

Mutual Aid

GROUPS AND INDIVIDUALS HELPING PEOPLE ACCESS OR SHARE FOOD

Name	Website	Description	Address (click for Google Maps link)
African Community Wellness Initiative	https://africancommunitywellness.org/	Non-profit organization promoting wellness in African, Caribbean and Black-Identifying communities in Ontario. Food and land justice projects: Young City Growers and Multicultural Community Gardens, as well as projects that address racial and education justice, community health, and more.	n/a
Caremongering KW, Facebook Group	https://www.facebook.com/groups/CareMongeringKW	Group members help one another navigate the challenges of COVID-19 pandemic, anyone can join.	n/a
Food Not Bombs	https://www.facebook.com/KWFoodNotBombs	Free meals Saturdays 4:30-5:30 at City Hall	200 King St W, Kitchener, ON N2G 4G7
Fresh Ground, The Working Centre	https://www.facebook.com/freshgroundtwc/	Low-cost vegetarian food; run by staff and volunteers All locations welcoming of everyone	256 King St E, Kitchener, ON N2G 2L1
Grocery Delivery in Waterloo Region, Facebook Group	https://www.facebook.com/groups/146279463439906	This group finds and promotes local grocery delivery options	n/a
Indigenous Food Sovereignty Collective	https://indigenousfoodsovereigntycollectivewaterlooregion.community/	Grassroots collective working to restore the land, create community, grow traditional foods, and feed people in need	n/a
Falling Fruit	https://fallingfruit.org/	A massive, collaborative map of the urban harvest uniting the efforts of foragers, freegans, and foresters around the world.	n/a
Little Free Libraries	https://littlefreelibrary.org/	Some little libraries provide food instead of books during the pandemic - click here for more info. The choice to supply food is up to each little library owner and can change at any time. There is no map or other way to find out where these libraries are.	n/a
Muslim Association of Canada - Food Share Campaign	https://www.macnet.ca/foodshare/	Hot meals and non-perishable food items, weekly. Delivery for unhoused community members and seniors	n/a
Queens St Commons Cafe, The Working Centre	https://www.theworkingcentre.org/queen-street-commons-cafe/170	Low-cost vegetarian and vegan food; run by staff and volunteers. All locations welcoming of everyone	43 Queen St S, Kitchener, ON N2G 1V8
Waterloo Region Food Share, Facebook Group	https://www.facebook.com/groups/1519226784893732	A place to share food items you do not need or want. No selling, no coupons, no advertising.	n/a
KW Community Fridge	https://linktr.ee/communityfridgekw	The community fridge consisting of fresh, donated foods that anyone can take from for free	300 King Street, East, Kitchener ON N2G 2L3
519 Nourish Community Fridge	https://519communitycollective.com/our-programs/program-3-the-nourish-community-fridge/	The community fridge is a grassroots, volunteer-based and community run/funded/supported program consisting of fresh, donated foods that anyone can take from for free. The fridge is open 24-7.	150 Rogers Street Waterloo at Cafe Pyrus