

Kitchener-Waterloo Food Support Programs

The Food Bank of Waterloo Region

[Email the Food Bank](#)

Phone: 519-743-5576 extension 340

[Food Bank Website](#)

[Waterloo Food Bank Holiday Programs Listing 2023](#)

[The Foodbank Food Support Network Map](#)

Food Not Bombs KW

Distribution: Every Saturday 4:30 – 5:30pm

Location:

- Kitchener City Hall - 200 King St W, Kitchener
- On College Street between City Hall and Shoppers Drug Mart.

[Facebook page](#)

[Contact by email](#)

WUSA Food Support Service

Distribution: 24/7/365

Location: UW SLC Turnkey Desk

[WUSA Food Support Service Website](#)

WLU Students' Union Food Bank (for students)

Distribution: by appointment

[WLU Students' Union Food Bank Website](#)

LSPIRG Food Distro

Distribution: Thursdays 1:30 to 5:30pm

Location: Martin Luther University College, 75 University Ave W, Waterloo, Room MLU103

[LSPIRG Food Distro website](#)

Conestoga Student Nutrition Access Program

Distribution: by appointment

[Program website](#)

Community Fridge KW

Distribution: Always open

Location: 300 King Street, East, Kitchener, ON, Canada, Ontario

[Program website](#)

House of Friendship

Distribution: Monday to Friday: 9:30 a.m.–4 p.m. Closed December 22 at noon Closed December 25 and 26, and January 1

Location: 807 Guelph Street, Kitchener

Ray of Hope

Distribution: Monday to Thursday: 11:30 a.m.–2:30 p.m. Closed December 25 to 29
Marketplace 659 King Street East, Suite 100, Kitchener (rear entrance off Stirling Lane)

Meals Provided: Monday-Friday:

Lunch: 11:30 pm - 2:00 pm

Dinner: 7:00 pm - 8:30 pm

Saturday: Lunch: 12 pm - 1:30 pm

Sunday Dinner: 4:30 pm - 6:00 pm (Take-out)

Location: 659 King St E, #230, Kitchener, ON

Phone: (519) 578-8018

[Ray of Hope website](#)

Tiny Home Takeout

Meals: Tuesdays to Saturdays 5PM to 6:30PM

Location: In front of St. Mary's Church (Young St/Duke St intersection) in Downtown Kitchener

[Tiny Home Takeout website](#)

Mobile Community Health Van

Distribution: Monday - Friday 10:00 a.m. - 1:00 p.m.

Location: Call or text 519-591-4826 for location updates.

St. John's Kitchen

Meals: Monday - Friday: 9:30 am - 4:00 pm

Location: 23 Water Street North, Kitchener (St. John's the Evangelist Anglican Church)

[St. John's Kitchen website](#)

St. Matthew's Lutheran Church

Meals: Wednesday's 5:00 - 7:00 pm

Location: 54 Benton Street, Kitchener

Phone: 519-742-0462

First United Church

Meals: Friday's 6:00 pm - 7:00 pm

Location: 16 William Street West, Waterloo

Phone: 519-745-8487

Community Ministry

Meals: Thursdays 5:30 p.m. - 6:30 p.m.

Location: Trillium Lutheran Church - 22 Willow Street, Waterloo, ON, N2J 1V5

Bridgeport Cafe (Emmanuel United Church)

Food Bag Program: Thursdays: 1:00 pm - 3:00 pm

Community **Meal** Program: Tuesday to Friday: 1:00 pm - 3:00 pm

Location: 22 Bridgeport Rd W, Waterloo ON N2L 2Y3

Phone: (519) 886-1471

Salvation Army Meal Program

Meals: Sundays: 12:00 pm - 1:30 pm

Location: Kitchener City Hall - 200 King St W, Kitchener

Phone: 519-745-4215

Social Development Centre Waterloo

Aggregate listing of resources (Some repeated information)

[Waterloo Region Emergency Food Guide](#)