

Centretown Emergency Food Centre 507 Bank Street 613-232-3059 www.cefcottawa.org Demographic Restrictions: To access the service, the client has to reside within the catchment area (bordered by Lyon Street, Wellington Street, Billings Bridge and Main Street, including Lees Avenue) Dalhousie Food Cupboard 211 Bronson Avenue 613-230-3982 www.dalhousiefoodcupboard.ca Wednesdays and Thursdays, 10:30am to 1:00pm Food Offered: 3-5 day supply of groceries, both fresh and shelf-stable goods. Accessibility: Fully Accessible Demographic Restrictions: To access the service, the client has to reside within the catchment area (bordered by Lyon Street, Wellington Street, Billings Bridge and Main Street, including Lees Avenue) Hours: Wednesdays and Thursdays, 10:30am to 1:00pm Food Offered: 3-5 day supply of groceries, both fresh and shelf-stable goods. Accessibility: Fully Accessible Demographic Restrictions: To access the service, the client has to reside within the food centre catchment area (bordered by Lyon Street and Breezehill Avenue, and between Carling Avenue and the Ottawa River) Hours: Monday to Friday 8am to 3pm Food Offered: Breakfast, drop-in services and occasional lunch Accessible: Yes Demographic Restrictions: None Centre 507 Hours: Monday, Wednesday, Thursday and Friday: 9:00am -10:30am, 12:00pm -3:30pm, 4:00pm to 8:45pm Sunday: 9:00am 10:10:00am and 12:30pm -3:30pm Food Offered: Prepared meals, and drop-in services. Accessible: Take-out meals are accessible on the main level. Drop-in services on the 2nd level of Centretown United Church are not. Demographic Restrictions: None Knox Presbyterian Church 'Out of the Cold' Food Offered: Prepared dinner Accessible: Partially. The basement hall is not accessible. Demographic Restrictions: None Note: Program availability shifts throughout the year. Hours: Program availability shifts throughout the year.
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Church 'A Place to Go' Food Offered: Prepared dinner
152 Metcalfe Street Accessible: Yes
Traded Miles 103
613-235-1636 Demographic Restrictions: None
www.peterpaulottawa.com
Highjinx Community House and Hours: Tuesday, Wednesday and Friday, 12:00PM to 5:00PM, Thursday
Social Enterprise and Saturday, 12:00PM to 6:00PM
290 Kent St Food Offered: Food provisions, drop-in tea/coffee, prepared meals.
613-864-4289 Accessible: Partially. Service can be modified for those with limited
highjinxottawa.com mobility.
Demographic Restrictions: None



FOOD CENTRE			
Ottawa Innercity Ministries	Hours: Tuesdays and Thursdays, 1pm to 3pm		
391 Gladstone Ave	Food Offered: Groceries and food provisions		
613-237-6031	Accessible: Yes		
www.ottawainnercityministries.ca	Demographic Restrictions: None but OIM is partnered with Veterans		
	Affairs Canada and offers additional services specifically for those who		
	have served with the Canadian Armed Forces.		
The Well	Hours: Monday- Friday: 8:00 - 3:00 PM (closed on weekends)		
154 Somerset Street West	Food Offered: Prepared meals and drop-in services.		
613-594-8861	Accessible: Yes		
www.the-well.ca	Demographic Restrictions : Specifically serves women and children.		
Restoring Hope Ministries	Hours: Drop-In Hours: Friday and Sunday 9 pm to 11:30 pm		
Haven Youth Shelter,	Saturday, Monday, Tuesday 10pm to 11:30 pm		
140 Laurier Ave W	Overnight Hours: Friday and Sunday 9pm to 8:30 am		
613-808-3321	Saturday, Monday, Tuesday 10 pm to 8 am		
www.restoringhope.ca	Food Offered: During drop-in hours, a prepared meal and snacks are		
5 .	served. For those using the overnight services, breakfast is served in the		
	morning.		
	Accessibility: Fully Accessible		
	Demographic Restrictions: Services limited to youth between the ages		
	of 16 to 24 years old.		
Fourth Avenue Baptist Church	Hours: Drop In Hours: Wednesday and Thursday, 9pm to 12 am		
'Haven Too' Youth Shelter	Overnight Hours: Wednesday and Thursday, 12 am to 9pm		
109A Fourth Avenue	Food Offered: During drop-in hours, a prepared meal and snacks are		
613-236-1804	served. For those using the overnight services, breakfast is served in the		
www.fourthavebaptist.ca/haven-	morning.		
too	Accessibility: Fully Accessible		
	Demographic Restrictions: Services limited to youth between the ages		
	of 16 to 24 years old.		
Operation Come Home Drop-In	Hours: Monday to Friday, 8:30 to 11:30		
150 Gloucester St	Food Offered: Fresh and shelf-stable grocery supplies and drop-in		
613-230-4663	services.		
www.operationcomehome.ca	Accessibility: Fully Accessible		
•	Demographic Restrictions: Services are limited to youth between 16-25		
	years in age.		
Centre 454	Hours: Monday-Sun 8am-3pm		
454 King Edward Avenue	social, recreational activities, respite space, telephone and		
613-235-4351	computer access, as well as lunches, snacks, coffee, and tea.		
www.centre454.ca			
St. Joe's Women's Centre	Hours: Monday to Friday 9:30 to 3:30		
151 Laurier Avenue East	Lunch, drop-in, computers, phones		
613-231-6722			
Stjoeswomenscentre.org			



FOOD CENTRE		
Ottawa Mission Food Truck		
(Centretown Stops)	Addresses	Days and Locations
www.ottawamission.com/ottawa-	Centre 507, 507 Bank St.	Mondays, 12 p.m. to 1 p.m.
mission-food-truck-weekly- schedule/	Ottawa Community Housing,	1st and 3rd Tuesdays,
	506 Bronson St.	3 p.m. to 4 p.m.
*This prepared meal service	Somerset West Community	Thursdays 12 p.m. to 1 p.m.
operates across Ottawa. Listed	Health Clinic, 55 Eccles St.	
are the locations specific to the		
Centretown neighbourhood. For	Ottawa Community Housing,	Sundays, 12 p.m. to 1 p.m.
more information on additional	403 Somerset St W 12pm to	
locations and times, please refer	1pm	
to the website*		
Centretown Community Fridges		Τ
	CentreTown Pharmacy	Indoors
	Community Fridge 326 Bank St	Hours: Monday to Friday, 6:00AM to 6:00PM, Saturday and Sunday,
	320 Bank Gt	8:00AM to 4:00PM
	Public Foods Fridge	Outdoors
	415 MacLaren	Hours: 24/7
	The Well Community Fridge	Indoors
	154 Somerset St. West	Hours: Monday: 8:00 - 1:00 PM
		Tuesday - Friday: 8:00 - 3:00 PM
	Somerset West Community	Indoors
	Health Centre Fridge	Hours: Monday, Tuesday,
	55 Eccles St	Wednesday, and Friday: 9:00AM to
		4:00PM
		Thursday: 1:00PM to 4:00PM
		(Closed on weekends)

