

**MAY 2015 Meals & Food Banks - A Project of the Hunger Relief Action Coalition**

**Meal Calendar**

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	
<b>MEALS FOR INDIVIDUALS &amp; FAMILIES IN NEED</b> <b>Addresses &amp; Food Banks List Included</b>		<u>Operation Mobilizing Hope:</u> <u>The Salvation Army Emergency Services Vehicle</u> Tuesdays 7:30pm-7:50pm My Sister's Place (566 Dundas St) Tuesdays 8:00pm-8:45pm Dundas Stop (East of Dundas St and Lyle St)		<u>My Sister's Place</u> Women only 16yrs & older Monday-Friday 12pm-1pm		1 5:30 pm - <b>Metropolitan United</b>	2 9am-11am - <b>St. James Westminster</b> 5pm-6pm - <b>St John</b>
		3 9am-9:30am - <b>Salvation Army Westminster Park</b> 5:15pm - <b>Centre of Hope</b> 5:30pm-6:30pm - <b>Trinity United</b>	4 5pm - <b>Salvation Army Westminster Park</b> 5:30pm-6:30pm - <b>St Michaels</b>	5 9am-10:45am - <b>Bishop Cronyn Memorial Church</b> 5:30pm-7pm - <b>Rowntree</b>	6 11am-1pm - <b>Salvation Army Highbury/Huron</b> 5:15pm - <b>Centre of Hope</b> 5:30pm-6:30pm - <b>Dundas Street United</b>	7 4pm - <b>Beth Emmanuel</b>	8 5:30 pm - <b>Metropolitan United</b> 5pm-6pm - <b>St. George's Anglican</b>
10 9am-9:30am - <b>Salvation Army Westminster Park</b> 5:15pm - <b>Centre of Hope</b>	11 5pm - <b>Salvation Army Westminster Park</b> 5:30pm-6:30pm - <b>St Michaels</b>	12 9am-10:45am - <b>Bishop Cronyn Memorial Church</b> 5:30pm-7pm - <b>Rowntree</b>	13 11am-1pm - <b>Salvation Army Highbury/Huron</b> 5:15pm - <b>Centre of Hope</b> 5:30pm-6:30pm - <b>Dundas Street United</b>	14 4pm - <b>Beth Emmanuel</b> 5:30-6:30pm - <b>First Baptist Church</b>	15 5:30 pm - <b>Metropolitan United</b>	16 9am-10:30am - <b>Rowntree</b> 9am-10:30am - <b>St. Alban's Church</b> 9am-11am - <b>Calvary United</b> 9am-11am - <b>All Saints Church</b> 5pm-6pm - <b>St John</b>	
17 9am-9:30am - <b>Salvation Army Westminster Park</b> 5pm-6pm - <b>St. Martin of Tours Church</b> 5:15pm - <b>Centre of Hope</b>	18 5pm - <b>Salvation Army Westminster Park</b>  <b>VICTORIA DAY</b>	19 7:30am-10:30am - <b>Church of the Ascension</b> 9am-10:45am - <b>Bishop Cronyn Memorial Church</b> 5:30pm-7pm - <b>Rowntree</b>	20 11am-1pm - <b>Salvation Army Highbury/Huron</b> 5:15pm - <b>Centre of Hope</b> 5:30pm-6:30pm - <b>Dundas Street United</b>	21 4pm - <b>Beth Emmanuel</b>	22 5:30 pm - <b>Metropolitan United</b> 5pm-6pm - <b>St. George's Anglican</b>	23 9am-10:30am - <b>St. Martin of Tours Church</b> 5pm-6pm - <b>St John</b>	
24 9am-9:30am - <b>Salvation Army Westminster Park</b> 5:15pm - <b>Centre of Hope</b> 5:30pm-6:30pm - <b>Wesley Knox</b>	25 5pm - <b>Salvation Army Westminster Park</b> 5:30pm-6:30pm - <b>St Michaels</b>	26 9am-10:45am - <b>Bishop Cronyn Memorial Church</b> 5:30pm-7pm - <b>Rowntree</b>	27 11am-1pm - <b>Salvation Army Highbury/Huron</b> 5:15pm - <b>Centre of Hope</b> 5:30pm-6:30pm - <b>Dundas Street United</b>	28 4pm - <b>Beth Emmanuel</b>	29 5:30 pm - <b>Metropolitan United</b>	30 9am-11am - <b>St. Andrew Memorial</b> 9am-11am - <b>Elmwood Presbyterian</b> 11:30am-1:30pm - <b>Fairmont United Church</b> 5pm-6pm - <b>St John</b>	
31 9am-9:30am - <b>Salvation Army Westminster Park</b> 5:15pm - <b>Centre of Hope</b>	<u>Streetlight Bus</u> Youth 16-25yrs. 7pm-9pm Tuesday & Thursday First Baptist Church 568 Richmond Street	<u>Ark Aid Street Mission</u> 7pm Monday-Saturday Sunday - times as posted <b>CLOSED ON HOLIDAYS</b>	<u>Youth Action Centre</u> Youth 16-24 yrs. 8am-10am Mon-Fri & 3pm-6pm Mon-Fri	<u>Fellowship Centre St. Paul's</u> Adults 20yrs and over 11:30am-12:30pm Mon, Wed, Fri 472 Richmond Street	<u>St Joseph's Hospitality Centre</u> 9:30am-11am & 12noon-2pm Mon-Fri *ID required* Daily fee: \$0.50 breakfast; \$1.00 lunch Monthly: \$10 breakfast; \$15 lunch; \$25 both <b>CLOSED Monday, May 18<sup>th</sup>, 2015</b>		

## MEAL PROGRAM LOCATIONS

**All Saints Church**  
249 Hamilton Road

**Ark Aid Street Mission Inc**  
696 Dundas Street @ Lyle Street

**Beth Emmanuel Church**  
430 Grey Street between Colborne/Maitland Street

**Bishop Cronyn Memorial Church**  
442 William Street @ Queens Avenue

**Calvary United Church**  
290 Ridout Street South @ Garfield Avenue

**Centre of Hope (Salvation Army Hostel)**  
281 Wellington Street @ Horton Street

**Church of the Ascension  
(Formerly East London Anglican Ministries)**  
2060 Dundas Street East

**Dundas Street Centre United Church**  
482 Dundas Street @ Maitland Street

**Elmwood Presbyterian Church (5<sup>th</sup> Saturday only)**  
111 Elmwood Avenue East @ Cathcart Street

**Fairmont United Church**  
29 Tweedsmuir Avenue @ Fairway Avenue

**First Baptist Church**  
568 Richmond Street

**Grace United Church**  
818 Hamilton Road @ Glenwood Avenue

**Metropolitan United Church**  
468 Wellington Street @ Dufferin Avenue

**My Sister's Place**  
566 Dundas Street

**Rowntree Memorial United Church**  
156 Elliot Street @ Cheapside Street

**St. Alban's Church**  
1350 Huron Street @ Highbury Avenue

**St. Andrew Memorial**  
55 Foxbar Road @ Wellington Road

**St. George Anglican Church**  
227 Wharnclyffe Road North (**Not Wheelchair Accessible**)

**St James Westminster Church**  
115 Askin Street @ Wortley Road

**St Joseph's Hospitality Centre**  
707 Dundas Street @ Lyle Street

**St. John**  
280 St. James Street

**St. Luke's Anglican**  
1204 Richmond Street North

**St. Martin of Tours Church**  
46 Cathcart Street @ Elmwood Avenue East

**St. Michaels**  
511 Cheapside Street (Cheapside & Maitland)

**St. Paul's Anglican Cathedral**  
472 Richmond Street

**Salvation Army - Hillcrest**  
310 Vesta Road (Huron Street & Highbury Avenue)

**Salvation Army London Citadel**  
555 Springbank Drive

**Salvation Army Westminster Park Corps (Church)**  
1190 Southdale Road East @ Millbank Drive

**Trinity United Church**  
76 Doulton Street @ Hale Street (**south of Dundas Street**)

**Wesley Knox United Church**  
91 Askin Street @ Teresa Street

**Youth Action Centre**  
332 Richmond Street @ York Street

### Supporting Organizations Coordinating Meal Programs

St. Aidan's Anglican / Riverside, Kirkton, Woodham, Thames Road-Elmville United, Colborne Street United Church, Trinity Lutheran Church, St. Michael's Roman Catholic Church, Grace Anglican Church (Ilderton), St. George's Church (Middlesex Centre)

The meals provided at New St. James are a collaborative activity of Northern Hospitality which includes Colborne United, New St. James Presbyterian, St. Michael's Catholic, and Trinity Lutheran churches.

## FOOD BANK LOCATIONS

### Chalmers Presbyterian Church

342 Pond Mills Rd. at Commissioners Rd. E., Tuesday: 1pm-2pm  
Residents of the area only, appointment required, call 519-681-7242

### Centre of Hope, Community Services

281 Wellington St. @ Horton St., Monday - Friday: 8am-3:30pm  
No appointment required - call 519-661-0343 ext 227

**\*\*Centre of Hope Food Bank is closed in December\*\***

**\*Note\* → Clients may not visit both Centre of Hope and Salvation Army Foodbanks**

### Crouch Neighbourhood Resource Centre @ 550 Hamilton Rd.

Baby food/formula/diapers and food items available on an emergency basis only  
Tuesday, Thursday and Friday: 9am-12pm

Wednesday: 9am-12pm, 2pm-4pm

**\*For residents of the Hamilton Road area only\***

### Daily Bread Program

Daily Bread Program, St. Paul's Cathedral **\*Baby Food is available\***  
472 Richmond St. @ Queens Ave., Monday to Friday: 9:30am-12pm

### East London Foodbank

The Salvation Army London Village (Dundas & Highbury)  
1340 Dundas Street East, London, ON, N5W 3B6

Tel. 519-691-6267, Email: VillageFB@hillcrestsa.ca

Tuesdays & Fridays from 10:00am until 2:00pm

**\*Note\* → Clients may not visit both Centre of Hope and Salvation Army Foodbanks**

### Families First CAPC White Oaks (South London Community Centre)

1119 Jalna Blvd. Monday - Friday: 10am-3pm

### Families First CAPC Westminster

1043 Southdale Rd. E., Mon-Fri 9am-12pm, call first 519-649-1248

Baby food bank for Westminster area residents, 1119 Jalna Blvd, Mon-Fri 10am-3pm

### Fanshawe College, Student Sharing Shop

1460 Oxford St. E., Room B1050 @ First Ave., Mon-Fri: 9am-4pm. **College students only.** Note: if The Student Sharing Shop is closed please go to the Student Success Centre at Room F2010 for assistance.

### Glen Cairn Community Resource Centre

244 Adelaide St. (between Thompson and Commissioners)

Open Monday – Friday from 9am-4pm

**\*Emergency & Baby Food Bank available to residents of Glen Cairn & Pond Mills Community - please call ahead for availability of items (519) 668-2745\***

### London and Area Food Bank

**\*Permitted postal code areas only for each depot\***

926 Leathorne at Adelaide, 519-659-4045, Mon-Fri: 9am-4pm, all London & area

### Satellite Locations (You may not visit both the Main and Satellite locations)

1. Argyle Food Depot, (Richards Memorial United Church, Clarke Road Entrance, across from Argyle Mall), 10am-3pm (2<sup>nd</sup> Thursday), **N5V, N5W**

2. NE Food Bank Depot @ Salvation Army (Huron/Highbury Ave.), 11am-3pm (3<sup>rd</sup> Wednesday), **N5V & N5Y**

3. Impact Church, 220 Adelaide St. N., 1pm-4pm (3<sup>rd</sup> Thursday), **N6B, N5W, N5Z**

4. Kinsmen Food Depot, Kinsmen Recreation Centre, 11am-3pm (3<sup>rd</sup> Friday) **N6A, N6C, N6H, N6J**

5. NW Food Bank Depot at Northwest London Resource Centre, 1225 Wonderland Rd. N. c/o Sherwood Forest Library, 10am- 3:30pm (3<sup>rd</sup> Tuesday), **N6G, N6H**

### London Community Chaplaincy - Southdale Location

977 Southdale Rd East, 519-685-2771

\*Emergency Food Cupboard for Westminster Area residents

### London Community Chaplaincy - Limberlost Location

1481 Limberlost Rd Unit 136, 519-472-2459

\*Emergency Food Cupboard for Limberlost Area residents

### Northwest London Resource Centre

Emergency Cupboard for residents of N6G and N6H at Resource Centre  
Tuesday to Friday: 9:30am- 11:30am, Thursday: 1pm-4pm, 519-471-8444

### ELUCO (Gethsemane Gardens)

1461 Huron St. (at Sanford St.), Wednesday, Friday: 9:30am-12pm

Appointment required, 519-451-0600 (**for area residents only**)

### St Vincent de Paul Society Vouchers

Contact the secretary or priest of any Catholic Church to arrange a home visit from a volunteer to discuss your needs. A food voucher may be issued.

### St. Paul's Cathedral

Daily Bread Program, 472 Richmond St. @ Queens Ave

Monday to Friday: 9:30am-12pm, **\*Baby Food is available\***

### Western University, USC Food Bank - University Students only

24-hour anonymous "food hamper" system

E-mail [usc.foodbank@uwo.ca](mailto:usc.foodbank@uwo.ca) to request a hamper.

Locker number and combination provided to pick up the food hamper.

Baby food and food vouchers are available.

### Western University - PSAC Local 610 Food Bank

For unit 1 and 2 members of PSAC Local 610 only

Grocery store vouchers provided to members in need.

Application available at [www.psac610.ca/benefits/foodbank](http://www.psac610.ca/benefits/foodbank)

### Westminster Park Community Church

1190 Southdale Road East @ Millbank Drive

Call to make an appointment @ 519-668-0025

**\*Note\* → Clients may not visit both Centre of Hope and Salvation Army Foodbanks**

### White Oaks United Church

1901 Jalna Blvd. @ Southdale Rd. E.

Monday and Wednesday: 1pm-3pm, Saturday: 10am-12pm

Residents of the area only, call 519-681-3229

### Youth Action Centre

332 Richmond St. @ York St., 226-777-0116

Mon-Fri: 8am-10am and 3pm-6pm from the 15<sup>th</sup> to the end of the month for youth 16-24yrs.

Baby Food Bank is open all month when supplies are available.

## A project of the Hunger Relief Action Coalition

Thank you to all local agencies and organizations who distribute this resource to their clients.

[www.healthunit.com/emergency-food](http://www.healthunit.com/emergency-food) • [www.info.london.on.ca/meal.asp](http://www.info.london.on.ca/meal.asp)