



# 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
<b>Breakfast</b>								
7 to 8 am	Shepherds of Good Hope	✓	✓	✓	✓	✓	✓	✓
8 am	Odawa	✓	✓	✓	✓	✓		
8:30 to 11:30 am	Operation Come Home	✓				✓		
9:30 to 11:30 am	St. Joe's Women's Centre	✓	✓	✓	✓	✓		
<b>Lunch</b>								
10 am to noon	Capital City Mission	✓	✓	✓	✓	✓		
11 am to 1:30 pm	Centre Espoir Sophie					✓		
11 am to 1 pm	St. Luke's Table	✓	✓	✓	✓	✓	✓	
11:15 am to 12:30 pm	Shepherds of Good Hope	✓	✓	✓	✓	✓	✓	✓
11:30 am to 1 pm	Centre 507			✓	✓			✓
11:30 am to 1 pm	St. Joe's Women's Centre	✓	✓	✓	✓	✓		
Noon	Odawa	✓	✓	✓	✓	✓		
Noon to 3 pm	Restoring Hope		✓	✓	✓			
1 to 3 pm	Ottawa Inncity Ministries		✓		✓			
1 pm	Ottawa Mission	✓	✓	✓	✓	✓	✓	✓
<b>Dinner</b>								
4 to 5 pm	Shepherds of Good Hope	✓	✓	✓	✓	✓	✓	✓
4:30 to 6 pm	Centre 507		✓					
4:30 to 6:30 pm	Centre Espoir Sophie	✓	✓	✓	✓			
7:30 to 8:30 pm	A Meal to Go					✓		
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)



## Operation Come Home (for youth 16-29)

### 150 Gloucester Street

(line up at the front door – between O'Connor Street and Bank 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)

## Restoring Hope (for youth 16-24)

### 140 Laurier Avenue West

(corner of Elgin Street and Laurier Avenue West)

## Shepherds of Good Hope

### 233 Murray Street

(parking lot pick up - corner of Murray Street and King Edward Avenue)

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

### 151 Laurier Avenue East

(corner of Cumberland Street and Laurier Avenue East)

## St. Luke's Table (take away meals served in parking lot of the McNabb Arena)

### 180 Percy Street

(between James Street and Gladstone Avenue)

**Call 2-1-1 for more food resources.**