



Take Away Meals available for people in need in downtown Ottawa

ottawa.ca 3-1-1
TTY/ATS 613-580-2401

Time	Places	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast								
8 am	Odawa	✓	✓	✓	✓	✓		
8:30 to 11:30 am	Operation Come Home	✓	✓	✓	✓	✓		
9 to 10 am	Parkdale Food Centre			✓				
9:30 to 10:30 am	St. Joe's Women's Centre	✓	✓	✓	✓	✓		
Lunch								
9:30 am to Noon	Capital City Mission	✓	✓	✓	✓	✓		
11 am to 1:30 pm	Centre Espoir Sophie					✓		
11 am to 1 pm	St. Luke's Table	✓	✓	✓	✓	✓		
11:30 am to 1 pm	Centre 507	✓		✓	✓			✓
Noon to 1 pm	St. Joe's Women's Centre	✓	✓	✓	✓	✓		
Noon	Odawa	✓	✓	✓	✓	✓		
12:45 to 1:45 pm	Ottawa Mission	✓	✓	✓	✓	✓	✓	✓
Noon	Parkdale Food Centre					✓		
1 to 3 pm	Ottawa Innercity Ministries		✓		✓			
Dinner								
3:30 to 5 pm	In From the Cold						✓	
4 to 5 pm	Out of the Cold						✓	
4 to 5:15 pm	St. Joe's Supper Table		✓	✓	✓	✓		
4:30 to 6 pm	Centre 507		✓					
4:30 to 6:30 pm	Centre Espoir Sophie	✓	✓	✓	✓			
6 to 9 pm	Shepherds of Good Hope	✓	✓	✓	✓	✓	✓	✓
7:30 to 8:30 pm	A Meal to Go					✓		
9 to 11:30 pm	Restoring Hope					✓		✓
10 to 11:30 pm	Restoring Hope	✓	✓				✓	

Addresses listed on back



A Meal to Go

152 Metcalfe Street

(enter at the front doors of St. Peter and St. Paul's Anglican Church - corner of Metcalfe Street and Gloucester Street)

Capital City Mission

521 Rideau Street

(corner of Cobourg Street and Rideau Street)

Centre 507

507 Bank Street

(corner of Argyle Avenue and Bank Street)

Centre Espoir Sophie (for women)

145 Murray Street

(between Cumberland Street and Dalhousie Street)

Odawa

510 Rideau Street

(window pick up - between Augusta Street and Cobourg Street)

Ottawa Innerscity Ministries

391 Gladstone Avenue

(between Bank Street and Kent Street)

Ottawa Mission

35 Waller Street

(pick up at the garage - corner of Waller Street and Daly Avenue) Also provides bagged dinner to go when they serve lunch.

Out of the Cold (November – March)

120 Lisgar Street

Knox Presbyterian Church (corner of Elgin and Lisgar)

Parkdale Food Centre

1064 Wellington Street West

Lobby at Hintonburg Community Centre (between Gladstone Avenue and Wellington Street West)

Restoring Hope (for youth 16-24)

140 Laurier Avenue West

(corner of Elgin Street and Laurier Avenue West)

In From the Cold

429 Parkdale Avenue

(Parkdale United Church Gladstone Avenue and Parkdale Avenue). Ends December 19th.

Shepherds of Good Hope

233 Murray Street

(corner of Murray Street and King Edward Avenue)

This facility will not be providing meals to go.

A drop-in service will be available. Any client or person in need can receive a sandwich and a dessert bag.

St. Joe's Supper Table (dinner to go)

115 Laurier Avenue East

(serving dinner to go through their takeout window)

St. Joe's Women's Centre (for women)

151 Laurier Avenue East

(corner of Cumberland Street and Laurier Avenue East)

St. Luke's Table (Serving lunch at Tom Brown Arena)

141 Bayview Avenue

Call 2-1-1 for more food resources.