DROP-IN and MEALS PROGRAMS
KITCHENER, WATERLOO, WELLESLEY, WOOLWICH, WILMOT

Emmanuel Church – 22 Bridgeport Rd. W., Waterloo
Tuesday to Thursday – Take out lunches 1:00 to 3:00 pm
Thursday – Fresh Fruit and Vegetable Hampers 1:00 to 3:00 pm

oneROOF (Youth 16 – 25) – 35 Sheldon Ave. North, Kitchener
Monday to Sunday – Drop-In: 9 am to 10:00 pm
Meals: 12 pm to 1:00 pm and 6:00 to 7:00 pm
Please call (519) 742-2788 for other hours and services

Ray of Hope Community Centre - 659 King St E, Kitchener
Monday to Friday – Drop-In: 9 am to 9:00 pm
Meals - 9:15 am, 12:30 pm and 7:00 pm

Marketplace – Monday to Thursday 9:00 am to 12:30 pm
Saturday and Sunday Drop In: 9:30 am to 6 pm

St. John’s Kitchen – 97 Victoria St N, Kitchener
Monday to Friday Winter Drop-In Hours: 8:00 am to 5:00 pm
Meals Pick up: 11:00 am to 1 pm

Bridgeport Café – 22 Bridgeport Road, Waterloo – Emmanuel United Church
Take out meals – 1:00 pm to 3:00 pm

Community Ministry - Trillium Lutheran Church -22 Willow St., Waterloo
Take out meals-Thursdays – 5:30 to 7:00

Stanley Park Community Centre - 505 Franklin St N, Kitchener
Take out meals – Wednesdays: 11am to noon and 4pm to 5pm
First United Church – 16 William Street West, Waterloo
Take out meal – Fridays 5:30pm to 6:30pm

Salvation Army – Kitchener City Hall
Sunday Take out meal – Sunday noon to 1:30 pm

Food Not Bombs – Kitchener City Hall
Saturday - Meal 4:30 to 6:30 pm

Tiny Home Takeout – 56 Duke Street Kitchener
Meal – Tuesday to Saturday to 5:00 pm to 6:30 pm

To request food hampers or additional food services call 519-743-5573 ext. 340 or visit the Food Bank of Waterloo Region website:
https://www.thefoodbank.ca/network/map/
Street Outreach - Call 519-577-2095 or 519-502-0454
Youth Outreach – 519-742-2788
Housing Resource Centre: - Mon to Fri from 8:30am to 4:30pm
41 Weber St. W., Kitchener or Call 519-749-2450
Ontario Works: Call 519-883-2100
ODSP: Call 519-886-4700

Support to Stay Housed or Avoid a Shelter Stay

Single Adults across Waterloo Region, FirstConnect available all hours call 519-624-9133
Youth ages 12-17 call Safe Haven at 519-749-1450
Families Mon to Fri, 8:30 am to 4:30 pm – Call Families in Transition at 519-749-2450

Emergency Shelters – Youth
Emergency Shelter – 16+
Safe Haven – Youth 12-17
41 Weber St. W., Kitchener
oneRoof – Youth 16-25
35 Sheldon Ave., Kitchener

YW Shelter – Females 16+, LGBTQ2S+,
84 Frederick St. E., Kitchener
DROP-IN and MEALS PROGRAMS
CAMBRIDGE, NORTH DUMPFRIES

Bridges – 26 Simcoe Street
Take away dinner everyday - 5:30 pm to 7 pm
Take away lunch Thursday and Saturday – noon
Drop-In Monday to Friday 8am to 4pm

Cambridge Self-Help Food Bank – 54 Ainslie Street South
Saturday – Meals: 11 am to noon

Cambridge Vineyard Elgin Street – 147 Elgin Street North
Tuesday, and Sunday – Take Out Meals: 11:30 am to 12:30 pm
Drop in 11am to 2 pm

Trinity Community Table – 12 Blair Road, Cambridge
Take out meal – Monday, Wednesday and Thursday 11:30 am to 12:30 pm

To request food hampers or additional food services call 519-743-5573 ext. 340 or visit the Food Bank of Waterloo Region website: https://www.thefoodbank.ca/network/map/

Street Outreach: Call 519-240-7561 or 519-242-7360
Youth Outreach: 519-742-2788
Housing Resource Centre: Mon to Fri from 8:30am-4:30pm, call 519–623–9380
Ontario Works: 519-883-2100
ODSP: 519-623-1230
Support to Stay Housed or Avoid a Shelter Stay
Single Adults across Waterloo Region all hours – FirstConnect 519-624-9133
Youth ages 12-17 - Safe Haven 519-749-1450
Families Monday to Friday, 8:30 am to 4:30 pm, Families in Transition 519-749-2450
Emergency Shelters – Youth
Emergency Shelter – 16+ Safe Haven – Youth 12-17 41 Weber St. W., Kitchener
oneRoof – Youth 16-25 35 Sheldon Ave. North, Kitchener
Cambridge Shelter – Individuals 16+ and Families, 26 Simcoe Street

Note: Gender is self-identified – all are welcome