

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

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Meals and Locations

➤ Ark Aid Street Mission 696 Dundas St., London	Light lunch from 1:00 to 3:30 pm. Dine-in dinner from 5:00 to 7:00 or <u>until the food runs out</u> . Take-out window opens at 5:30 pm. (Indoor hours for community members: 1:00 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 ONLY (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	Tuesday meals will be available for both takeout and dine-in	➤ 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 ONLY . Bagged lunch and dine-in dinner.
➤ Salvation Army at Westminster Park Community Church 1190 Southdale Rd. East (@ Millbank Dr.), London	Dine-in / Take-out 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

Meal Programs and Food Bank Locations

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Ark Aid Street Mission 696 Dundas St. Calvary United Church 290 Ridout St. South (@ Garfield Ave.) Church of the Ascension 2060 Dundas St. (between Speight and Carlyle) Dundas Street Centre United Church 482 Dundas St. (@ Maitland St.) First Baptist Church 568 Richmond St. (@ Albert St.) Good News Church 476 Clarke Rd. Hyatt Mosque - Muslim Soup Kitchen 282 Hamilton Rd. (@ Little Hill St.) London Coffee House 371 Hamilton Rd. My Sister's Place - Women's Only Program 566 Dundas St. (between William & Adelaide) Rowntree Memorial United Church 156 Elliot St. (@ Cheapside St.) St. Andrew Memorial Church 55 Foxbar Rd. (@ Wellington Rd.) St. Francis – St. Martin Catholic Parish 46 Cathcart St. (@ Duchess Ave.) St. George's Anglican Church 227 Wharncliffe Rd. North (@ St. Patrick St.) St. James Westminster Church 115 Askin St. (@ Wortley Rd.) St. John the Divine Parish 390 Baseline Rd. West	Care & Share Food Bank at Chalmers Presbyterian Church 342 Pond Mills Rd @ Commissioners Rd. East Wednesdays from 12:00 - 1:00 pm***, area residents, once per month. Appointment required. Call Tuesday by 2:00 pm (519) 681-7242 or email office@chalmerslondon.com Crouch Neighbourhood Resource Centre (Community Food Cupboard) - Serves postal codes N5W 0,1,2,3 & 6; N5Y 3; N5Z 1 & 2; N6A 3 & 5; N6B 1 & 2 550 Hamilton Rd; Monday – Friday from 9:00 am – 12:00 pm and from 1:00 pm – 4:00 pm; food, hygiene and baby items ELUCO (Gethsemane Gardens) 1461 Huron St @ Sandford St; Wednesday-Fri 9:30 am - 12:00 pm. Appointment required (519) 451-0600. Area residents only Families First CAPC Baby Food and Diaper Cupboard (Available for infants and their families) Family Centre Westminster @ 690 Osgoode Dr; Monday-Friday from 9:00 am - 4:00 pm, (519) 649-1248 Glen Cairn Community Resource Centre (Emergency Food Kits) 244 Adelaide St. South; Monday, Tuesday & Thursday 9:30 am - 2:30 pm & Wednesday 9:00 am - 12:00 pm. Must show proper ID (Driver's License, Health card or ODSP/OW paperwork) for all living in the home. Bread provided by Holy Trinity St. Stephen's Memorial Anglican Church. Call (519) 668-2745 or email jvalmsley@gccrc.ca Halal Food Bank Canada *NEW LOCATION 1299 Oxford Street East, Unit 80-E (inside the mall, near Food Basics) Open Sunday - Wednesday 11:00 am - 2:00 pm. Once a month visit by appointment only. info@halalfoodbank.ca, (519) 933-9877 Register at: https://forms.gle/hV5A2hFfAiNv1is16 London Food Bank and Mobile Units *ONE VISIT PER MONTH: PLEASE NOTE THAT A VISIT TO ANY OF THE LOCATIONS BELOW IS YOUR FOOD BANK VISIT FOR THE MONTH* ➤ Crouch Neighbourhood Resource Centre - Serves postal codes N6B, N5W, N5Z Egerton Baptist Church @ 209 Egerton St., (519) 642-7630 email info@crouchnrc.org, Fridays 1:30 - 2:30 pm. No appointment necessary. ➤ Fiddlers Green Satellite hosted by Northwest LRC - Serves postal code N6H Oakridge Presbyterian Church @ 970 Oxford St. West. Appointment required. (519) 471-8444 ext. 0, 3rd Thursday of the month <u>ONLY</u>, 1:00 - 3:00 pm. ➤ London and Area Food Bank - All 926 Leathorne Street. No appointments required. Monday-Friday 9:00 am - 4:00 pm, (519) 659-4045. ➤ LUSO Community Services - Serves postal codes N5V, N5W, N5X & N5Y Appointment required: call/text (519) 520-7638 to register by 12:00 pm the day before or email mikyla@lusocentre.org, Wednesday & Friday 10:00 am - 12:00 pm. Locations vary. Please call LUSO.

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St. John the Evangelist Anglican Church 280 St. James St. (@ Wellington St.) St. Joseph's Hospitality Centre 602 Queens Ave. (St. Joe's Café) St. Jude's (The Church of St. Jude) 1537 Adelaide St. North (@ Fanshawe Park Rd. East) St. Luke's Anglican Church 1204 Richmond St. North (@ Bernard Ave.) St. Michael's Catholic Parish* 511 Cheapside St. (@ Maitland St.) St. Paul's Anglican Cathedral (St. Paul's Social Services, a.k.a. <i>Paul's Place</i>) 472 Richmond St. (@ Queens Ave.) The Salvation Army Westminster Park Community Church 1190 Southdale Rd. East (@ Millbank Dr.) Youth Action Centre- Youth 16 to 24 Years Old Only Program 332 Richmond St. (@ York St.) Supporting Organizations Coordinating Meal Programs: St. Aidan's Anglican/Riverside, Kirkton, Woodham, Thames Road-Elmville United, St. Michael's Roman Catholic Church, St. George's Church (Middlesex Centre), Siloam United, Valleyview Mennonite. *The meals provided at St. Michael's Catholic are a collaborative activity of Northern Hospitality which includes New St. James Presbyterian and St. Michael's Catholic.	➤ Northwest London Resource Centre - Serves postal codes N6G & N6H 1225 Wonderland Rd North, Unit 27A (at back of Sherwood Forest Mall, close to Goodwill Donation Centre). Appointments preferred. Call Rachael at (519) 471-8444 Ext 0, Monday-Saturday 11:00 am – 4:00 pm. ➤ South London Neighbourhood Resource Centre - Serves postal codes N6C, N6E, N6K, N6J, N6P and N6L 1119 Jalna Blvd (Jalna, south of Bradley inside the Jalna Branch Library) (519) 686-8600; Monday-Friday 10:00am – 3:00 pm. No appointment necessary. ➤ Westminster Satellite hosted by South London Neighbourhood Resource Centre - Serves postal codes N6C, N6E, N6N, N6Z 650 Osgoode Drive. Appointment required. Call (519) 280-3328. 2nd Wednesday of the month <u>ONLY</u>, from 1:30 - 3:00 pm. ➤ Southcrest Satellite hosted by South London Neighbourhood Resource Centre - Serves postal code N6J Mount Zion United Church @ 471 Ridgewood Cres. Appointment required. Call (519) 280-3328. 1st Wednesday of the month <u>ONLY</u>, from 1:30 - 3:00 pm. ➤ St. George's Anglican Church - Serves postal codes N6A, N6C, N6H, N6J, and apartment buildings at 347 & 349 Wharncliffe Road North 227 Wharncliffe Road North (at St. Patrick St.). No appointment necessary. Entry at the parking lot doors off Wharncliffe. 3rd Friday of the month <u>ONLY</u>, from 11:30 am - 1:30 pm. LUSO Community Service's Emergency Food Cupboard - Serves postal codes N5Y, N5V, N5X & N5W 1100 Victoria Dr, Tuesday/Thursday 8:30 am – 12:00 pm & Wednesday 1:30 – 4:30 pm. Clients can drop-in once a month and must bring IDs for every household member and proof of income. St. Paul's Social Services (a.k.a. Paul's Place) Food Bank and Fellowship Centre 472 Richmond St. Food bank: Monday to Friday 9:00 - 11:30 am, except holidays. Society of St. Vincent de Paul - Food Vouchers Contact any Catholic Church to arrange a home visit to discuss your needs. A food voucher may be issued. Western University Community Centre – Food Support Services Western University students and staff only; hygiene products, diapers, non-perishable food. Confidential through: https://westernusc.ca/services/food-support-services, or email foodsupport@westernusc.ca Western University - PSAC Local 610 Food Bank For unit 1 and 2 members of PSAC Local 610 <u>ONLY</u>. Grocery store vouchers. Apply at www.psac610.ca/benefits-1 Youth Action Centre Emergency Food Bank 332 Richmond Street. 3rd Friday of the month <u>ONLY</u>, from 3:00 – 6:00 pm (while supplies last).
	Project of the Hunger Relief Action Coalition