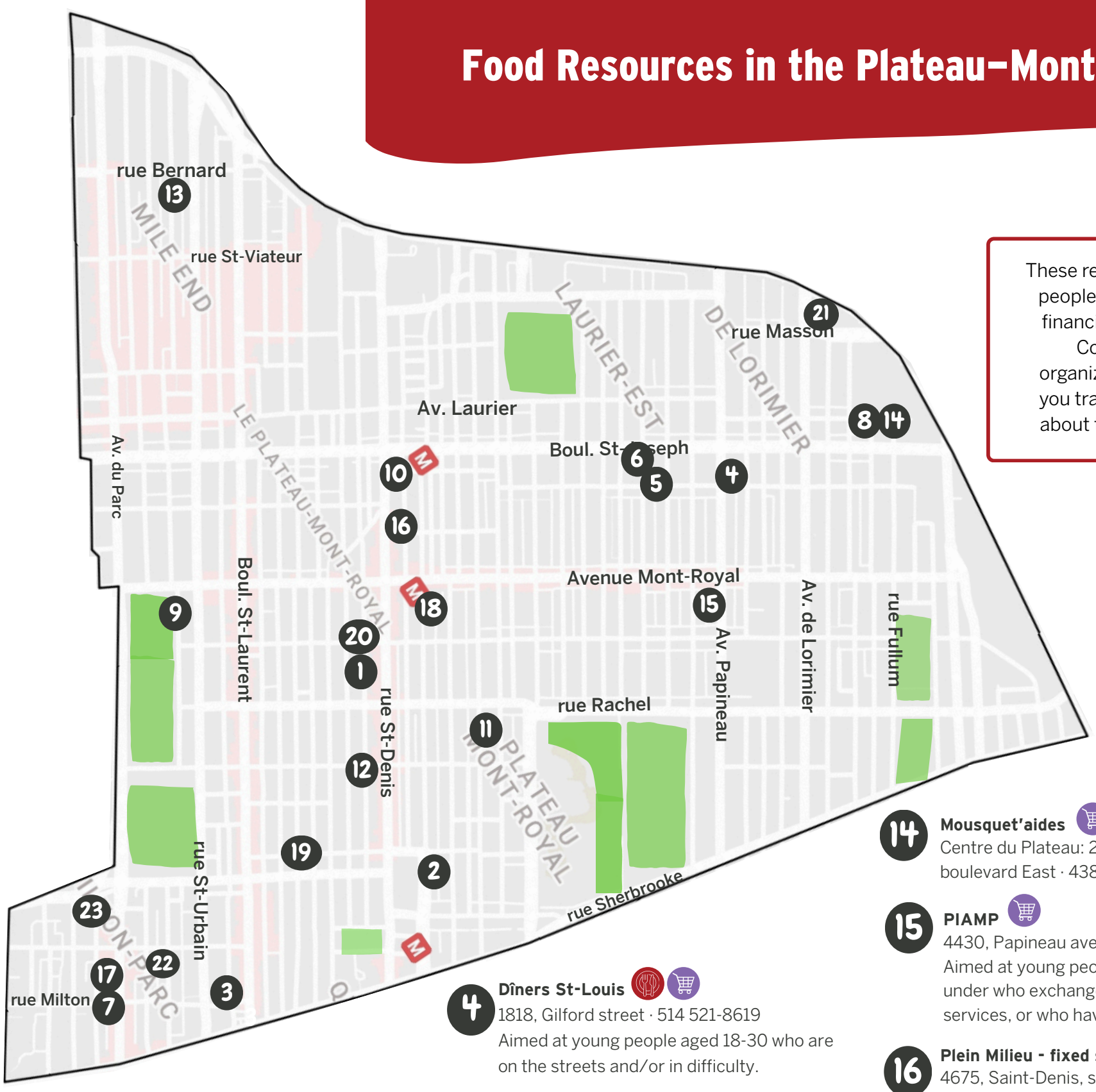
Food Resources in the Plateau-Mont-Royal



These resources are for people experiencing financial difficulties. Contact the organizations before you travel to find out about their services.

Légende:

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

1 **Les Ateliers d'éducation populaire du Plateau**
4273 Drolet street · 514 350-8881 poste 200

2 **Centre communautaire de Restauration Verticale**
3767, Berri street · 514 750-3946

3 **Centre des femmes de Montréal**
3585, Saint-Urbain street · 514 842-4780
Aimed at single women or women with families.

4 **Dîners St-Louis**
1818, Gilford street · 514 521-8619
Aimed at young people aged 18-30 who are on the streets and/or in difficulty.

5 **Maison d'Aurore**
4816, Garnier street · 514 527-9075

6 **La Maison des Amis du Plateau-Mont-Royal**
1360, Saint-Joseph boulevard East · 514 527-1344

7 **Open Door**
3535, Park Avenue · 514 939-1970
Aimed at anyone experiencing homelessness, priority is given to Indigenous people.

8 **Le Centre du Plateau**
2275, Saint-Joseph boulevard East · 514 872-6830

9 **Le Chaînon**
4373, De l'Esplanade avenue· 514 845-0151
Aimed at women in precarious situations.

10 **Les Accordailles**
465, Gilford street · 514 282-1553
Aimed at people aged 50 and over.

11 **Les cuisines collectives du Grand Plateau**
4095, Saint-André street · 514 523-1752
Aimed at people aged 50 who are economically precarious.

12 **Les Fruits de la passion**
Corner of St-Denis and Duluth

13 **Mission communautaire Mile End**
99, Bernard street West · 514 274-3401

14 **Mousquet'aides**
Centre du Plateau: 2275, Saint-Joseph boulevard East · 438 394-9187

15 **PIAMP**
4430, Papineau avenue · 514 284-1267
Aimed at young people aged 25 and under who exchange or sell sexual services, or who have already done so.

16 **Plein Milieu - fixed site**
4675, Saint-Denis, street
514 524-3661 #26
The Fixed Site, Day and Evening Center for people in vulnerable situations, experiencing homelessness, or who use drugs by injection and/or inhalation.

17 **Réseau d'entraide Milton Parc**
3516 Parc avenue · 514 561-4656

18 **Resto Plateau**
4450, Saint-Hubert street (basement) · 514 527-5997

19 **Santropol Roulant**
111, Roy East street · 514 284-9335
Meals on wheels based on referrals from healthcare professionals / Other services for everyone

20 **Société Saint-Vincent-De-Paul - Centre d'aide Saint-Jean-Baptiste**
4240, Drolet street · 514 849-2008

21 **Banque alimentaire du Centre d'aide à la famille**
5440, des Érables avenue · 514 982- 0804 poste 2
Aimed at Portuguese speakers, women victims of violence and other people in the neighborhood.

22 **Milton Park Food Bank**
3594, Jeanne-Mance street

23 **Coop MBP**
3714 avenue du Parc

TABLE DE QUARTIER DU PLATEAU-MONT-ROYAL

Revised version in december 2025