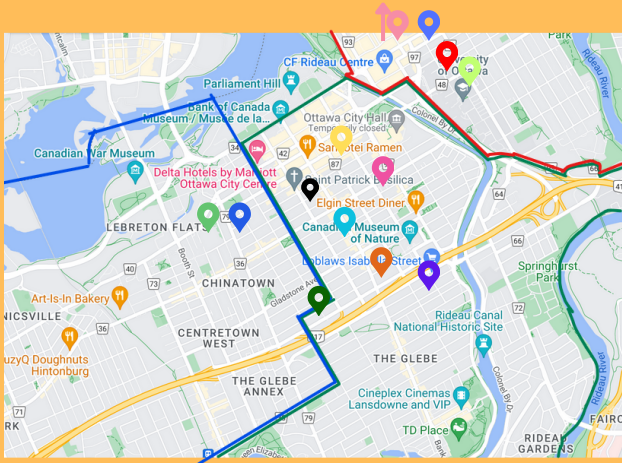


FREE FOOD ACCESS IN CENTRETOWN

AUGUST 2023



LEGEND

Centretown Community Food Centre
370 Catherine St
Food bank: Mon, Wed, Fri 12-3pm

Dalhousie Food Cupboard
211 Bronson St
Food bank: Wed-Thur 10:30am-1pm
St. Luke's Table
Meals/Drop in: Mon-Fri 8am-3pm

St. Joseph's Parish
151 Laurier Ave E
Food bank: Thur 12:30-2:30pm
Sandwiches: Mon-Fri 9:30am-12pm
Supper: Tue-Fri 5-6pm
300 Wiggins Pvt
Food bank: Fri 12:30-2:30pm

St. Joe's Women's Centre
Lunch: 12-1pm daily
Groceries: Wed 12-5pm, Thur 9:30am-3pm (women & children)

Centre 507
507 Bank St
Meals/cafe: Varying hours Sun-Fri

The Good Companions Seniors Centre
670 Albert St
Low cost meals: Mon-Fri 9am-1pm

The Ottawa Mission
35 Waller St
Meals: 8 am, 11:20 am, 3 pm daily

The Ottawa Mission Food Truck
Centretown Stops:
453 Cooper St
Sundays 12-1pm
453 Cooper St
1st, 3rd, 5th Thursday 10:30-11:30am

FOOD CUPBOARD CATCHMENTS

- Centretown Community Food Centre
- Dalhousie Food Cupboard
- St. Joseph's Parish

Centre 454
454 King Edward Street
Drop in/meals: Mon-Sun 8am-3pm, Wed 8am-1pm

St Peter and St Paul's Anglican Church
152 Metcalfe St
Meal: Fri 7:30-9:30pm

The Well/La Source
275 Elgin St
Light meals: Mon 8am-1pm, Tue-Sun 8am-3pm (women & children)

Ottawa Inner City Ministries
391 Gladstone Ave
Meals: Tue 1-3pm

Operation Come Home
150 Gloucester St
Drop in: Mon-Fri 8:30-11:30am, 4:30-7:30pm, Sat-Sun 8:30am-12:30pm (Ages 16-25)

Centre Espoir Sophie
145 Murray St
Meals: Mon-Thu 4:30 pm-6 pm, Fri 11 am-1:30 pm (women & children)

OTTAWA FOOD RESOURCES

Ottawa Food Bank
2001 Bantree Street

Just Food
2391 Pépin Crescent

Ottawa Good Food Box
Centretown Community Health Centre
pick up location (Wednesdays)

Wabano Centre for Aboriginal Health
299 Montréal Road