

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 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 search “Emergency Food”
To request an alternate format of this document, call 519-575-4400 (TTY: 519-575-4608)

