

Food-support visit ready reckoner

Canada-wide preparation; Toronto example clearly labelled · Reviewed 2026-10-03

Food programs have different arrangements. Use these questions to prepare, not as a universal requirement list. Confirm directly with the provider before making a trip. If one service cannot help, ask about other options.

- ☐ **Find the right service**
Use 211 or our directory, then check the provider's official contact information and whether it serves your area.
- ☐ **Confirm the visit**
Ask for the current address, opening hours, appointment arrangements and where to enter.
- ☐ **Ask about registration and documents**
Ask what is needed for your situation, and what options exist if you do not have it. Do not assume ID is always required.
- ☐ **Explain practical needs**
Ask about allergies, dietary needs, interpretation, mobility access or help carrying food. Availability is not guaranteed.
- ☐ **Plan the journey home**
Ask what bags or containers would help and how much you may need to carry. Plan transport and safe storage.
- ☐ **Leave with a next step**
Ask how future visits work and where to go if the program cannot meet your needs.

Provider / official contact:

Address / visit time / booking:

Documents or registration confirmed by provider:

Access, dietary or transport arrangements:

Toronto example: Daily Bread says its member programs differ and some have appointments or catchment areas. That is not a rule for every food program in Canada. No food availability or eligibility is promised.

Readable HTML equivalent and related guides: <https://mapleneighbours.ca/tools/food-support/>

Sources checked 2026-10-03 (local rules and arrangements may change):

211 Canada — find local services (Canada) — <https://211.ca/>

Daily Bread — Find Help (Toronto, Ontario only) — <https://www.dailybread.ca/need-food/>