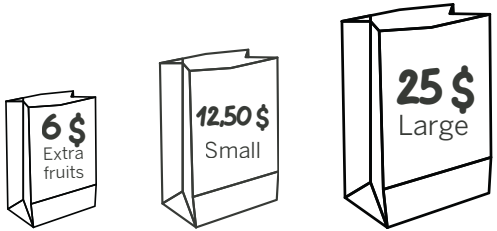
Who can go?

- This resource is available for any resident of the Plateau Mont-Royal who is in need; or any Portuguese-speaking person who is experience domestic/conjugal violence regardless of residence.

How does it work?

- Get in touch with them to find out.
- Documents required: photo ID, proofs of address and residency.

Solidarity food baskets! Paniers solidaires du Plateau!



Solidarity food baskets come in three grocery bag sizes of fresh fruit and vegetables available at various pick-up locations. A subsidized basket is also available at a rebate of 50%.

Fier partenaire de la

Mutuelle d'approvisionnement des marchés solidaires

How to receive a food basket

- **Maison d'Aurore**

  Sign-up : Monday & Wednesday from 9AM to 5PM & Tuesday 1PM to 4PM. Call 514 527-9075, extension 108 or email sylvie@maisonaurore.org

  Food bank hours: Tuesday between 4PM and 6PM

- **Resto Plateau**

  Sign-up: Monday to Friday 11:30AM to 1:30PM and Wednesday evenings 4:30PM to 6:30PM at the frozen takeaway meals counter/till.

  Pick-up: Wednesdays

- **Centre du Plateau (CdP)**

  Sign-up: Send an email to communautaire@centredu plateau.com

  "Extra fruit" baskets are not provided. Advance purchase of up to 3 or 4 baskets can only be made in person.

  Pick-up locations : CdP, HLM Ste-Véronique, Accordailles

- **AEPP**

  Sign-up: Call 514 350-8881 extension 204 or email adjointedir@aepp.ca, Cash only

  Pick-up: Tuesday 1:30PM to 4:30PM

Need support right away?

Mental Health Hotlines:

- Info-Santé 811 (Physical and mental health)
- Tel-Aide: 514 935-1101
- Tel-Aînés : 514 353-2463 (seniors)
- Tel-Jeunes : 1 800 263-2266 or by text: 514 600-1002 (youth)
- Tel-Jeunes-Parents : 1 800 361-5085 (for parents of any age)
- Interligne: 514 866-0103 or by text: 1-888-505-1010 (LGBTQ+)
- SOS Violence conjugale: 1 (800) 363-9010 (domestic/conjugal violence)
- Suicide.ca: 1-866-277-3553 or by text: 438-601-1211
- Transit Crisis Centre: 514 282-7753

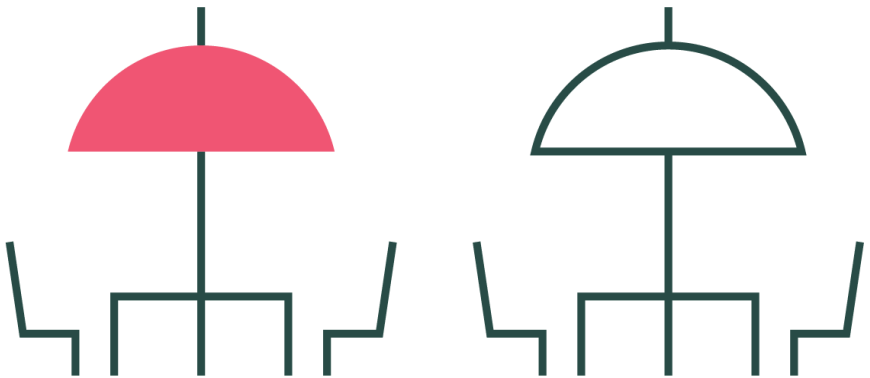
Counselling services

The Saint-Louis-du-Parc and Faubourgs CLSCs provide counselling services you can use if you are having a hard time in your personal, family, or social life. Call ahead to book an appointment or go in-person (same-day) during drop-in hours.

514 908-3530

CLSC Saint-Louis-du-Parc : 15 Mont-Royal Avenue West
Monday to Friday, 8AM to 4PM

CLSC des Faubourgs: 1705 de la Visitation
Monday to Friday, 8AM to 8PM & Saturday 8AM-4PM



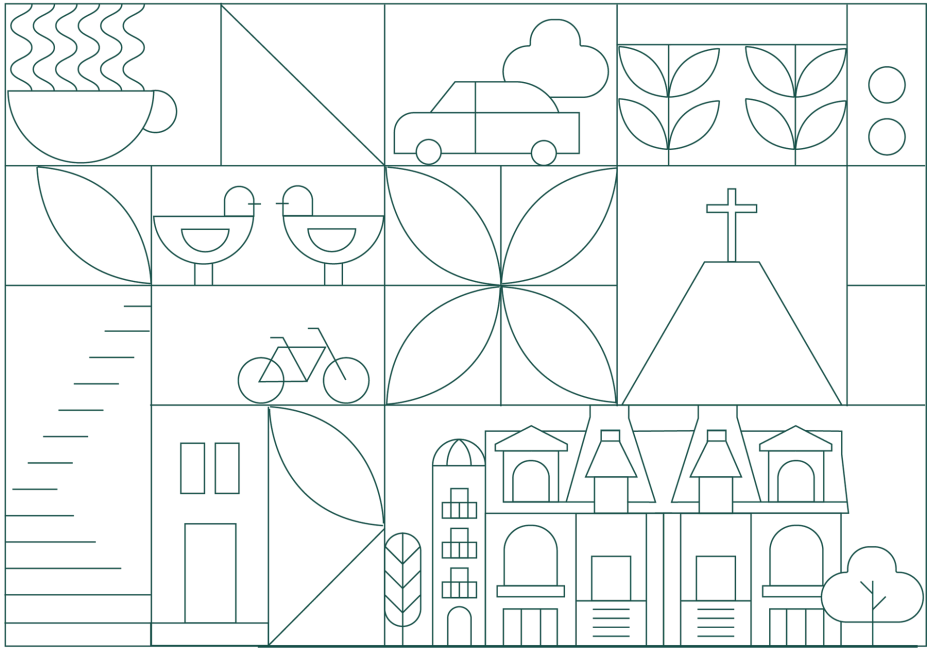


TABLE DE QUARTIER DU PLATEAU-MONT-ROYAL