



SOURCES OF EMERGENCY AND LOW-COST FOOD

March 2011

- * This list is not complete. It does not list every program or retailer in Waterloo Region. It is meant to be a useful guide for persons 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. Religious affiliation is not a requirement.



HAMPER PROGRAMS - KITCHENER-WATERLOO

House of Friendship Food Hamper Program 519-742-0662	807 Guelph Street <i>Bus 6 or 18</i> (Guelph & Lancaster)	Phone first, 8:30 a.m.–4 p.m. Open to public 11 a.m.–4:15 p.m. Closed first Wednesday of month. Usual limit 6 hampers/family/year. Halal foods available.
Salvation Army Family Services 519-745-4215	300 Gage Avenue, Unit #1 <i>Bus 8 (via Westmount)</i> (Gage & Belmont)	Daily Bread: Monday to Thursday 9:30 a.m.–12 noon, 1–4 p.m., Friday 9:30–12 noon, Hampers: By appointment. <i>Usually 5 hampers per year.</i>
Country Hills Church 519-578-7275	1280 Ottawa Street South (Fischer-Hallman & Ottawa behind Pluto Daycare)	5–8 p.m. every other Tuesday. 9 a.m.–noon every other Saturday. <i>Closed in July & August.</i>
Glencairn Church Bridges Centre 519-579-8741	725 Erinbrook Drive <i>Bus 3, 12</i> (Blockline & Laurentian)	Phone in—food & clothing available 2 nd & 4 th . Saturdays of the month, 9 a.m.–12 p.m. <i>12 hampers/household/year.</i>
Kitchener Church of God 519-745-8561	533 Weber Street East <i>(Idlewood) Bus 7 or 8</i> (Weber & Ottawa)	12–4 p.m. Monday & Friday. Fresh food sometimes available. 6 hampers/household/year.
R.O.O.F. 519-742-2788	242 Queen Street South	Wednesday afternoons. <i>Youth ages 12–25, 1 hamper/person/2 weeks, 2–5 p.m.</i>
St. Aloysius 519-893-8470	11 Traynor Avenue <i>Bus 7 (via Connaught St.)</i> (Traynor & Connaught)	2 nd & 4 th Monday of month—7–8 p.m., 3 rd Tuesday 9–10 a.m. Identification and address required. <i>One hamper per household per month. Must be within defined geographic area. Please bring your own bags. Closed in July & August.</i>
St. Vincent de Paul	The St. Vincent de Paul Society, operating out of most 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 your residence or call 519-743-5576 to find your site.	



HAMPER PROGRAMS - CAMBRIDGE

Cambridge Self-Help Food Bank 519-622-6550	54 Ainslie Street South (Galt) (across from bus depot)	12–4:30 p.m. Monday & Tuesday, 9 a.m.–4:30 p.m. Wednesday & Friday, 9 a.m.–6:30 p.m. Thursday. <i>8 hampers/Family/year.</i> <i>Must live in Cambridge or North Dumfries.</i>
Salvation Army (Galt) 519-623-1221	16 Shade Street (Galt) <i>Bus 54, 58, 59</i> (Main & Wellington)	9:30 a.m.–noon, 1–3:15 p.m. Monday to Thursday, 9:30 a.m.–noon Friday. Summer (closed Fridays). 8 hampers/Family/year.
Salvation Army (Hespeler) 519-658-9850	18 Tannery Street (Hespeler) <i>Bus 51</i> (Adams near Fire Hall)	9 a.m.–2 p.m. Monday, Tuesday, Wednesday. 9 a.m.–12 noon Thursday & Friday. Provide dry goods, canned food & bread. <i>Must live in Hespeler.</i>
St. Andrew's Presbyterian Church 519-622-6550 (Cambridge Self-Help Food Bank)	73 Queen Street East (Hespeler) <i>Bus 51</i>	12–2 p.m. every other Thursday. Phone 519-622-6550 for dates.
St. John's Anglican Church 519-622-6550 (Cambridge Self-Help Food Bank)	567 Queenston Road (Preston) <i>Bus 52, 56, 61</i> (Argyle & Queenston)	9:30–11:30 a.m. every other Thursday. Phone 519-622-6550 for dates.
St. Vincent de Paul 519-653-4162	St. Vincent de Paul (SVDP) organizations provide food, clothing and furniture to people in need. The Cambridge SVDP store (519-653-4162) can direct you to a Catholic church in your area.	



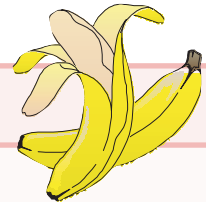
HAMPER PROGRAMS - RURAL

Wilmot Family Resource Centre 519-662-2731	175 Waterloo Street New Hamburg (Waterloo & Arnold)	12–4 p.m. Tuesday & Thursday. Fresh food when available. <i>For Wilmot & Town of Wellesley residents.</i> <i>1 hamper/household/month.</i> <i>Emergency one day hampers available other days.</i>
Woolwich Community Services 519-669-5139	73 Arthur Street South Elmira (Arthur & Wyatt)	9 a.m.–5 p.m. Monday to Friday. Fresh food included. <i>1 hamper/household/month.</i>



COMMUNITY MEALS - KITCHENER

St. John's Kitchen 519-745-8928	97 Victoria Street North (Duke & Water Street, entrance on Duke)	9 a.m. Monday to Friday for buns and coffee. (Open earlier in very cold weather) 11:30 a.m.–1 p.m. Monday to Friday for lunch.
R.O.O.F. 519-742-2788	242 Queen Street South	7–8 p.m. Monday to Friday. 2:30–4 p.m. Saturday & Sunday. <i>Youth ages 12–25.</i>
Ray of Hope Community Centre 519-578-8018	659 King Street East (entrance off laneway at back)	Lunch 1–3 p.m. Thursday & Saturday. Supper 7–8:30 p.m. Monday to Friday. Supper 4:30–6 p.m. Sunday
Community Ministry 519-743-6309	St. Mark's Lutheran Church 825 King Street West (near Grand River Hospital)	5:45 p.m. Wednesday. Use Green Street entrance.



COMMUNITY MEALS - CAMBRIDGE

Trinity Community Table 519-621-8860	12 Blair Road (Galt) (Grand Ave & Parkhill)	9–11 a.m. coffee & donuts. 11:30 a.m.–12:15 p.m. lunch. Monday, Wednesday, Friday, Food packets also available.
Salvation Army (Hespeler) 519-658-9850	18 Tannery Street East (Adams near Fire Hall)	12–1 p.m. Thursday.
Cambridge Shelter 519-624-9305	26 Simcoe Street (Galt) <i>Bus 51</i> (Ainslie & Simcoe St.)	5:30 p.m. dinner daily, free to shelter residents, \$1 for others. Community Breakfast 8:30 a.m. Thursday Shelter also has ID clinic & other services.
Compassion in Action Cambridge Vineyard 519-623-4639	147 Elgin Street North (Galt) <i>Bus 59</i> (Elgin & Marion Way)	Hot lunch 11:30 a.m.–1:30 p.m. Sunday. Free store 9 a.m.–3 p.m. Tuesday, sometimes has food.

STRETCHING YOUR FOOD DOLLAR

Cambridge Self-Help Food Bank
519-622-6550

Co-op Food Program: \$9/month membership & work 1 hour/week to collect hamper twice a month (in addition to usual hamper limits). Canned & boxed food, cultural items like Halal, personal care & cleaning items.



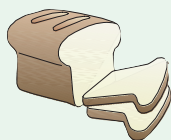
Community Gardens: For Cambridge & North Dumfries residents. Call for details.

Foodlink
519-513-8998

Buy Local: Buy locally-grown food in season from farms and at farmers' markets. See current list of both in the free "Buy Local! Buy Fresh!" map by *Foodlink Waterloo Region* available throughout the region or at www.foodlink.ca. The website is also useful to learn about local food—tips on preparation and storage.

Region of Waterloo Public Health, Healthy Living, Planning and Promotion
519-883-2004

Community Garden Network: Grow your own vegetables and fruits at a community garden near you—a small fee may apply. Water & basic tools often available on site. For more information see www.community-gardens.ca or call Carol at 519-883-2004 ext. 5336.



Community Cooking Programs: Learn to prepare low-cost, nutritious food at free or low-cost programs at community agencies, led by Community Nutrition Workers. Call 519-883-2004 ext. 5305 for more information.

Community Outreach Program
519-883-2290

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.

Weston Bakeries Surplus Store
519-742-4491 ext. 274

Discount prices on bread, buns and cakes. 8:30 a.m.–5:30 p.m. Monday–Thursday, 8:30 a.m.–6 p.m. Friday–Saturday, 10 a.m.–4 p.m. Sunday. Address: 632 Victoria Road North (*next to KW Surplus*), Kitchener.



Region of Waterloo Public Health

99 Regina Street South, Waterloo N2J 4V3
150 Main Street, Cambridge N1R 6P9
TTY Phone line

519-883-2000
519-883-2000
519-883-2427

