



2018-2019
**Emergency
Food**

Programs in
Waterloo Region



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES





Where to Get Emergency Food

This list is meant to be a useful guide for people 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. You do not need to be a member of the church to receive emergency food.

This list does not include every program available within Waterloo Region. Please contact the Food Bank of Waterloo Region at 519-743-5576 (www.thefoodbank.ca) or the Cambridge Self Help Food Bank 519-622-6550 for more information about specific programs in your neighbourhood.



Hamper Programs

KITCHENER-WATERLOO

oneROOF Youth Services

242 Queen Street South, Bus 1, 2, 8,
11, 22, 204 (Charles Street bus depot)

519-742-2788

Wed: 1 – 5 p.m.

Youth ages 12 – 25

One hamper/person/week

Glencairn Church Bridges Centre

725 Erinbrook Drive, Bus 3, 12, 201
(Blockline and Laurentian)

519-579-8741

Food and clothing available 2nd and 4th
Saturday of the month, 9 – 11:30 a.m.

One hamper/month

Kitchener Church of God

533 Weber Street East, Bus 7, 8, 200
(Weber and Ottawa)

519-745-8561

Fri: Noon – 3:45 p.m.

Six hampers/family/year

Bring ID for each person in family

House of Friendship Food Hamper Program

807 Guelph Street, Bus 6
(Guelph and Lancaster)

519-742-8327

Mon – Fri: 9:30 a.m. – 4 p.m.

Six hampers/family/year

12 hampers/year for age 65+

Halal foods available

Ray of Hope Community Centre

659 King Street East, Bus 7
(rear entrance off Stirling Lane, Suite 230)

519-578-8018

Mon – Thur: 6:30 – 9 p.m.

By appointment only

One hamper/family/month

Bring valid photo ID

Canned goods available

St. Aloysius

11 Traynor Avenue, Bus 7
(via Connaught Street) (Traynor and
Connaught) entrance at rear of building
near parking lot

519-893-1220

2nd and 4th Monday of the month:

7 – 8 p.m.; 3rd Tuesday of the month:

9 – 10 a.m.

One hamper/family/month

Photo identification, proof of social
assistance and proof of address
required for each family member.

Must be within defined geographic
area. Please bring your own bags.

Appointment needed in July and August

Salvation Army Family Services

300 Gage Avenue, Unit 1, Bus 12
(Westmount) Bus 8 (Gage and Belmont)

519-745-4215

Mon – Thu: 10 a.m. – noon; 1 – 4 p.m.

Fri: 10 a.m. – noon. Daily Bread

Hampers by appointment (five
hampers/family/year)

St. Vincent de Paul

The St. Vincent de Paul Society,
operating out of several 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 to
your residence or call 519-744-1566 to
find your site

Hamper Programs

CAMBRIDGE

Cambridge Self-Help Food Bank

54 Ainslie Street South (Galt)
(Main and Concession, across from
bus depot)

519-622-6550

Mon and Tue: Noon – 4:30 p.m.

Wed and Fri: 9 a.m. – 4:30 p.m.

Thu: 9 a.m. – 6:30 p.m..

Eight hampers/family/year, bread
anytime. Must live in Cambridge or
North Dumfries. Bring your own bags
and proof of income, address and ID

Knox United Church

(Cambridge Self-Help Food Bank)

92 Northumberland Street (Ayr)

519-622-6550

Every other Wednesday: 1 – 3 p.m.

Call for specific dates. Eight hampers/
family/year. Bring your own bags and proof
of income, address and ID

Salvation Army (Galt)

16 Shade Street (Galt) Bus 54, 58, 59
(Main and Wellington)

519-623-1221

Mon – Thu: 9:30 a.m. – noon.; 1 – 3 p.m.

Fri: 9:30 – 11:45 a.m.

Closed on Fridays in the summer. Eight
hampers/family/year. Four food vouchers/
year. Bread and dessert available daily

Salvation Army (Hespeler)

18 Tannery Street (Hespeler) Bus 51, 203

519-658-9850

Mon, Wed, Thu: 9 a.m. – 2 p.m.

Must live in Hespeler. Free bread when
available during office hours 9 a.m. – 2 p.m.

Four hampers/family year.

Eight food vouchers/year

St. Andrew's Presbyterian Church

(Cambridge Self-Help Food Bank)

73 Queen Street East (Hespeler) Bus 51

519-622-6550

Every other Thursday: Noon – 2 p.m.

Call for specific dates. Eight hampers/
family/year. Bring your own bags and proof
of income, address and ID

St. John's Anglican Church

(Cambridge Self-Help Food Bank)

567 Queenston Road (Preston)

Bus 52, 56, 64 (Argyle and Queenston)

519-622-6550

Every other Thursday: 9:30 – 11:30 a.m.

Call for specific dates. Eight hampers/
family/year. Bring your own bags and
proof of income, address and ID

St. Vincent de Paul

519-629-0103

St. Vincent de Paul organizations can
help provide items like food, furniture
and clothing for those in need. Please
call for inquiries

RURAL

Wilmot Family Resource Centre

175 Waterloo Street, Unit 1
New Hamburg (Waterloo and Arnold)

519-662-2731

Mon: 12:30 – 4 p.m.

Tue and Thu: 11 a.m. – 4 p.m.

First Thu of the month: 11 a.m. – 6 p.m.

Pre-order recommended. For Wilmot
and Town of Wellesley residents. One
hamper/family/month. Emergency one
day hampers available Wed. and Fri.

Woolwich Community Services

5 Memorial Avenue, Elmira

519-669-5139

Mon – Fri: 9 a.m. – 5 p.m.

One hamper/family/month. Call to
make an appointment. For Woolwich
and North Wellesley Township
residents

Community Meals

KITCHENER-WATERLOO

St. John's Kitchen

97 Victoria Street North, Bus 4, 6, 200, 204
(corner of Victoria and Weber)

519-745-8928

Mon – Fri: 8 a.m. – 2 p.m. for buns and coffee

Mon – Fri: 11:30 a.m. – 1 p.m. for lunch
Canned goods available daily at 9:30 a.m.

(first come, first served)

Ray of Hope Community Centre

659 King Street East, Suite 100, Bus 7
(rear entrance off Stirling Lane)

519-578-8018

Mon – Fri: 7 – 8:30 p.m.

Sat: Noon – 1:30 p.m.

Sun: 4:30 – 6 p.m.

oneROOF Youth Services

242 Queen Street South, Bus 1, 2, 8,
11, 22, 204

519-742-2788

Informal drop-in meals for youth ages
12-25.

Mon – Fri lunch: 1– 3 p.m.

dinner: 7 – 8 p.m.

Community Ministry

St. Mark's Lutheran Church
825 King Street West, Bus 4, 7, 200

Lane way street entrance
(near Grand River Hospital)

519-743-6309

Wed: 5:45 p.m.

CAMBRIDGE

The Bridges (Cambridge Shelter)

26 Simcoe Street (Galt) Bus 51
(Ainslie and Simcoe St)

519-624-9305

5:30 p.m. dinner daily, (free to shelter
residents, \$1 for others.)

Thu and Sat lunch: Noon

Thu breakfast: 8:30 a.m. daily breakfast
for residents

Shelter also has ID clinic and other
services

Salvation Army (Hespeler)

18 Tannery Street East, Bus 203
(Adams near Fire Hall)

519-658-9850

Thursdays from 11:45 a.m. – 12:30 p.m.

Except in July and August

Trinity Community Table

12 Blair Road (Galt), Bus 55, 57
(Grand Ave and Blair)

519-621-8860

Mon, Wed and Fri: 9:30 a.m. – 12:30 p.m.
(lunch served at 11:30 a.m.)

Cambridge Vineyard

147 Elgin Street North (Galt) Bus 63
(Elgin and Marion Way)

519-740-8463

Hot lunch on Sun and Tue: 10 a.m. – 2 p.m.

Also have free laundry and shower
facilities, and some clothing and
hygiene products

Mike's Lunch Basket

(Cambridge Self-Help Food Bank)

54 Ainslie Street South (Galt) (Main
and Concession, across from bus depot)

519-622-6550

Saturdays from 11 a.m. – 1 p.m.



Where to Get Low-Cost Food

The list on the following page is meant to be a useful guide to help you stretch the amount of money available for food. Preventing food emergencies isn't always possible, but food emergencies can be reduced in frequency and severity by doing things like meal planning, enjoying meatless meals, eating seasonally and locally, reducing food waste, and more. The following resources can help you learn creative ways to stretch your food dollar.

Please call first as the information, including hours of operation and services offered, is subject to change.



Cambridge Self-Help Food Bank**519-622-6550**

Co-op Food Program: \$10/month membership and work four hours/month to collect hamper every other week (in addition to usual hamper limits). Canned and boxed food, cultural items like Halal, personal care and cleaning items (when available).

Foodlink**www.foodlink.ca**

Buy Local: Buy locally-grown food in season from farms and at farmers' markets. See the current listings 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 for learning about local food, and tips on food preparation and storage.

Telehealth Ontario**1-866-797-0000**

Mon–Fri: 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.

Community Outreach Program**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 Commons43 Queen Street South, Kitchener,
(Charles Street bus depot)**519-749-9177 x 1**

Mon – Fri: 8:30 a.m. – 9 p.m.

Sat: 10 a.m. – 4 p.m.

We invite people to enjoy our affordable, vegetarian home-style meals, snacks, desserts, and fresh-roasted coffee.

**Region of Waterloo Public Health,
Healthy Living Division****519-575-4400****Community Garden Network:**

Grow your own vegetables and fruit at a community garden near you – a small fee may apply. Water and basic tools often available on site. For more information please see

www.community-gardens.ca or call **519-575-4400** and ask about Community Gardens.

Food Skills: Learn more about saving money on food by reducing food waste (freezing, canning), making your own baby food, and more. Call **519-575-4400** and ask about food skills.



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Created by Region of Waterloo Public Health
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service providers in Waterloo Region

For an electronic copy of the brochure visit
www.regionofwaterloo.ca/communityservices
search "Emergency Food"

To request an alternate format
of this document, call

519-575-4400

TTY: 519-575-4608