

Food Banks and Outreach Missions
Updated: March 2018

Topic	Agency/Program	Resource
Food Banks & Outreach Missions	Agape Centre (the)	<p>Address: 40 Fifth Street West, Cornwall Phone: 613-938-9297 Email: info@agapecentre.ca Website: agapecentre.ca <i>Food bank and Soup Kitchen</i></p>
	Community Food Share	<p>Address: 28 Ottawa St., Morrisburg Phone: 613-543-0065 Website: communityfoodshare.ca <i>*By appointment</i> <i>Mondays from 10 a.m. to 12 p.m.</i> <i>Wednesdays from 7 to 9 p.m.</i> <i>Thursdays from 1 to 3 p.m.</i></p>
		<p>Address: 497 May St., Winchester Phone: 613-774-0188 Website: communityfoodshare.ca <i>*By appointment</i> <i>Mondays from 10 a.m. to 12 p.m.</i> <i>Wednesdays from 7 to 9 p.m.</i> <i>Thursdays from 1 to 3 p.m.</i></p>
		<p>Address: 2 Church St., Finch Phone: 613-774-0188 Website: communityfoodshare.ca <i>*Food Cupboard – By appointment only.</i> <i>Every Thursday 1 to 3:30 p.m.</i></p>
	House of Lazarus	<p>Address: 2245 Simms St., Mountain Phone: 613-989-3830 Website: houseoflazarus.com Email: hol@houseoflazarus.com <i>Community Hub, including a food bank, social enterprise (thrift and household goods stores), and outreach programming.</i></p>
Ottawa Food Bank	<p>Address: 1317 Michael St., Ottawa Phone: 613-745-7001</p>	

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		Email: foodbank@ottawafoodbank.ca Website: ottawafoodbank.ca Monday to Friday from 8 am to 4 pm
	Salvation Army (the)	Address: 500 York St., Cornwall Phone: 613-932-7515 extension 4 Email: info@salvationarmycornwall.ca Website: salvationarmycornwall.ca <i>Food Bank plus other programs & services</i>
	South Grenville Food Bank (Food for All)	Address: 136 Henry St. West, Prescott Phone: 613-925-2444 Email: foodforall@bellnet.ca Website: foodforallfoodbank.ca Tuesday, Wednesday, and Thursday from 10 am to 2 pm
		Cardinal Site Cardinal Public Library Address: 618 County Road 2, Cardinal Phone: 613-657-1967 Wednesday from 10 am to 2 pm
		Spencerville Site Spencerville United Church Address: 16 Centre St., Spencerville Every second Tuesday from 11 am to 1 pm
St. Mary's Home	Address: 780 rue l'Eglise St., Ottawa Phone: 613-749-2491 extension 706 Programs: extension 706 Residence: extension 1 Email: info@stmaryshome.com Website: stmaryshome.com <i>"An Ottawa-based social service agency that provides a full range of programs and services for young pregnant women, young moms and dads, and their infants and young children."</i>	
Table (the)	Address: 190 Gore St. East, Perth Phone: 613-267-6428	

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		<p>Email: info@thetablecfc.org Website: thetablecfc.org Admin Hours: Monday to Friday from 9 to 5 <i>Food Bank & Community Meals (Monday, Wednesday, Friday from 4:30 to 6 pm)</i></p>
Homeless Shelter+	Ottawa Mission (the)	<p>Address: 35 Waller St., Ottawa Phone: 613-234-1144 Email: mission@ottawamission.com Website: ottawamission.com Available 24 hours per day, seven days per week. <i>Services Include: food, clothing, shelter; health services; client services; education support; job training; housing support; spiritual support.</i></p>
	Salvation Army (the)	<p>The Salvation Army Men's Hostel Address: 171 George St., Ottawa Phone: 613-241-1573 Email: info@ottawaboothcentre.org Website: ottawaboothcentre.org <i>Programs and Services Include: Addiction Services; Community & Family Services (Low Energy Assistance Program; MoneyWise); Food Services – Community Meals; Correctional & Justice Services; Emergency Disaster Services (canteen services; victim services); Family Tracing; Landlord Partnership Program; Housing Response Team; Men's Hostel; Spiritual Care; Street Outreach; and Transitional House.</i></p>
	Shepherds of Good Hope	<p>Address: 233 Murray St., Ottawa Phone: 613-789-8210 Men's Shelter: 613-241-6494 Women's Outreach Shelter: 613-789-4179 Email: reception@shepherdsofgoodhope.com Website: shepherdsofgoodhope.com Support Services: <i>Soup Kitchen; Grocery Program emergency food supplies; Clothing Program; Evening Drop-in.</i> Shelter Programs: <i>Men's Shelter (84 beds); Women's Shelter (54 beds); Managed Alcohol Program; Women's Special Care Unit; Transitional Emergency Shelter Program (TESP); Rapid Housing & Employment Program (RHEP); Supportive Housing.</i></p>