DROP-IN and MEALS PROGRAMS (information subject to change)

KITCHENER, WATERLOO, WELLESLEY, WOOLWICH, WILMOT

Anishnabeg Outreach – Food hampers for people who self identify as First Nations, Metis, or Inuit
Register online: [https://aocan.org/spirit-bundle-donations/how-to-register/](https://aocan.org/spirit-bundle-donations/how-to-register/)

Bridgeport Café (Emmanuel United Church) – 22 Bridgeport Road, Waterloo
Saturday to Friday – Dine in or Take out meal: 1:00 to 3:00pm
Thursday – Fresh Fruit and Vegetable Hampers: 1:00 to 3:00pm

Cambridge Food Bank – 54 Ainslie St. South, Cambridge
Monday – Hamper pick-up: Noon to 4:30pm
Tuesday to Friday – Hamper pick-up: 9:00am to 4:30pm

First United Church – 16 William St. W. Waterloo
Friday (from November to Mid-April) – Drop-in 2:00pm; Meal 6:00pm
Food Not Bombs – Kitchener City Hall
Saturday – Take-out meal: 4:30 to 5:30pm

Healing of Seven Generations – 300 Frederick St. Kitchener
Food hampers available for people who self-identify as First Nations, Metis or Inuit, call 519-570-9118 to register.

Wednesday – Meal for First Nations, Metis or Inuit community: noon to 1pm (All welcome)

House of Friendship, Emergency Hampers – 807 Guelph St., Kitchener
Monday to Friday – Hamper pick-up: 9:30am to 4:00pm, call 519-742-0662 Ext 0 to book an appointment.

oneROOF (Youth 12-25) – 35 Sheldon Ave. N., Kitchener
Thursday – Hamper Pick-Up: 12:00pm to 4:00pm

Ray of Hope Community Centre - 659 King St. E, Kitchener
Monday to Friday – Drop-In: 11:00am to 8:00pm
Monday to Friday – Meals: 11:30am to 2:00pm and 7:00 to 8:30pm
Monday to Thursday – Marketplace: 11:30am to 2:00pm
Saturday – Drop-In and Meal: 11:30am to 2:00pm
Sunday – Meal (take out only): 4:00 to 6:00pm

Salvation Army – Kitchener City Hall
Sunday – Take-out meal: Noon to 1:30pm
Food Hampers available at 75 Tillsley Drive, Kitchener. Call 519-745-4215 for appointment.

St. John’s Kitchen – 23 Water St. N., Kitchener
Monday to Friday – Drop-In and Food-to-Go: 9:30am to 4:00pm, Food Hamper Pick-Up: 10:00am to 12:00pm, 1:30 to 3:00pm
Monday to Friday – Outdoor Bagged Lunch Pick-Up (for those unable to come inside): 11:00am to 1:00pm
Drop-In Centre – 87 Victoria St. N, Kitchener
Monday to Friday – Drop-In: 9:30am to 4:00pm
St. Louis Church – 53 Allen St. E, Waterloo
Sunday – Meal: 5:00pm

St. Matthew’s Lutheran Church – 54 Benton Street, Kitchener
Wednesday – Drop-in: 3:30pm, Meal: 5:30pm
(Program begins November 1, 2023)

Stanley Park Community Centre – 505 Franklin St N, Kitchener
Wednesday – Meal: 11:00am to 12:00pm and 4:00pm to 5:00pm

Trillium Lutheran Church – 22 Willow St., Waterloo
Thursday – Meal: 5:00 to 6:30pm

Tiny Home Takeout – 56 Duke Street, Kitchener; 10 Chopin Dr., Kitchener; and 237 Wilson Ave., Kitchener
56 Duke St. Meal: Tuesday to Saturday, 5:00 to 6:30pm (Thurs.: Clothing/Hygiene products available)
10 Chopin Dr. Meal: Tuesday and Thursday, 6:30 to 7:30pm
237 Wilson Ave. Meal: Wednesday and Friday, 6:30 to 7:30pm

Wilmot Family Resource Centre – Unit 1-175 Waterloo St., New Hamburg
Tuesday to Friday – Call 519-622-2731 for food assistance

Woolwich Community Services – 5 Memorial Ave., Elmira
Monday to Friday – Call 519-669-5139 for food bank programs

To request food hampers or additional food services call 519-743-5576 ext.340 or visit Food Bank of Waterloo Region website:
https://www.thefoodbank.ca/network/map/

CAMBRIDGE, NORTH DUMFRIES

Bridges – 26 Simcoe St., Cambridge
Monday to Sunday – Take-out dinner: 5:30pm
Thursday and Saturday – Take-out lunch: Noon
Monday to Friday – Drop-in: 8:00am to 4:00pm

Cambridge Vineyard – 147 Elgin St. N., Cambridge
Monday, Wednesday, Thursday, and Saturday – Drop-in, meal, showers and laundry: 6:00pm to 8:30pm
Tuesday and Sunday – Drop-in, meal, showers and laundry: 11:00am to 2:00pm

Multi-Agency Community Space – 150 Main St., Cambridge
Monday to Friday – Drop-in: 1:00pm to 4:00pm

Trinity Community Table – 12 Blair Rd., Cambridge
Monday, Wednesday, Friday – Coffee and Snack: 9:30am, Meal and Take out: 11:00am to 12:15pm

519 Community Collective – 26 Ainslie St. S., Cambridge
Thursday, Sunday – Take-out: 5:00pm to 6:00pm. Food hampers also available https://forms.gle/WdU7q1se55YPFWwV9

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https://www.thefoodbank.ca/network/map/
EMERGENCY SHELTERS ACROSS WATERLOO REGION
Support to Stay Housed or Access a Shelter Stay if Needed

Adults – Call 519-624-9133 available 24 hours each day – First Connect
Youth – Call 519-749-1450 available 24 hours each day – Safe Haven
Families – Call 519-749-2450 available 8:30am to 4:30pm Monday to Friday – Lutherwood Families in Transition

Youth Emergency Shelters
Safe Haven – 41 Weber St. W., Kitchener. Serves youth age 12 to 17
oneROOF – 35 Sheldon Ave. N., Kitchener. Serves youth age 16 to 25

Emergency Shelters for ages 18 and up, gender is self-identified
Cambridge Emergency Shelter – 26 Simcoe St., Cambridge. Serves individuals aged 25 and up
Erbs Road Outdoor Shelter – 1001 Erb’s Rd., Waterloo. Serves individuals aged 25 and up
YW Emergency Shelter – 84 Frederick St., Kitchener. Serves females and LGBTQ2S+ individuals aged 25 and up
King Street Emergency Shelter – 1668 King Street E, Kitchener. Serves people 18 and up
SHIP Emergency Shelter – 104 Stirling Ave. S., Kitchener. Serves adult men age 25 and up
House of Friendship Emergency Shelter (ShelterCare) – 190 Weber Street N., Waterloo Ontario. Serves adult men age 25 and up

WARMING AND COOLING CENTRES
Buildings in Waterloo Region that provide space for temporary relief from heat/cold/poor air quality during regular business hours.
www.regionofwaterloo.ca/coolingandwarmingcentres