


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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
 <p>www.healthunit.com</p>					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 5:00-6:00 pm • My Sister's Place 5:30-6:30 pm • Ark Aid Mission	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 5:30-6:30 pm • Ark Aid Mission
3	4	5	6	7	8	9
9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 5:30-6:30 pm • Ark Aid Mission	9:30-12:30 pm • London Coffee House • Youth Action Centre • My Sister's Place • Salvation Army at Westminster Park Community Church 5:00-5:30 pm 5:00-6:00 pm 5:30-6:30 pm 5:30-6:30 pm	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 11:30-12:30 pm • St. John the Evangelist 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 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 11:30-6:00 pm • Youth Action Centre 12:00-1:00 pm • Rowntree Memorial 5:00-6:00 pm • My Sister's Place • Salvation Army Food Truck at: ➢ My Sister's Place ➢ London Coffee House ➢ Watson Park • Ark Aid Mission	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 5:00-6:00 pm • My Sister's Place 5:30-6:30 pm • Ark Aid Mission	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 5:00-6:00 pm • My Sister's Place 5:00-6:00 pm • St. George's Anglican 5:30-6:30 pm • Ark Aid Mission	9:30-12:30 pm • London Coffee House 9:30-12:30 pm • Ark Aid Mission 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 5:30-6:30 pm • Ark Aid Mission
10	11	12	13	14	15	16
9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 5:30-6:30 pm • Ark Aid Mission	9:30-12:30 pm • London Coffee House • Youth Action Centre • My Sister's Place • Salvation Army at Westminster Park Community Church 5:00-5:30 pm 5:00-6:00 pm 5:30-6:30 pm 5:30-6:30 pm	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 11:30-12:30 pm • St. John the Evangelist 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 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 11:30-6:00 pm • Youth Action Centre 12:00-1:00 pm • Rowntree Memorial 5:00-6:00 pm • My Sister's Place • Salvation Army Food Truck at: ➢ My Sister's Place ➢ London Coffee House ➢ Watson Park • Ark Aid Mission	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 5:00-6:00 pm • My Sister's Place 5:30-6:30 pm • Ark Aid Mission	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 5:00-6:00 pm • My Sister's Place 5:30-6:30 pm • Ark Aid Mission	9:00-10:30 am • St. Jude's 9:00-10:30 am • 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 5:30-6:30 pm • Ark Aid Mission
17	18	19	20	21	22	23
9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 5:30-6:30 pm • Ark Aid Mission	9:30-12:30 pm • London Coffee House • Youth Action Centre • My Sister's Place • My Sister's Place • Ark Aid Mission 5:00-6:00 pm 5:30-6:30 pm 5:30-6:30 pm	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 11:30-12:30 pm • St. John the Evangelist 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 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 11:30-6:00 pm • Youth Action Centre 12:00-1:00 pm • Rowntree Memorial 5:00-6:00 pm • My Sister's Place • Salvation Army Food Truck at: ➢ My Sister's Place ➢ London Coffee House ➢ Watson Park • Ark Aid Mission	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 5:00-6:00 pm • My Sister's Place 5:30-6:30 pm • Ark Aid Mission	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 5:00-6:00 pm • My Sister's Place 5:00-6:00 pm • St. George's Anglican 5:30-6:30 pm • Ark Aid Mission	9:00-10:30 am • 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 4:00-5:30 pm • St John the Evangelist 5:30-6:30 pm • Ark Aid Mission
24	25	26	27	28	29	30
9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 5:30-6:30 pm • Ark Aid Mission	9:30-12:30 pm • London Coffee House • Youth Action Centre • My Sister's Place • Salvation Army at Westminster Park Community Church 5:00-5:30 pm 5:00-6:00 pm 5:30-6:30 pm 5:30-6:30 pm	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 11:30-12:30 pm • St. John the Evangelist 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 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 11:30-6:00 pm • Youth Action Centre 12:00-1:00 pm • Rowntree Memorial 5:00-6:00 pm • My Sister's Place • Salvation Army Food Truck at: ➢ My Sister's Place ➢ London Coffee House ➢ Watson Park • Ark Aid Mission	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 5:00-6:00 pm • My Sister's Place 5:30-6:30 pm • Ark Aid Mission	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 5:00-6:00 pm • My Sister's Place 5:30-6:30 pm • Ark Aid Mission	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 5:30-6:30 pm • Ark Aid Mission
31						
9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 5:30-6:30 pm • Ark Aid Mission						

Meals and Locations

➤ Ark Aid Mission	Dine-in (Indoor hours for community members: 4:00 p.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	Tuesdays: Dine-in only - Saturdays: Dine-in until 5:00 pm & Take-out until 5:30 pm
➤ 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	➤ Youth Action Centre	Youth 16 to 24 years old ONLY . Bagged lunch and dine-in dinner.
➤ Salvation Army at Westminster Park Community Church	Dine-in / Take-out	➤ 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: 12-1:30 pm ➤ Saturday complimentary meal: 11:00am -12:45 pm ➤ Daily fee: \$0.50 breakfast, \$1 lunch ➤ Monthly Meal Plan: \$20.00 ➤ ID Required
➤ St. Andrew Memorial	Dine-in		