

# Emergency Food Programs in Waterloo Region



A useful guide for people in immediate need of food

This guide does not list every program available in Waterloo Region. Please note that hours of operation and services may change. You may want to call the program to confirm hours and services offered. For more information about specific food programs in your neighbourhood:

- Call 211 to talk to a service agent
- Call The Food Bank of Waterloo Region at 519-743-5576
- Call the Cambridge Self-Help Food Bank at 519-622-6550
- Use the map at [The Food Bank of Waterloo Region website \(thefoodbank.ca/network/map\)](http://thefoodbank.ca/network/map)

For up-to-date transit information go to [grt.ca](http://grt.ca) or call 519-585-7555 (TTY: 519-575-4608).

## Hamper Programs – Cambridge

### Cambridge Self-Help Food Bank

Phone: 519-622-6550

Services: Eight hampers per family per year; bread anytime, while supplies last

Required: Must live in Cambridge or North Dumfries. Bring your own bags and proof of income, address and ID

#### **Main location (Galt)**

Address: 54 Ainslie Street South, Cambridge

Hours: Monday and Tuesday: 12 noon – 4:30 p.m.

Wednesday and Friday: 9 a.m. – 4:30 p.m.

Thursday: 9 a.m. – 6:30 p.m.

#### **Knox United Church (Ayr)**

Address: 92 Northumberland Street, Ayr

Hours: Every other Wednesday: 1– 3 p.m.

Call for specific dates

#### **St. Andrew's Presbyterian Church (Hespeler)**

Address: 73 Queen Street East, Cambridge

Hours: Every other Thursday: 12 noon – 2 p.m.

Call for specific dates

#### **St. John's Anglican Church (Preston)**

Address: 567 Queenston Road, Cambridge

Hours: Every other Wednesday: 9:30 a.m. – 11:30 a.m.

Call for specific dates

## **Salvation Army (Galt)**

Address: 16 Shade Street, Cambridge  
Phone: 519-623-1221  
Hours: Monday and Tuesday: 9:30 a.m. – 11:45 a.m.; 1 – 3 p.m.  
Wednesday and Thursday: 1– 3 p.m.  
Services: Eight hampers per family per year  
Bread and dessert available daily

## **Salvation Army (Hespeler)**

Address: 18 Tannery Street, Cambridge  
Phone: 519-658-9850  
Hours: Monday – Thursday: 9 a.m. – 2 p.m.  
Services: Free bread when available during office hours  
Four hampers per family per year  
Eight food vouchers per year  
Required: Must live in Hespeler

## **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

## **Hamper Programs – Kitchener-Waterloo**

### **Glencairn Church Bridges Centre**

Address: 725 Erinbrook Drive, Kitchener  
Phone: 519-579-8741  
Services: Food and clothing available on the second and fourth Saturday of the month, 9 – 11 a.m.  
One hamper per month  
Required: Bring ID

### **House of Friendship**

Address: 807 Guelph Street, Kitchener  
Phone: 519-742-8327  
Hours: Monday – Friday: 9:30 a.m. – 4 p.m.  
Services: Six hampers per family per year  
12 hampers per year for age 65 years and older  
Halal foods available  
Required: Bring ID

## **Kitchener Church of God**

Address: 533 Weber Street East, Kitchener  
Phone: 519-745-8561  
Hours: Friday: Noon – 3:45 p.m.  
Services: Six hampers per family per year  
Required: Bring ID for each family member

## **oneRoof Youth Services**

Address: 242 Queen Street South, Kitchener  
Phone: 519-742-2788  
Services: One hamper per person per week  
Required: For youth ages 12 – 25 years; New clients must bring ID

## **Ray of Hope**

Address: 659 King Street East, Suite 100, Kitchener (rear entrance off Stirling Lane)  
Phone: 519-578-8018  
Hours: Tuesday, Wednesday, Thursday: 9:30 a.m. – 12 noon by appointment only  
Monday and Thursday: 6:30 p.m. – 9 p.m. by appointment only  
Services: One hamper per family per month; canned goods available  
Required: Bring ID

## **Salvation Army Family Services**

Address: 300 Gage Avenue, Kitchener  
Phone: 519-745-4215  
Hours: Monday – Thursday: 10 a.m. – 12 noon  
Monday – Thursday: 1 – 3:30 p.m.  
Friday: 10 a.m. – 12 noon  
Services: Daily bread hampers by appointments: five hampers per family per year

## **St. Aloysius**

Address: 11 Traynor Avenue, Kitchener (entrance at rear of the building near parking lot)  
Phone: 519-893-1220  
Hours: The second and fourth Monday of the month: 7 – 8 p.m.  
The third Tuesday of the month: 9 – 10 a.m.  
Services: One hamper per family per month  
Required: Photo ID, proof of social assistance and proof of address required for each family member  
Must be within the defined geographic area  
Please bring your own bags  
Appointment needed in July and August

## **St. Vincent de Paul**

Address: Multiple locations within several Catholic churches in Kitchener-Waterloo area  
Phone: 519-744-1566  
Hours: Call to ensure service availability  
Services: Emergency food supplies in geographic areas  
Required: For assistance, contact the Catholic church nearest to your residence, or to find your site call 519-744-1566

## **Hamper Programs – Townships**

### **Wilmot Family Resource Centre (New Hamburg)**

Address: #1-175 Waterloo Street, New Hamburg  
Phone: 519-662-2731  
Hours: Monday – Thursday: 9 a.m. – 4:30 p.m.  
Friday: 9 a.m. – 12 noon  
Services: Pre-order recommended  
Required: For Wilmot and South Wellesley Township residents

### **Woolwich Community Services (Elmira)**

Address: 5 Memorial Avenue, Elmira  
Phone: 519-669-5139  
Hours: Monday – Friday: 9 a.m.– 5 p.m.  
Services: One hamper per family per month  
Required: Call to make an appointment. For Woolwich and North Wellesley Township residents

## **Community Meals – Cambridge**

### **The Bridges (Cambridge Shelter - Galt)**

Address: 26 Simcoe Street, Cambridge  
Phone: 519-624-9305  
Services: 5:30 p.m. daily dinner (free to shelter residents, \$1 for others)  
Thursday and Saturday lunch: 12 noon  
Thursday breakfast: 8:30 a.m. (daily breakfast for residents)  
Shelter has ID (identification) clinic and other services

### **Cambridge Vineyard (Galt)**

Address: 147 Elgin Street North, Cambridge  
Phone: 519-740-8463  
Services: Hot lunch on Sunday and Tuesday: 10 a.m. – 2 p.m.  
Free laundry and shower facilities, and some clothing and hygiene products

## **Mike's Lunch Basket (Galt)**

(Cambridge Self-Help Food Bank)

Address: 54 Ainslie Street South, Cambridge

Phone: 519-622-6550

Hours: Saturdays: 11 a.m. – 1 p.m.

## **Salvation Army (Hespeler)**

Address: 18 Tannery Street East, Cambridge

Phone: 519-658-9850

Services: Coffee and conversation every Wednesday: 10 – 11 a.m.

## **Trinity Community Table (Galt)**

Address: 12 Blair Road, Cambridge

Phone: 519-621-8860

Hours: Monday, Wednesday and Friday: 9:30 a.m. – 12:30 p.m.

Services: Lunch served at 11:30 a.m.

## **Community Meals – Kitchener-Waterloo**

### **Community Ministry – Trillium Lutheran Church**

Address: 22 Willow Street, Waterloo

Phone: 519-886-1880

Hours: Thursday: 5:45 p.m. (dinner)

### **One ROOF Youth Services**

Address: 242 Queen Street South, Kitchener

Phone: 519-742-2788

Hours: Monday – Friday: 1 – 3 p.m. (lunch)

Monday – Friday: 6:30 p.m. – 8 p.m. (dinner)

### **Ray of Hope Community Centre**

Address: 659 King Street East, Suite 100, Kitchener (rear entrance off Stirling Lane)

Phone: 519-578-8018

Hours: Meals:

Monday – Friday: 7 – 8:30 p.m.

Saturday: 12 noon – 1:30 p.m.

Sunday: 4:30 p.m. – 6 p.m.

Laundry and shower facilities:

Monday – Friday: 5 – 9 p.m.

## St. John's Kitchen

Address: 97 Victoria Street North, Kitchener  
Phone: 519-745-8928  
Hours: Monday – Friday: 8 a.m. – 11:30 a.m. (breakfast)  
Monday – Friday: 11:30 a.m. – 1 p.m. (lunch)  
Services: Canned goods available daily at 9:30 a.m. (first come, first served)

## Other Programs

### Cambridge Self-Help Food Bank Co-op Food Program

Phone: 519-622-6550  
Pay \$10 a month and work four hours a month to collect a hamper every other week (in addition to usual hamper limits). Includes canned and boxed food, cultural items like Halal, personal care and cleaning items (when available).

### Family Outreach Program

Phone: 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

Address: 43 Queen Street South, Kitchener  
Phone: 519-749-9177 extension 1  
Hours: Monday – Friday: 8:30 a.m. – 9 p.m.  
Saturday: 10 a.m. – 4 p.m.

Access affordable, vegetarian home-style meals, snacks, desserts and fresh-roasted coffee.

## Information

### Telehealth Ontario

Phone: 1-866-797-0000 (TTY: 1-866-797-0007)  
Hours: Monday – Friday: 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.

Created by: Region of Waterloo Public Health and Emergency Services

For an electronic copy, visit [regionofwaterloo.ca](http://regionofwaterloo.ca) search “Emergency Food”  
To request an alternate format of this document, call 519-575-4400 (TTY: 519-575-4608)

