2018-2019
Emergency
Food
Programs in
Waterloo Region
Where to Get Emergency Food

This list is meant to be a useful guide for people in immediate need of food. Resources in the last section may help prevent food emergencies.

Please call the hamper or meal program first as the information, including hours of operation and services offered, is subject to change.

Most churches provide food hampers for their geographical area only. You do not need to be a member of the church to receive emergency food.

This list does not include every program available within Waterloo Region. Please contact the Food Bank of Waterloo Region at 519-743-5576 (www.thefoodbank.ca) or the Cambridge Self Help Food Bank 519-622-6550 for more information about specific programs in your neighbourhood.
Hamper Programs

oneROOF Youth Services
242 Queen Street South, Bus 1, 2, 8, 11, 22, 204 (Charles Street bus depot)
519-742-2788
Wed: 1 – 5 p.m.
Youth ages 12 – 25
One hamper/person/week

Glencairn Church Bridges Centre
725 Erinbrook Drive, Bus 3, 12, 201
(Blockline and Laurentian)
519-579-8741
Food and clothing available 2nd and 4th Saturday of the month, 9 – 11:30 a.m.
One hamper/month

Kitchener Church of God
533 Weber Street East, Bus 7, 8, 200
(Weber and Ottawa)
519-745-8561
Fri: Noon – 3:45 p.m.
Six hampers/family/year
Bring ID for each person in family

House of Friendship Food Hamper Program
807 Guelph Street, Bus 6
(Guelph and Lancaster)
519-742-8327
Mon – Fri: 9:30 a.m. – 4 p.m.
Six hampers/family/year
12 hampers/year for age 65+
Halal foods available

Ray of Hope Community Centre
659 King Street East, Bus 7
(rear entrance off Stirling Lane, Suite 230)
519-578-8018
Mon – Thur: 6:30 – 9 p.m.
By appointment only
One hamper/family/month
Bring valid photo ID
Canned goods available

St. Aloysius
11 Traynor Avenue, Bus 7
(via Connaught Street) (Traynor and Connaught) entrance at rear of building near parking lot
519-893-1220
2nd and 4th Monday of the month:
7 – 8 p.m.; 3rd Tuesday of the month:
9 – 10 a.m.
One hamper/family/month
Photo identification, proof of social assistance and proof of address required for each family member.
Must be within defined geographic area. Please bring your own bags.
Appointment needed in July and August

Salvation Army Family Services
300 Gage Avenue, Unit 1, Bus 12
(Westmount) Bus 8 (Gage and Belmont)
519-745-4215
Mon – Thu: 10 a.m. – noon; 1 – 4 p.m.
Fri: 10 a.m. – noon. Daily Bread
Hampers by appointment (five hampers/family/year)

St. Vincent de Paul
The St. Vincent de Paul Society, operating out of several Catholic churches in Kitchener-Waterloo, provides emergency food supplies in geographic areas. You may be directed to another site if you do not live within a church’s boundary. For assistance, contact the Catholic church nearest to your residence or call 519-744-1566 to find your site
Hamper Programs

CAMBRIDGE

**Cambridge Self-Help Food Bank**
54 Ainslie Street South (Galt)
(Main and Concession, across from bus depot)
519-622-6550
Mon and Tue: Noon – 4:30 p.m.
Wed and Fri: 9 a.m. – 4:30 p.m.
Thu: 9 a.m. – 6:30 p.m.
Eight hampers/family/year, bread anytime. Must live in Cambridge or North Dumfries. Bring your own bags and proof of income, address and ID

**Knox United Church**
(Cambridge Self-Help Food Bank)
92 Northumerland Street (Ayr)
519-622-6550
Every other Wednesday: 1 – 3 p.m.
Call for specific dates. Eight hampers/family/year. Bring your own bags and proof of income, address and ID

**Salvation Army (Galt)**
16 Shade Street (Galt) Bus 54, 58, 59
(Main and Wellington)
519-623-1221
Mon – Thu: 9:30 a.m. – noon.; 1 – 3 p.m.
Fri: 9:30 – 11:45 a.m.
Closed on Fridays in the summer. Eight hampers/family/year. Four food vouchers/year. Bread and dessert available daily

**Salvation Army (Hespeler)**
18 Tannery Street (Hespeler) Bus 51, 203
519-658-9850
Mon, Wed, Thu: 9 a.m. – 2 p.m.
Must live in Hespeler. Free bread when available during office hours 9 a.m. – 2 p.m.
Four hampers/family/year.
Eight food vouchers/year

**St. Andrew’s Presbyterian Church**
(Cambridge Self-Help Food Bank)
73 Queen Street East (Hespeler) Bus 51
519-622-6550
Every other Thursday: Noon – 2 p.m.
Call for specific dates. Eight hampers/family/year. Bring your own bags and proof of income, address and ID

**St. John’s Anglican Church**
(Cambridge Self-Help Food Bank)
567 Queenston Road (Preston)
Bus 52, 56, 64 (Argyle and Queenston)
519-622-6550
Every other Thursday: 9:30 – 11:30 a.m.
Call for specific dates. Eight hampers/family/year. Bring your own bags and proof of income, address and ID

**St. Vincent de Paul**
519-629-0103
St. Vincent de Paul organizations can help provide items like food, furniture and clothing for those in need. Please call for inquiries

RURAL

**Wilmot Family Resource Centre**
175 Waterloo Street, Unit 1
New Hamburg (Waterloo and Arnold)
519-662-2731
Mon: 12:30 – 4 p.m.
Tue and Thu: 11 a.m. – 4 p.m.
First Thu of the month: 11 a.m. – 6 p.m.
Pre-order recommended. For Wilmot and Town of Wellesley residents. One hamper/family/month. Emergency one day hampers available Wed. and Fri.

**Woolwich Community Services**
5 Memorial Avenue, Elmira
519-669-5139
Mon – Fri: 9 a.m. – 5 p.m.
One hamper/family/month. Call to make an appointment. For Woolwich and North Wellesley Township residents
## Community Meals

### KITCHENER-WATERLOO

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<th>Additional Information</th>
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<tbody>
<tr>
<td><strong>St. John’s Kitchen</strong></td>
<td>97 Victoria Street North, Bus 4, 6, 200, 204 (corner of Victoria and Weber)</td>
<td>519-745-8928</td>
<td>Mon – Fri: 8 a.m. – 2 p.m. for buns and coffee, Mon – Fri: 11:30 a.m. – 1 p.m. for lunch</td>
<td>Canned goods available daily at 9:30 a.m. (first come, first served)</td>
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<tr>
<td><strong>Ray of Hope Community Centre</strong></td>
<td>659 King Street East, Suite 100, Bus 7 (rear entrance off Stirling Lane)</td>
<td>519-578-8018</td>
<td>Mon – Fri: 7 – 8:30 p.m., Sat: Noon – 1:30 p.m., Sun: 4:30 – 6 p.m.</td>
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<td><strong>oneROOF Youth Services</strong></td>
<td>242 Queen Street South, Bus 1, 2, 8, 11, 22, 204</td>
<td>519-742-2788</td>
<td>Mon – Fri lunch: 1– 3 p.m., dinner: 7 – 8 p.m.</td>
<td>Informal drop-in meals for youth ages 12-25.</td>
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<td><strong>Community Ministry</strong></td>
<td>St. Mark’s Lutheran Church 825 King Street West, Bus 4, 7, 200 Lane way street entrance (near Grand River Hospital)</td>
<td>519-743-6309</td>
<td>Wed: 5:45 p.m.</td>
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### CAMBRIDGE

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<td><strong>The Bridges (Cambridge Shelter)</strong></td>
<td>26 Simcoe Street (Galt) Bus 51 (Ainslie and Simcoe St)</td>
<td>519-624-9305</td>
<td>5:30 p.m. dinner daily, (free to shelter residents, $1 for others.) Thu and Sat lunch: Noon Thu breakfast: 8:30 a.m. daily breakfast for residents</td>
<td>Shelter also has ID clinic and other services</td>
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<td><strong>Salvation Army (Hespeler)</strong></td>
<td>18 Tannery Street East, Bus 203 (Adams near Fire Hall)</td>
<td>519-658-9850</td>
<td>Thursdays from 11:45 a.m. – 12:30 p.m. Except in July and August</td>
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<tr>
<td><strong>Trinity Community Table</strong></td>
<td>12 Blair Road (Galt), Bus 55, 57 (Grand Ave and Blair)</td>
<td>519-621-8860</td>
<td>Mon, Wed and Fri: 9:30 a.m. – 12:30 p.m. (lunch served at 11:30 a.m.)</td>
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<tr>
<td><strong>Cambridge Vineyard</strong></td>
<td>147 Elgin Street North (Galt) Bus 63 (Elgin and Marion Way)</td>
<td>519-740-8463</td>
<td>Hot lunch on Sun and Tue: 10 a.m. – 2 p.m. Also have free laundry and shower facilities, and some clothing and hygiene products</td>
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<tr>
<td><strong>Mike’s Lunch Basket</strong></td>
<td>(Cambridge Self-Help Food Bank) 54 Ainslie Street South (Galt) (Main and Concession,across from bus depot)</td>
<td>519-622-6550</td>
<td>Saturdays from 11 a.m. – 1 p.m.</td>
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Where to Get Low-Cost Food

The list on the following page is meant to be a useful guide to help you stretch the amount of money available for food. Preventing food emergencies isn’t always possible, but food emergencies can be reduced in frequency and severity by doing things like meal planning, enjoying meatless meals, eating seasonally and locally, reducing food waste, and more. The following resources can help you learn creative ways to stretch your food dollar.

Please call first as the information, including hours of operation and services offered, is subject to change.
Cambridge Self-Help Food Bank  
519-622-6550  
Co-op Food Program: $10/month membership and work four hours/month to collect hamper every other week (in addition to usual hamper limits). Canned and boxed food, cultural items like Halal, personal care and cleaning items (when available).

Foodlink  
www.foodlink.ca  
Buy Local: Buy locally-grown food in season from farms and at farmers’ markets. See the current listings in the free “Buy Local! Buy Fresh” map by Foodlink Waterloo Region available throughout the region or at www.foodlink.ca. The website is also useful for learning about local food, and tips on food preparation and storage.

Telehealth Ontario  
1-866-797-0000  
Mon–Fri: 9 a.m. – 5 p.m.  
Call Telehealth Ontario to speak to a Registered Dietitian on a wide range of nutrition topics, including budgeting, grocery shopping and meal planning.

Community Outreach Program  
519-742-8327  
Family Outreach Workers can link families to resources for emergency food as well as many other services or information. Outreach locations exist throughout Waterloo Region.

Queen Street Commons  
43 Queen Street South, Kitchener,  
(Charles Street bus depot)  
519-749-9177 x 1  
Mon – Fri: 8:30 a.m. – 9 p.m.  
Sat: 10 a.m. – 4 p.m.  
We invite people to enjoy our affordable, vegetarian home-style meals, snacks, desserts, and fresh-roasted coffee.

Region of Waterloo Public Health, Healthy Living Division  
519-575-4400  
Community Garden Network:  
Grow your own vegetables and fruit at a community garden near you – a small fee may apply. Water and basic tools often available on site. For more information please see www.community-gardens.ca or call 519-575-4400 and ask about Community Gardens.

Food Skills: Learn more about saving money on food by reducing food waste (freezing, canning), making your own baby food, and more. Call 519-575-4400 and ask about food skills.