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.
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<th><strong>Hamper Programs</strong></th>
<th><strong>KITCHENER-WATERLOO</strong></th>
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| **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 |
| **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 |
| **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 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 |
| **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
- **Location:** 54 Ainslie Street South (Galt) (Main and Concession, across from bus depot)
- **Phone:** 519-622-6550
- **Operating Hours:**
  - 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.
- **Services:** 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
- **Location:** 92 Northumerland Street (Ayr)
- **Phone:** 519-622-6550
- **Operating Hours:** Every other Wednesday: 1 – 3 p.m. Call for specific dates.
- **Services:** Eight hampers/family/year. Bring your own bags and proof of income, address and ID

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

### Salvation Army (Hespeler)
- **Location:** 18 Tannery Street (Hespeler) Bus 51, 203
- **Phone:** 519-658-9850
- **Operating Hours:**
  - Mon, Wed, Thu: 9 a.m. – 2 p.m.
  - Must live in Hespeler. Four hampers/family/year. Eight food vouchers/year

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

### St. John’s Anglican Church
- **Location:** 567 Queenston Road (Preston)
- **Phone:** 519-622-6550
- **Operating Hours:**
  - Every other Thursday: 9:30 – 11:30 a.m.
  - Call for specific dates.
- **Services:** Eight hampers/family/year. Bring your own bags and proof of income, address and ID

### St. Vincent de Paul
- **Phone:** 519-629-0103
- **Services:** 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
- **Location:** 175 Waterloo Street, Unit 1 New Hamburg (Waterloo and Arnold)
- **Phone:** 519-662-2731
- **Operating Hours:**
  - 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
- **Location:** 5 Memorial Avenue, Elmira
- **Phone:** 519-669-5139
- **Operating Hours:**
  - 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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| **St. John’s Kitchen** | 97 Victoria Street North, Bus 4, 6, 200, 204 (corner of Victoria and Weber) | 519-745-8928 | Mon – Fri: 8 a.m. – 2 p.m. for buns and coffee  
Mon – Fri: 11:30 a.m. – 1 p.m. for lunch  
Canned goods available daily at 9:30 a.m. (first come, first served) |
| **oneROOF Youth Services** | 242 Queen Street South, Bus 1, 2, 8, 11, 22, 204 | 519-742-2788 | Informal drop-in meals for youth ages 12-25.  
Mon – Fri lunch: 1–3 p.m.  
dinner: 7 – 8 p.m. |
| **Ray of Hope Community Centre** | 659 King Street East, Suite 100, Bus 7 (rear entrance off Stirling Lane) | 519-578-8018 | Mon – Fri: 7 – 8:30 p.m.  
Sat: Noon – 1:30 p.m.  
Sun: 4:30 – 6 p.m. |
| **Community Ministry** | St. Mark’s Lutheran Church  
825 King Street West, Bus 4, 7, 200 (near Grand River Hospital) | 519-743-6309 | Wed: 5:45 p.m. |

## CAMBRIDGE

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| **The Bridges (Cambridge Shelter)** | 26 Simcoe Street (Galt) Bus 51 (Ainslie and Simcoe St) | 519-624-9305 | 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  
Shelter also has ID clinic and other services |
| **Trinity Community Table** | 12 Blair Road (Galt), Bus 55, 57 (Grand Ave and Blair) | 519-621-8860 | Mon, Wed and Fri: 9:30 a.m. – 12:30 p.m. (lunch served at 11:30 a.m.) |
| **Salvation Army (Hespeler)** | 18 Tannery Street East, Bus 203 (Adams near Fire Hall) | 519-658-9850 | Thursdays from 11:45 a.m. – 12:30 p.m.  
Except in July and August |
| **Cambridge Vineyard** | 147 Elgin Street North (Galt) Bus 63 (Elgin and Marion Way) | 519-740-8463 | 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 |
| **Mike’s Lunch Basket** | 54 Ainslie Street South (Galt) (Main and Concession, across from bus depot) | 519-622-6550 | Saturdays from 11 a.m. – 1 p.m. |
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](http://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](http://www.foodlink.ca). The website is also useful for learning about local food, and tips on food preparation and storage.

Dietitians of Canada  
[ Unlockfood.ca](http://Unlockfood.ca)  
The “Your Health” section of Unlockfood.ca can help you to plan meals and shop smart, helping you to save money while eating well.

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.

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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](http://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.
PUBLIC HEALTH AND EMERGENCY SERVICES

Created by Region of Waterloo Public Health and Emergency Services in cooperation with service providers in Waterloo Region

For an electronic copy of the brochure visit www.regionofwaterloo.ca/communityservices search “Emergency Food”

To request an alternate format of this document, call

519-575-4400
TTY: 519-575-4608