JANUARY 2026 FREE MEAL CALENDAR - PROJECT OF THE HUNGER RELIEF ACTION COALITION (http://meals.informationlondon.ca)							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1	2	3	
www.hea	BUREAU DE SANTÉ DE MIDDLESEX-LONDON HEALTH UNIT			9:30-12:30 pm • London Coffee House 11:30-12:30 pm • My Sister's Place 1:30-3:30 pm • Ark Aid Mission 4:30-6:00 pm • Youth Action Centre 5:00-6:00 pm • My Sister's Place	8:00-10:00 am • YouthActionCentre 9:30-12:30 pm • London Coffee House 11:30-12:30 pm • My Sister's Place 1:30-3:30 pm • Ark Aid Mission 4:30-6:00 pm • Wy Sister's Place 5:30-6:30 pm • Ark Aid Mission	9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 12:30-1:00 pm • Hyatt Mosque 1:30-3:30 pm • Ark Aid Mission	
4	5	6	7	8	9	10	
9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 1:30-3:30 pm • Ark Aid Mission 5:30-6:30 pm • Ark Aid Mission	1:30-3:30 pm • Ark Aid Mission 4:30-6:00 pm • Youth Action Centre 5:00-5:30 pm • Salvation Army at Westminster Park Community Church	9:30-12:30 pm • London Coffee House 11:30-12:30 pm • My Sister's Place 11:30-12:30 pm • St. John the Evangelist 1:30.3:30 pm • Ark Aid Mission 4:30-6:00 pm • Youth Action Centre 5:00-6:30 pm • St. Johnthe Divine Church Hall 5:30-6:30 pm • Rowntree Memorial	8:00-10:00 am • Youth Action Centre 9:30-12:30 pm • London Coffee House 11:30-12:30 pm • My Sister's Place 12:00-1:00 pm • Youth Action Centre 13:00-3:30 pm • Youth Action Centre 15:00-6:00 pm • Youth Action Centre 15:30-6:00 pm • My Sister's Place 15:30-6:30 pm • Watson Park 15:30-6:30 pm • Ark Aid Mission 16:00-6:30 pm • Watson Park 17:00-6:30 pm • Ark Aid Mission	9:30-12:30 pm • London Coffee House 11:30-12:30 pm • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 1:30-3:30 pm • Ark Aid Mission 4:30-6:00 pm • Youth Action Centre	11:30-12:30 pm • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 1:30-3:30 pm • Ark Aid Mission 4:30-6:00 pm • Youth Action Centre 5:00-6:00 pm • My Sister's Place	House 11:00-1:00 pm • My Sister's Place 12:30-1:00 pm • Hyatt Mosque 1:30-3:30 pm • Ark Aid Mission 4:00-5:30 pm • St. John the Evangelist	
11	12	13	14	15	16	17	
9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 1:30-3:30 pm • Ark Aid Mission 5:30-6:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 1:30-3:30 pm • Ark Aid Mission 5:30-6:30 pm • Ark Aid Mission	8:00-10:00 am • Youth Action Centre 9:30-12:30 pm • London Coffee House 11:30-12:30 pm • Ark Aid Mission 4:30-6:00 pm • Youth Action Centre 5:00-5:30 pm • Salvation Army at Westminster Park Community Church 5:00-6:00 pm • St. Michael's 5:30-6:30 pm • Ark Aid Mission 19 8:00-10:00 am • Youth Action Centre 9:30-12:30 pm • Ark Aid Mission 19 8:00-10:00 am • Wy Sister's Place 1:30-12:30 pm • Ark Aid Mission 4:30-6:00 pm • Ark Aid Mission 4:30-6:00 pm • Ark Aid Mission 5:00-5:30 pm • Salvation Army at Westminster Park	8:00-10:00 am • Youth Action Centre 9:30-12:30 pm • London Coffee House 11:30-12:30 pm • My Sister's Place 11:30-3:30 pm • Ark Aid Mission 4:30-6:00 pm • Youth Action Centre 5:00-6:30 pm • My Sister's Place 5:30-6:30 pm • St. John the Divine Church Hall 5:30-6:30 pm • Ark Aid Mission 20 8:00-10:00 am • Church of the Ascension 8:00-10:00 am • Youth Action Centre 9:30-12:30 pm • London Coffee House 11:30-12:30 pm • My Sister's Place	8:00-10:00 am • Youth Action Centre 9:30-12:30 pm • London Coffee House 11:30-12:30 pm • My Sister's Place 12:00-1:00 pm • Ark Aid Mission 4:30-6:00 pm • Youth Action Centre 5:00-6:00 pm • My Sister's Place 5:30-6:00 pm • My Sister's Place 5:30-6:00 pm • Salvation Army Food Truck at: 5:30-6:30 pm • Ark Aid Mission 21 8:00-10:00 am • Youth Action Centre 9:30-12:30 pm • Vouth Action Centre 11:30-12:30 pm • Vouth Action Centre 11:30-12:30 pm • My Sister's Place 12:00-1:00 pm • Rowntree Memorial 1:30-3:30 pm • Ark Aid Mission 4:30-6:00 pm • Youth Action Centre 9:00-6:00 pm • Youth Action Centre 9:00-6:00 pm • Youth Action Centre 9:00-6:00 pm • Salvation Army Food Truck at:	8:00-10:00 am • YouthAction Centre 9:30-12:30 pm • London Coffee House 11:30-12:30 pm • St. Paul's Social Services 11:30-3:30 pm • My Sister's Place 13:30-6:30 pm • Ark Aid Mission 22 8:00-10:00 am • YouthAction Centre 9:30-12:30 pm • London Coffee House 11:30-12:30 pm • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place House 11:30-12:30 pm • St. Paul's Social Services 11:30-3:30 pm • Ark Aid Mission	8:00-10:00 am • YouthActionCentre 9:30-12:30 pm • London Coffee House 11:30-12:30 pm • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 1:30-3:30 pm • YouthActionCentre 5:30-6:30 pm • Ark Aid Mission 23 8:00-10:00 am • YouthActionCentre 9:30-12:30 pm • Ark Aid Mission 23 8:00-10:00 am • YouthActionCentre 9:30-12:30 pm • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 11:30-3:30 pm • Ark Aid Mission 4:30-6:00 pm • YouthActionCentre 9:30-12:30 pm • YouthActionCentre 9:30-12:30 pm • YouthActionCentre 9:30-12:30 pm • My Sister's Place 1:30-3:30 pm • YouthActionCentre 9:30-12:30 pm • Wy Sister's Place 1:30-3:30 pm • YouthActionCentre 9:30-12:30 pm • Wy Sister's Place 1:30-3:30 pm • YouthActionCentre 9:30-12:30 pm • YouthActionCentre	9:00-10:30 am • St. Jude's • Calvary United 9:30-12:30 pm • London Coffee House 11:00-1:00 pm • Hyatt Mosque 1:30-3:30 pm • Ark Aid Mission • St. John the Evangelist • Ark Aid Mission • St. Francis-St. Martin 9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 12:30-1:00 pm • Hyatt Mosque 1:30-3:30 pm • Ark Aid Mission	
25		27	28	29	30	31	
9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 1:30-3:30 pm • Ark Aid Mission 5:30-6:30 pm • Ark Aid Mission	9:30-12:30 pm • London Coffee House 11:30-12:30 pm • My Sister's Place 1:30-3:30 pm • Ark Aid Mission 4:30-6:00 pm • Youth Action Centre 5:00-5:30 pm • Salvation Army at Westminster Park	11:30-12:30 pm • My Sister's Place 11:30-12:30 pm • St. John the Evangelist 1:30-3:30 pm • Ark Aid Mission 4:30-6:00 pm • Youth Action Centre 5:00-6:30 pm • My Sister's Place 5:00-6:30 pm • St. Johnthe Divine Church Hall 5:30-6:30 pm • Rowntree Memorial	8:00-10:00 am • Youth Action Centre 9:30-12:30 pm • London Coffee House 11:30-12:30 pm • My Sister's Place 12:00-1:00 pm • Ark Aid Mission 4:30-6:00 pm • Youth Action Centre 5:00-6:00 pm • My Sister's Place • Salvation Army Food Truck at: > My Sister's Place • Salvation Army Food Truck at: > My Sister's Place • Coffee House 6:30-7:00 pm • Watson Park	9:30-12:30 pm • London Coffee House 11:30-12:30 pm • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 1:30-3:30 pm • Ark Aid Mission 4:30-6:00 pm • YouthAction Centre 5:00-6:00 pm • My Sister's Place	11:30-12:30 pm • St. Paul's Social	Memorial London Coffee House 11:00-1:00 pm My Sister's Place 12:30-1:00 pm Ark Aid Mission 4:00-5:30 pm St. John the Evangelist	

Meals						
Ark Aid Street Mission	Dine-in (Indoor hours for community members: Mon-Fri: 1:00 p.m. to 8:00 pm. and Sat-Sun 9:00 a.m. to 8:00 p.m.)	St. Francis – St. Martin	Dine-in			
Calvary United	Dine-in	St. George's Anglican	Dine-in			
Church of the Ascension	1 st Tuesday: Bagged lunch - 3 rd Tuesday: Dine-in	St. John the Divine Church Hall	Dine-in hot meal and hospitality for the last ½ hour			
Hyatt Mosque	Curbside pick-up	St. John the Evangelist	Dine-in / Take-out			
London Coffee House	Light meals & snacks	St. Jude's (The Church of St. Jude)	Dine-in / Take-out			
My Sister's Place	Women 16 years old and older ONLY (Monday-Friday from 5:00 to 6:00 p.m. snacks only, basic needs and harm reduction. Saturday-Sunday – Snacks only)	St. Michael's	Dine-in			
Rowntree Memorial	Dine-in	St. Paul's Social Services (a.k.a. Paul's Place)	Dine-in			
Salvation Army Food Truck – Operation Mobilizing Hope	My Sister's Place location: 566 Dundas Street London Coffee House location: 371 Hamilton Road Watson Park location: off Wellington Road Dine-in / Take-out (ID required)	Youth Action Centre	Youth 16 to 24 years old ONLY			
St. Andrew Memorial	Dine-in	St. Joseph's Hospitality Centre St. Joe's Café) (Not in the free meal calendar) (602 Queens Ave)	 Monday-Friday: Breakfast: 9:30 - 11am, Lunch: 12-1:30pm Saturday complimentary meal: 11:00am - 12:45 pm Daily fee: \$0.50 breakfast, \$1 lunch Monthly Meal Plan: \$20.00 ID Required 			