



Where to get FOOD in Centretown Ottawa – September 2022

Centretown Emergency Food Centre 507 Bank Street 613-232-3059 www.cefcottawa.org	Hours: Monday, Tuesday, and Friday 11:30am to 1:30pm Food Offered: 3-5 day supply of groceries, both fresh and shelf-stable goods. Accessible: Partially. Service can be modified for those with limited mobility. 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	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)
St. Luke's Table 211 Bronson Ave. 613-238-4193 www.stlukestable.ca	Hours: Monday to Friday 8am to 3pm Food Offered: Breakfast, drop-in services and occasional lunch Accessible: Yes Demographic Restrictions: None
Centre 507 507 Bank Street 613-233-5626 www.centre507.org	Hours: Monday, Wednesday, Thursday and Friday: 9:00am -10:30am, 12:00pm -3:30pm, 4:00pm to 8:45pm (excluding Fridays) Tuesday: 9:00am-10:30am, 5:30pm – 8:45pm Sunday: 9:00am to 11:00am 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' 120 Lisgar Street 613-238-4774 www.knoxottawa.ca	Hours: Saturdays from 4pm to 5pm. Food Offered: Prepared dinner Accessible: Partially. The basement hall is not accessible. Demographic Restrictions: None Note: Program availability shifts throughout the year.
St. Peter and St. Paul's Anglican Church 'A Place to Go' 152 Metcalfe Street 613-235-1636 www.peterpaulottawa.com	Hours: Fridays, 7:30 to 9:30 Food Offered: Prepared dinner Accessible: Yes Demographic Restrictions: None
Highjinx Community House and Social Enterprise 290 Kent St 613-864-4289 highjinxottawa.com	Hours: Tuesday, Wednesday and Friday, 12:00PM to 5:00PM, Thursday and Saturday, 12:00PM to 6:00PM Food Offered: Food provisions, drop-in tea/coffee, prepared meals. Accessible: Partially. Service can be modified for those with limited mobility. Demographic Restrictions: None



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Ottawa Innercity Ministries 391 Gladstone Ave 613-237-6031 www.ottawainnercityministries.ca	Hours: Tuesdays and Thursdays, 1pm to 3pm Food Offered: Groceries and food provisions Accessible: Yes 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 154 Somerset Street West 613-594-8861 www.the-well.ca	Hours: Monday- Friday: 8:00 - 3:00 PM (closed on weekends) Food Offered: Prepared meals and drop-in services. Accessible: Yes Demographic Restrictions: Specifically serves women and children.
Restoring Hope Ministries Haven Youth Shelter, 140 Laurier Ave W 613-808-3321 www.restoringhope.ca	Hours: Drop-In Hours: Friday and Sunday 9 pm to 11:30 pm Saturday, Monday, Tuesday 10pm to 11:30 pm Overnight Hours: Friday and Sunday 9pm to 8:30 am Saturday, Monday, Tuesday 10 pm to 8 am Food Offered: During drop-in hours, a prepared meal and snacks are 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 'Haven Too' Youth Shelter 109A Fourth Avenue 613-236-1804 www.fourthavebaptist.ca/haven-too	Hours: Drop In Hours: Wednesday and Thursday, 9pm to 12 am Overnight Hours: Wednesday and Thursday, 12 am to 9pm Food Offered: During drop-in hours, a prepared meal and snacks are 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.
Operation Come Home Drop-In 150 Gloucester St 613-230-4663 www.operationcomehome.ca	Hours: Monday to Friday, 8:30 to 11:30 Food Offered: Fresh and shelf-stable grocery supplies and drop-in services. Accessibility: Fully Accessible Demographic Restrictions: Services are limited to youth between 16-25 years in age.
Centre 454 454 King Edward Avenue 613-235-4351 www.centre454.ca	Hours: Monday-Sun 8am-3pm social, recreational activities, respite space , telephone and computer access, as well as lunches, snacks, coffee, and tea.
St. Joe's Women's Centre 151 Laurier Avenue East 613-231-6722 Stjoeswomenscentre.org	Hours: Monday to Friday 9:30 to 3:30 Lunch, drop-in, computers, phones



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Ottawa Mission Food Truck (Centretown Stops)

www.ottawamission.com/ottawa-mission-food-truck-weekly-schedule/

This prepared meal service operates across Ottawa. Listed are the locations specific to the Centretown neighbourhood. For more information on additional locations and times, please refer to the website

Addresses	Days and Locations
<i>Centre 507</i> , 507 Bank St.	Mondays, 12 p.m. to 1 p.m.
<i>Ottawa Community Housing</i> , 506 Bronson St.	1st and 3rd Tuesdays, 3 p.m. to 4 p.m.
<i>Somerset West Community Health Clinic</i> , 55 Eccles St.	Thursdays 12 p.m. to 1 p.m.
<i>Ottawa Community Housing</i> , 403 Somerset St W 12pm to 1pm	Sundays, 12 p.m. to 1 p.m.

Centretown Community Fridges

CentreTown Pharmacy Community Fridge 326 Bank St	Indoors Hours: Monday to Friday, 6:00AM to 6:00PM, Saturday and Sunday, 8:00AM to 4:00PM
Public Foods Fridge 415 MacLaren	Outdoors Hours: 24/7
The Well Community Fridge 154 Somerset St. West	Indoors Hours: Monday: 8:00 - 1:00 PM Tuesday - Friday: 8:00 - 3:00 PM
Somerset West Community Health Centre Fridge 55 Eccles St	Indoors Hours: Monday, Tuesday, Wednesday, and Friday: 9:00AM to 4:00PM Thursday: 1:00PM to 4:00PM (Closed on weekends)



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