


JULY 2026 FREE MEAL CALENDAR - PROJECT OF THE HUNGER RELIEF ACTION COALITION (<http://meals.informationlondon.ca>)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
			9:30-12:30 pm • London Coffee House 11:30-12:30 pm • My Sister's Place 11:30-6:00 pm • Youth Action Centre 4:30pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place 5:30-6:00 pm • Salvation Army Food Truck at: 6:00-6:30 pm > My Sister's Place 6:30-7:00 pm > London Coffee House > Watson Park	9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 4:30pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place	9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 3:00pm * • Outside Crouch Library 4:30pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place	9:00-10:30 am • St. Jude's 9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 12:30-1:00 pm • Hyatt Mosque 4:00-5:30 pm • St John the Evangelist 4:30pm * • Ark Aid Mission
5	6	7	8	9	10	11
9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 4:30pm * • Ark Aid Mission	9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • My Sister's Place 4:30 pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place	7:30-9:00 am • Church of the Ascension 9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • My Sister's Place • St. John the Evangelist 4:30pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place 5:00-6:30 pm • St. John the Divine Church Hall 5:30-6:30 pm • Rowntree Memorial	9:30-12:30 pm • London Coffee House 11:30-12:30 pm • My Sister's Place 11:30-6:00 pm • Youth Action Centre 4:30pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place 5:30-6:00 pm • Salvation Army Food Truck at: 6:00-6:30 pm > My Sister's Place 6:30-7:00 pm > London Coffee House > Watson Park	9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 4:30pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place	9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 3:00pm * • Outside Crouch Library 4:30pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place • St. George's Anglican	9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 12:30-1:00pm • Hyatt Mosque 4:00-5:30 pm • St John the Evangelist 4:30pm * • Ark Aid Mission
12	13	14	15	16	17	18
9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 4:30pm * • Ark Aid Mission	9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • My Sister's Place 4:30 pm * • Ark Aid Mission 5:00-5:30pm • Salvation Army at Westminster Park Community Church 5:00-6:00 pm • My Sister's Place	9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • My Sister's Place • St. John the Evangelist 4:30 pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place 5:00-6:30 pm • St. John the Divine Church Hall 5:30-6:30 pm • Rowntree Memorial	9:30-12:30 pm • London Coffee House 11:30-12:30 pm • My Sister's Place 11:30-6:00 pm • Youth Action Centre 4:30pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place 5:30-6:00 pm • Salvation Army Food Truck at: 6:00-6:30 pm > My Sister's Place 6:30-7:00 pm > London Coffee House > Watson Park	9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 4:30pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place	9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 3:00pm * • Outside Crouch Library 4:30pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place	9:00-10:30 am • St. Jude's 9:00-10:30am • Calvary United 9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 12:30-1:00 pm • Hyatt Mosque 4:00-5:30 pm • St John the Evangelist 4:30pm * • Ark Aid Mission
19	20	21	22	23	24	25
9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 4:30pm * • Ark Aid Mission	9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • My Sister's Place 4:30 pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place	8:00-10:00 am • Church of the Ascension 9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • My Sister's Place • St. John the Evangelist 4:30 pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place 5:00-6:30 pm • St. John the Divine Church Hall 5:30-6:30 pm • Rowntree Memorial	9:30-12:30 pm • London Coffee House 11:30-12:30 pm • My Sister's Place 11:30-6:00 pm • Youth Action Centre 4:30pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place 5:30-6:00 pm • Salvation Army Food Truck at: 6:00-6:30 pm > My Sister's Place 6:30-7:00 pm > London Coffee House > Watson Park	9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 4:30pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place	9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 3:00pm * • Outside Crouch Library 4:30pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place • St. George's Anglican	9:00-10:30 am • St Francis-St Martin 9:00-10:30 am • St. Andrew Memorial 9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 12:30-1:00 pm • Hyatt Mosque 4:00-5:30 pm • St John the Evangelist 4:30pm * • Ark Aid Mission
26	27	28	29	30	31	
9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 4:30pm * • Ark Aid Mission	9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • My Sister's Place 4:30 pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place	9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • My Sister's Place • St. John the Evangelist 4:30 pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place 5:00-6:30 pm • St. John the Divine Church Hall 5:30-6:30 pm • Rowntree Memorial	9:30-12:30 pm • London Coffee House 11:30-12:30 pm • My Sister's Place 11:30-6:00 pm • Youth Action Centre 4:30pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place 5:30-6:00 pm • Salvation Army Food Truck at: 6:00-6:30 pm > My Sister's Place 6:30-7:00 pm > London Coffee House > Watson Park	9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 4:30pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place	9:30-12:30 pm • London Coffee House 10:00-6:00 pm • Youth Action Centre 11:30-12:30 pm • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 3:00pm * • Outside Crouch Library 4:30pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place	

Meals and Locations

➤ Ark Aid Street Mission 696 Dundas St., London	Dine-in, served daily at 4:30 p.m.* <u>until the food is gone</u> (Indoor hours for community members: Monday-Friday: 4:00 p.m. to 8:00 p.m.; Saturday and Sunday: 1:00 p.m. to 8:00 p.m.)	➤ St. Andrew Memorial Church 55 Foxbar Rd. (@ Wellington Rd.), London	Dine-in
➤ Calvary United Church 290 Ridout St. South (@ Garfield Ave.), London	Dine-in	➤ St. Francis – St. Martin Catholic Parish 46 Cathcart St. (@ Duchess Ave.), London	Dine-in
➤ Church of the Ascension 2060 Dundas St. (between Speight and Carlyle), London	1 st Tuesday: Bagged lunch - 3 rd Tuesday: Dine-in	➤ St. George’s Anglican Church 227 Wharncliffe Rd. North (@ St. Patrick St.), London	Dine-in
➤ Crouch Neighbourhood Resource Centre Library (Just Outside) 550 Hamilton Rd, London	75 takeaway hot meals from 3:00 p.m.* <u>until the food is gone</u> . First come, first served. Please line up along Sackville St.	➤ St. John the Divine Church Hall ➤ 390 Baseline Rd. West, London	Dine-in hot meal and hospitality for the last ½ hour
➤ Hyatt Mosque – Muslim Soup Kitchen 282 Hamilton Rd. (@ Little Hill St.), London	Curbside pick-up	➤ St. John the Evangelist Anglican Church 280 St. James St. (@ Wellington St.), London	Tuesdays: Dine-in only - Saturdays: Dine-in until 5:00 pm & Take-out until 5:30 pm
➤ London Coffee House 371 Hamilton Rd., London	Light meals & snacks	➤ St. Jude’s (The Church of St. Jude) 1537 Adelaide St. North (@ Fanshawe Park Rd. East), London	Dine-in / Take-out
➤ My Sister’s Place 566 Dundas St. (between William & Adelaide), London	Women 16 years old and older <u>ONLY</u> (Monday-Friday from 5:00 to 6:00 p.m. snacks only, basic needs and harm reduction. Saturday and Sunday – Snacks only)	➤ St. Michael’s Catholic Parish 511 Cheapside St. (@ Maitland St.), London	Dine-in
➤ Rowntree Memorial United Church 156 Elliot St. (@ Cheapside St.), London	During July and August, Tuesday meals will be available for takeout only, rather than dine-in service	➤ St. Paul’s Social Services (a.k.a. Paul’s Place) at St. Paul’s Anglican Cathedral 472 Richmond St. (@ Queens Ave.), London	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	➤ Youth Action Centre 332 Richmond St. (@ York St.), London	Youth 16 to 24 years old <u>ONLY</u> . Bagged lunch and dine-in dinner.
➤ Salvation Army at Westminster Park Community Church 1190 Southdale Rd. East (@ Millbank Dr.), London	Dine-in / Take-out During June, July and August 2026 there will only be a monthly Community BBQ on the 2 nd Monday of each month. In the event of inclement weather, meals will be available for pick up inside. ID required for each member of the household to ensure one meal per person policy.	➤ St. Joseph’s Hospitality Centre ➤ (St. Joe’s Café) (Not in the free meal calendar) 602 Queens Ave., London	➤ Monday-Friday: Breakfast: 9:30 - 11am, Lunch: 12-1:30 pm ➤ Saturday complimentary meal: 11:00am -12:45 pm ➤ Daily fee: \$0.50 breakfast, \$1 lunch ➤ Monthly Meal Plan: \$20.00 ➤ ID Required