

## Meals and Locations

➤ Ark Aid Mission	Weekends: Coffee & light snacks Mon-Fri: Dine-in (Indoor hours for community members: Weekends: 9:00 a.m. to 8:00 p.m. Mon-Fri: 1:00 p.m. to 8:00 pm)	➤ St. Francis – St. Martin	Dine-in
➤ Calvary United	Dine-in	➤ St. George's Anglican	Dine-in
➤ Church of the Ascension	1 <sup>st</sup> Tuesday: Bagged lunch - 3 <sup>rd</sup> Tuesday: Dine-in	➤ St. John the Divine Church Hall	Dine-in hot meal and hospitality for the last ½ hour
➤ Hyatt Mosque	Curbside pick-up	➤ St. John the Evangelist	Tuesdays: Dine-in only - Saturdays: Dine-in until 5:00 pm & Take-out until 5:30 pm
➤ Jewish London***	*** <i>Big Warm Hug Program (First annual)</i> : Hot meal, groceries and food giveaways, as well as toiletries and lightly used clothing	➤ St. Jude's (The Church of St. Jude)	Dine-in / Take-out
➤ London Coffee House	Light meals & snacks	➤ St. Michael's	Dine-in
➤ My Sister's Place	Women 16 years old and older <b>ONLY</b> (Monday-Friday from 5:00 to 6:00 p.m. snacks only, basic needs and harm reduction. Saturday-Sunday – Snacks only)	➤ St. Paul's Social Services (a.k.a. Paul's Place)	Dine-in
➤ Rowntree Memorial	Dine-in	➤ Youth Action Centre	Youth 16 to 24 years old <b>ONLY</b>
➤ Salvation Army Food Truck – Operation Mobilizing Hope	My Sister's Place location: 566 Dundas Street London Coffee House location: 371 Hamilton Road Watson Park location: off Wellington Road	➤ St. Joseph's Hospitality Centre ➤ (St. Joe's Café) ( <a href="#">Not in the free meal calendar</a> ) (602 Queens Ave)	➤ Monday-Friday: Breakfast: 9:30-11am, Lunch: 12-1:30pm ➤ Saturday complimentary meal: 11:00am -12:45 pm ➤ <b>Daily fee:</b> \$0.50 breakfast, \$1 lunch ➤ <b>Monthly Meal Plan:</b> \$20.00 ➤ ID Required
➤ Salvation Army at Westminster Park Community Church	Dine-in / Take-out		
➤ St. Andrew Memorial	Dine-in		

## Meal Programs and Food Bank Locations

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Ark Aid Street Mission 696 Dundas St	<b>Chalmers Presbyterian Church Care &amp; Share Food Bank Program</b> 342 Pond Mills Rd @ Commissioners Rd. East Wednesdays from 12:00 - 1:00 pm***, area residents, once per month. Appointment required. Call Tuesday by 2:00 pm (519) 681-7242 or email <a href="mailto:office@chalmerslondon.com">office@chalmerslondon.com</a>
Calvary United Church 290 Ridout St South @ Garfield Ave	<b>Crouch Neighbourhood Resource Centre (Community Food Cupboard) - Serves postal codes N5W 0,1,2,3 &amp; 6; N5Y 3; N5Z 1 &amp; 2; N6A 3 &amp; 5; N6B 1 &amp; 2</b> 550 Hamilton Rd; Monday – Friday from 9:00 am – 12:00 pm and from 1:00 pm – 4:00 pm; food, hygiene and baby items
Church of the Ascension 2060 Dundas St (between Speight and Carlyle)	<b>ELUCO (Gethsemane Gardens)</b> 1461 Huron St @ Sandford St; Wednesday-Friday 9:30 am - 12:00 pm. Appointment required (519) 451-0600. Area residents only.
Dundas Street Centre United Church 482 Dundas St @ Maitland St	<b>Families First CAPC Baby Food and Diaper Cupboard (Available for infants and their families)</b> Family Centre Westminster @ 690 Osgoode Dr; Monday-Friday from 9:00 am - 4:00 pm, (519) 649-1248.
First Baptist Church 568 Richmond St @ Albert St	<b>Glen Cairn Community Resource Centre (Emergency Food Kits)</b> 244 Adelaide St. South; Monday, Tuesday & Thursday 9:30 am-2:30 pm & Wednesday 9:00 am - 12:00 pm. Must show proper ID (Driver's License, Health card or ODSP/OW paperwork) for all living in the home. Bread provided by Holy Trinity St. Stephen's Memorial Anglican Church. Call (519) 668-2745 or email <a href="mailto:jwalmesley@gccrc.ca">jwalmesley@gccrc.ca</a> .
Good News Church 476 Clarke Rd	<b>Halal Food Bank Canada</b>
Hyatt Mosque - Muslim Soup Kitchen 282 Hamilton Rd @ Little Hill St	
Jewish London 536 Huron Street	

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<b>London Coffee House</b> 371 Hamilton Rd	*NEW LOCATION 1299 Oxford Street East, Unit 80-E (inside the mall, near Food Basics) Open Sunday - Wednesday 11:00 am - 2:00 pm. Once a month visit by appointment only. <a href="mailto:info@halalfoodbank.ca">info@halalfoodbank.ca</a> , (519) 933-9877 Register at: <a href="https://forms.gle/hV5A2hFfAiNv1is16">https://forms.gle/hV5A2hFfAiNv1is16</a>
<b>My Sister's Place - Women's Only Program</b> 566 Dundas St (between William & Adelaide)	
<b>Rowntree Memorial United Church</b> 156 Elliot St @ Cheapside St	<b>London Food Bank and Mobile Units</b> *ONE VISIT PER MONTH: PLEASE NOTE THAT A VISIT TO ANY OF THE LOCATIONS BELOW IS YOUR FOOD BANK VISIT FOR THE MONTH*
<b>St. Andrew Memorial Church</b> 55 Foxbar Rd @ Wellington Rd	<ul style="list-style-type: none"> <li>➤ <b>Crouch Neighbourhood Resource Centre - Serves postal codes N6B, N5W, N5Z</b> Egerton Baptist Church @ 209 Egerton St., (519) 642-7630 email <a href="mailto:info@crouchnrc.org">info@crouchnrc.org</a>, Fridays 1:30 - 2:30 pm. No appointment necessary.</li> </ul>
<b>St. Francis – St. Martin Catholic Parish</b> 46 Cathcart St @ Duchess Ave	<ul style="list-style-type: none"> <li>➤ <b>Fiddlers Green Satellite hosted by Northwest LRC - Serves postal code N6H</b> Oakridge Presbyterian Church @ 970 Oxford St. West. Appointment required. (519) 471-8444 Ext. 0, 3<sup>rd</sup> Thursday of the month <u>ONLY</u>, 1:00 – 3:00 pm.</li> </ul>
<b>St. George's Anglican Church</b> 227 Wharncliffe Rd North @ St. Patrick St	<ul style="list-style-type: none"> <li>➤ <b>London and Area Food Bank- All</b> 926 Leathorne St. No appointments required. Monday-Friday 9:00 am - 4:00 pm, (519) 659-4045.</li> </ul>
<b>St. James Westminster Church</b> 115 Askin St @ Wortley Rd	<ul style="list-style-type: none"> <li>➤ <b>LUSO Community Services - Serves postal codes N5V, N5W, N5X &amp; N5Y</b> Appointment required: call/text (519) 520-7638 to register by 12:00 pm the day before or email <a href="mailto:mikyla@lusocentre.org">mikyla@lusocentre.org</a>, Wednesday &amp; Friday 10:00 am - 12:00 pm. Locations vary. Please call LUSO.</li> </ul>
<b>St. John the Divine Parish</b> @ 390 Baseline Rd West	<ul style="list-style-type: none"> <li>➤ <b>Northwest London Resource Centre - Serves postal codes N6G &amp; N6H</b> 1225 Wonderland Rd North, Unit 27A (at back of Sherwood Forest Mall, close to Goodwill Donation Centre). Appointments preferred. Call Rachael at (519) 471-8444 Ext 0, Monday - Saturday 11:00 am-4:00 pm.</li> </ul>
<b>St. John the Evangelist Anglican Church</b> 280 St. James St @ Wellington St	<ul style="list-style-type: none"> <li>➤ <b>South London Neighbourhood Resource Centre - Serves postal codes N6C, N6E, N6K, N6J, N6P and N6L</b> 1119 Jalna Blvd (Jalna, south of Bradley inside the Jalna Branch Library) (519) 686-8600; Monday-Friday 10:00 am - 3:00 pm. No appointment necessary.</li> </ul>
<b>St. Joseph's Hospitality Centre</b> 602 Queens Ave (St Joe's Café)	<ul style="list-style-type: none"> <li>➤ <b>Westminster Satellite hosted by South London Neighbourhood Resource Centre - Serves postal codes N6C, N6E, N6N, N6Z</b> 650 Osgoode Drive. Appointment required. Call (519) 280-3328. 2<sup>nd</sup> Wednesday of the month <u>ONLY</u>, from 1:30 - 3:00 pm.</li> </ul>
<b>St. Jude's (The Church of St. Jude)</b> 1537 Adelaide St North @ Fanshawe Park Rd E	<ul style="list-style-type: none"> <li>➤ <b>Southcrest Satellite hosted by South London Neighbourhood Resource Centre – Serves postal code N6J</b> Mount Zion United Church @ 471 Ridgewood Cres. Appointment required. Call (519) 280-3328.</li> </ul>
<b>St. Luke's Anglican Church</b> 1204 Richmond St North @ Bernard Ave	
<b>St. Michael's Catholic Parish*</b> 511 Cheapside St @ Maitland St	
<b>St. Paul's Anglican Cathedral (St. Paul's Social Services, a.k.a. Paul's Place)</b> 472 Richmond St @ Queens Ave	

## Meal Programs and Food Bank Locations

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<b>The Salvation Army</b> Westminster Park Community Church 1190 Southdale Road East @ Millbank Dr	1 <sup>st</sup> Wednesday of the month <u>ONLY</u> , from 1:30 - 3:00 pm.  ➤ <b>St. George's Anglican Church - Serves postal codes N6A, N6C, N6H, N6J</b> 227 Wharncliffe Rd, appointments preferred, call (519) 438-2994 3rd Friday of the month <u>ONLY</u> 11:30am - 1:30 pm.
<b>Youth Action Centre - Youth 16 to 24 Years Old Only Program</b> 332 Richmond St @ York St	<b>LUSO Community Service's Emergency Food Cupboard - Serves postal codes N5Y, N5V, N5X &amp; N5W</b> 1100 Victoria Dr, Tuesday/Thursday 8:30 am -12:00 pm & Wednesday 1:30 – 4:30 pm. Clients can drop-in once a month and must bring IDs for every household member and proof of income.
	<b>St. Paul's Social Services (a.k.a. Paul's Place) Food Bank and Fellowship Centre</b> 472 Richmond St. Food bank: Monday to Friday 9:00 - 11:30 am, except holidays.
	<b>Society of St Vincent de Paul - Food Vouchers</b> Contact any Catholic Church to arrange a home visit to discuss your needs. A food voucher may be issued.
	<b>Springbank Catholic Family of Parishes</b> St. John the Divine Parish: @ 390 Baseline Road West. Hot meal, dine-in every Tuesday 5:00 - 6:30pm
	<b>Western University Community Centre – Food Support Services</b> Western University students and staff only; hygiene products, diapers, non-perishable food. Confidential through: <a href="https://westernusc.ca/services/food-support-services">https://westernusc.ca/services/food-support-services</a> , or email <a href="mailto:foodsupport@westernusc.ca">foodsupport@westernusc.ca</a>
	<b>Western University - PSAC Local 610 Food Bank</b> For unit 1 and 2 members of PSAC Local 610 <u>ONLY</u> . Grocery store vouchers. Apply at <a href="http://www.psac610.ca/benefits-1">www.psac610.ca/benefits-1</a> .
<b>Supporting Organizations Coordinating Meal Programs:</b>	<b>Youth Action Centre – Youth Opportunities Unlimited Food Bank</b> 15 <sup>th</sup> of each month at 3:00 pm.
St. Aidan's Anglican/Riverside, Kirkton, Woodham, Thames Road-Elmvile United, Colbourne Street United Church, St. Michael's Roman Catholic Church, Grace Anglican Church (Ilderton), St. George's Church (Middlesex Centre), Siloam United, Valleyview Mennonite.  *The meals provided at St. Michael's Catholic are a collaborative activity of Northern Hospitality which includes Colborne United, New St. James Presbyterian and St. Michael's Catholic.	Project of the Hunger Relief Action Coalition