

**Salvation Army
Family Services**
745-4215

300 Gage Avenue, Unit #1
Bus 8 (via Westmount)
(Gage & Belmont)

Phone in for appointment
Cases reviewed individually



**Glencairn Church
Bridges Centre**
579-8741

725 Ennbrook Drive
Bus 3, 12
Blockline & Laurention

Phone in - food available 2nd & 4th week of
month
6 hampers / household / year

Our Lady of Lourdes
886-0342

173 Lourdes Street N2L 1N5
Bus 8
(Westmount Rd & Lourdes St)

Phone in - pick up Wed by 7 00 pm, delivery
if required - food voucher if needed
1 hamper / household / month

Sacred Heart
744-7015

66 Shanley Street

Phone in - delivered Mon, Wed & Fri
between 12 00 - 8 00 pm
Will meet emergency need only

St. Aloysius
886-8470



11 Traynor Avenue
Bus 7 (via Connaught St)
(Traynor & Connaught)

2nd & 4th Tues - pick up 7 00 - 8 00 pm -
identification required and address
Must be within defined geographic area

St. Anne's
745-5302

268 East Avenue
Bus 8 (via East Ave)
(near Kitchener Auditorium)

Phone in - delivered same day
1 hamper / household / month

St. Anthony Daniel
893-6960

29 Midland Drive
Bus 3
(Ottawa St N & River Rd E)

6 30 - 7 00 pm Mon & Wed - food voucher if
really needed - no hampers on stat holiday
1 hamper / household / 3 months

St. John's
745-7855

85 Strange Street
Bus 4, 11
(Victoria & Park)

Phone in - food delivered 6 00 - 8 00 pm
Mon to Thurs - voucher included
1 hamper / household / month

St. Joseph's
745-9302

148 Madison South
(Charles & Madison)

Phone in - food delivered Mon, Tues & Wed
3 hampers / household / month

St. Mark's
571-9200

55 Driftwood Drive
Bus 1
(McGarry & Westheights)

Phone in - food delivered when needed
1 hamper / household / month
- will meet all emergency needs

St. Mary's
576-3860

56 Duke Street
Bus 7
(Duke & Ontario)

Phone in - 9:00 - 11:30 am Mon to Fri -
voucher included
1 hamper / household / month

St. Teresa's
749-1501

44 Leonard Street
Bus 6 & 18
(Guelph & Lancaster)

Phone in - food always delivered
Mon, Wed & Fri
2 hampers / household / month



HAMPER PROGRAMS - CAMBRIDGE



Salvation Army 623-1221	16 Shade Street (Galt) Bus 54, 58, 59 (Main & Water)	9 30 - 12 00 am, 1 00 - 3.30 pm Daily except Mon am & Fri pm
Salvation Army 658-9850	18 Tannery Street (Hespeler) Bus 51 (Adams near Fire Hall)	9 00 - 11 30 am Daily, 12 30 - 3 00 pm Thurs only - must live within Hespeler
Cambridge Vineyard 740-8463	147 Elgin Street North (Galt) Bus 59	10 00 am - 3 00 pm Tues, Wed, & Thurs 1 bag or 2 / family / month
Cambridge Self-Help Food Bank 622-6550	54 Ainslie Street South (Galt) (across from bus depot)	12 00 am - 4.30 pm Mon & Tues 9.00 am - 4:30 pm Wed & Fri 9 00 am - 6 30 pm Thurs Emergency food hampers - co-op membership based food program
St. John's Anglican Church 622-6550 (Cambridge Self-Help Food Bank)	567 Queenston Road (Preston) Bus 52, 56, 61 (Argyle & Queenston)	9:30 - 11:30 am every other Thurs - phone 622-6550 for dates
St. Andrew's Presbyterian Church 622-6550 (Cambridge Self-Help Food Bank)	73 Queen Street East (Hespeler) Bus 51	1.00 - 3 00 pm every other Thurs - phone 622-6550 for dates



HAMPER PROGRAMS - RURAL

Wilmot Family Resource Centre 662-2731	175 Waterloo Street New Hamburg	12:00 am - 4:00 pm Tues & Thurs - fresh food when available 1 hamper / household / month
Woolwich Community Services 669-5139	73 Arthur Street South Elmira	9:00 am - 5:00 pm Mon to Fri - fresh food included 1 hamper / household / month



COMMUNITY MEALS - KITCHENER

St. John's Kitchen
745-8928

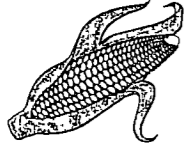
23 Water Street North

Open daily from 9:00 am for buns and coffee
(When temperature -15° open at 8:00 am)
11:30 am - 1:00 pm Mon - Fri lunch

R.O.O.F.
742-2788

242 Queen Street South

7:00 - 11:00 pm Mon to Thurs (must arrive between 7:00 and 7:30 and stay for program offered, meal at 9:00)
7:00 - 11:00 pm Fri (drop in, meal at 9:00)
2:00 - 7:00 pm Sat (drop in, meal at 5:00)
2:00 - 7:00 pm Sun (must arrive by 3:00 and stay for program, meal at 5:00)
Youth ages 12-25



OASIS
744-2794

37 Market Lane
(King & Eby)

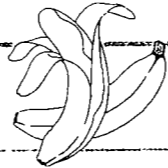
1:30 - 4:30 pm Wed, Thurs, Fri
7:30 - 11:00 pm Mon to Fri, excluding some Wednesdays
5:30 - 9:30 pm Sat

COMMUNITY MEALS - CAMBRIDGE

Trinity Community Table
621-8860

12 Blair Road (Galt)

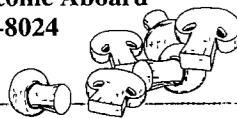
11:30 am - 12:15 pm
Mon, Wed, Fri



Welcome Aboard
622-8024

50 Ainslie Street North,
(Galt)

6:00 am - 12:00 pm two breakfast sittings
Note: 8:00 - 10:00 am Tues & Thurs I.D. clinic / doctor available 3rd Thurs of the month 9:00 - 11:30 am



Salvation Army
658-9850

18 Tannery Street
(Hespeler)

11:30 am - 1:30 pm Thurs

Cambridge Vineyard
740-8463

147 Elgin Street North,
(Galt)

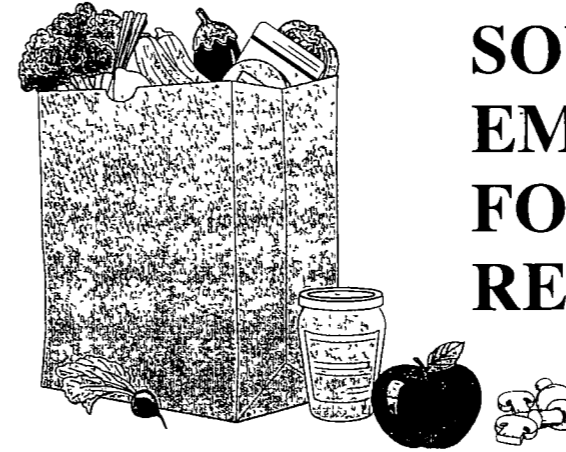
12:30 - 1:30 pm Sun lunch
12:30 - 1:30 pm Tues lunch
9:00 am Wed hot breakfast
"Out of the Cold" supper in the winter 6:00 - 7:00 pm Mon

Region of Waterloo Public Health

99 Regina Street South, Waterloo N2J 4V3 (519) 883-2000
150 Main Street, Cambridge N1R 6P9 (519) 621-6110



Region of Waterloo



SOURCES OF EMERGENCY FOOD FOR WATERLOO REGION

August 2002

* Please call the hamper or meal program first as the information, including hours of operation and services offered, is subject to change.

* Most churches provide food hampers for their geographical area only

HAMPER PROGRAMS - WATERLOO

St. Michael's 747-1090	University Avenue West <i>Bus 7 or 8</i>	Phone in - food is delivered - voucher included for perishables <i>1 hamper / household / month</i>
St. Agnes 885-4480	75 Bluevale Street North <i>Bus 5</i>	Phone in - delivery 7 days a week - perishables can be included <i>1 hamper / household / month</i>

HAMPER PROGRAMS - KITCHENER

House of Friendship
742-0662

807 Guelph Street
Bus 6 or 18
(Guelph & Lancaster)

Open for calls from 8:30 am to 5:00 pm
Open to public 11:00 am - 4:15 pm Mon to Fri
6 hampers / individual / year

Kitchener Church of God
745-8561

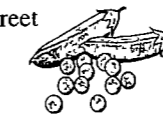
533 Weber Street East
Bus 3 (Idlewood)
(Weber & Ottawa)

12:00 am - 4:00 pm Mon and Fri - fresh food if available
6 hampers / household / year

International Gospel Centre
744-3051

35 Charles Street
Bus 8

12:00 am - 4:00 pm Mon to Fri
Congregation members mainly



R.O.O.F.
742-2788

242 Queen Street South
Bus 1, 8, or 15
(Courtland & Joseph)

12:00 am - 4:00 pm Mon to Thurs; Wed's food hamper is the biggest with fresh food
Youth ages 12-25 - 1 hamper/person/2 weeks