

## EMERGENCY FOOD PROGRAMS IN WATERLOO REGION

This resource is meant to be a guide for people who have an immediate need for emergency food. For more information about specific food programs in your neighbourhood, visit: [thefoodbank.ca/network/map](http://thefoodbank.ca/network/map).

**Note:** Please call the program in advance to confirm hours, as information is changing regularly.

<b>HAMPER PROGRAMS</b>		
<b>CAMBRIDGE</b>		
PROGRAM & CONTACT DETAILS	HOURS	REQUIREMENTS
Cambridge Self-Help Food Bank 54 Ainslie St., South., 519.622.6550	Mon. – Fri.: 12 p.m. (noon) – 4:30 p.m.	Must live in Cambridge or North Dumfries. Double hamper provided and households can return in 1 week.
Salvation Army (Galt) 12 Shade St., 519.623.1221	Mon., Tues., Thurs.,: 9:30 – 11:45 a.m.; 1 – 3 p.m. Wed.: 1 – 3 p.m.	Must live in Cambridge or North Dumfries
<b>KITCHENER-WATERLOO</b>		
House of Friendship 807 Guelph St., 519.742.8327 ext. 2	Mon. – Fri.: 9:30 a.m. – 4 p.m.	Additional food distribution programs will be operating, please contact the House of Friendship for more information.
Salvation Army Family Services 75 Tillsley Dr., 519.745.4215	Tues. – Thurs.: 11 a.m. – 3 p.m. Fri.: 10 a.m. – 12 p.m. (noon)	Must live in Kitchener Waterloo
Carizon Family & Community Services (Erb West Community Centre) 45F Amos Ave., Waterloo 519.497.8254	Daily: 12:30 – 2 p.m.	Please call program prior to visiting to register.
Paulander Community Centre 60 Paulander Dr., Kitchener 519.741.1152	Daily: 1:45 – 2:45 p.m.	Please call program prior to visiting to register.
<b>TOWNSHIPS</b>		
Wilmot Family Resources Centre #1-175 Waterloo St., New Hamburg, 519.662.2731	Mon. – Thurs.: 9 a.m. – 4:30 p.m. Fri.: 9 a.m. – 12 p.m. (noon)	For Wilmot and Wellesley residents.
Woolwich Community Services 5 Memorial Ave, Elmira, 519.669.5139	Mon. – Fri.: 9 a.m. – 5 p.m.	For Woolwich and Wellesley residents.
<b>COMMUNITY MEALS</b>		
The Bridges (Cambridge Shelter – Galt) 26 Simcoe St., Cambridge, 519.642.9305	Daily lunch: 12 p.m. (noon) – 12:45 p.m. Daily dinner: 5:30 p.m. – 7 p.m.	
Trinity Community Table (Galt) 12 Blair Rd., Cambridge, 519.621.8860	(Pre-Made Launches) on Mon, Wed., Fri.: 11 a.m. – 12:30 p.m.	
Ray of Hope Community Centre – 659 King St. East, Suite 100, Kitchener (rear entrance off Stirling Lane.), 519.578.8018	Mon. – Fri.: 7 – 8:30 p.m. Sat: 12 p.m. (noon) – 1:30 p.m. Sun: 4:30 p.m. – 6 p.m.	
St. John’s Kitchen – 97 Victoria St., North, Kitchener, 519.745.8928	Mon. – Fri: 11:00 a.m. – 1 p.m.	



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