

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

| Sunday                                                                                                                                                                               | Monday                                                                                                                                                                                                                                                                                                                             | Tuesday                                                                                                                                                                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                             | Thursday                                                                                                                                                                                                                                                              | Friday                                                                                                                                                                                                                                                                                                                           | Saturday                                                                                                                                                                                                                                                                                         |
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| <div><div>BUREAU DE SANTÉ DE<br/>MIDDLESEX-LONDON<br/>HEALTH UNIT<br/>www.healthunit.com</div></div> |                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                       | 9:30-12:30 pm • London Coffee House<br>10:00-6:00 pm • YouthActionCentre<br>11:30-12:30 pm • St. Paul's Social Services<br>11:30-12:30 pm • My Sister's Place<br>1:00-3:30 pm • Ark Aid Mission<br>5:00-6:00 pm • My Sister's Place<br>5:00-7:00 pm • Ark Aid Mission | 9:30-12:30 pm • London Coffee House<br>10:00-6:00 pm • YouthActionCentre<br>11:30-12:30 pm • St. Paul's Social Services<br>11:30-12:30 pm • My Sister's Place<br>1:00-3:30 pm • Ark Aid Mission<br>3:00 pm *<br>5:00-6:00 pm • My Sister's Place<br>5:00-7:00 pm • Ark Aid Mission                                               | 9:00-10:30 am • St. Jude's<br>9:30-12:30 pm • London Coffee House<br>11:00-1:00 pm • My Sister's Place<br>12:30-1:00 pm • Hyatt Mosque<br>1:00-3:30 pm • Ark Aid Mission<br>4:00-5:30 pm • St John the Evangelist<br>5:00-7:00 pm • Ark Aid Mission                                              |
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| 9:30-12:30 pm • London Coffee House<br>11:00-1:00 pm • My Sister's Place<br>1:00-3:30 pm • ArkAid Mission<br>5:00-7:00 pm • Ark Aid Mission                                          | 9:30-12:30 pm • London Coffee House<br>10:00–6:00 pm • Youth Action Centre<br>11:30-12:30 pm • My Sister's Place<br>1:00-3:30 pm • Ark Aid Mission<br>5:00-5:30 pm • Salvation Army at Westminster Park Community Church<br><br>5:00-6:00 pm • My Sister's Place<br>5:30-6:30 pm • St. Michael's<br>5:00-7:00 pm • Ark Aid Mission | 7:30-9:00 am • Church of the Ascension<br>9:30-12:30 pm • London Coffee House<br>10:00-6:00 pm • Youth Action Centre<br>11:30-12:30 pm • My Sister's Place<br>11:30-12:30 pm • St. John the Evangelist<br>1:00-3:30 pm • Ark Aid Mission<br>5:00-6:00 pm • My Sister's Place<br>5:00-6:30 pm • St.JohntheDivineChurchHall<br>5:30-6:30 pm • Rowntree Memorial<br>5:00-7:00 pm • Ark Aid Mission  | 9:30-12:30 pm • London Coffee House<br>11:30-12:30 pm • My Sister's Place<br>12:00-1:00 pm • Rowntree Memorial<br>11:30-6:00 pm • Youth Action Centre<br>1:00-3:30 pm • Ark Aid Mission<br>5:00-6:00 pm • My Sister's Place<br>5:30-6:00 pm • SalvationArmyFoodTruck at > My Sister's Place > London Coffee House > Watson Park<br>6:00-6:30 pm • Ark Aid Mission<br>6:30-7:00 pm • Ark Aid Mission<br>5:00-7:00 pm • Ark Aid Mission | 9:30-12:30 pm • London Coffee House<br>10:00-6:00 pm • YouthActionCentre<br>11:30-12:30 pm • St. Paul's Social Services<br>11:30-12:30 pm • My Sister's Place<br>1:00-3:30 pm • Ark Aid Mission<br>5:00-6:00 pm • My Sister's Place<br>5:00-7:00 pm • Ark Aid Mission | 9:30-12:30 pm • London Coffee House<br>10:00-6:00 pm • YouthActionCentre<br>11:30-12:30 pm • St. Paul's Social Services<br>11:30-12:30 pm • MySister's Place<br>3:00 pm *<br>1:00-3:30 pm • Outside Crouch Library<br>5:00-6:00 pm • My Sister's Place<br>5:00-6:00 pm • St. George's Anglican<br>5:00-7:00 pm • Ark Aid Mission | 9:30-12:30 pm • London Coffee House<br>11:00-1:00 pm • My Sister's Place<br>12:30-1:00 pm • Hyatt Mosque<br>1:00-3:30 pm • Ark Aid Mission<br>4:00-5:30 pm • St John the Evangelist<br>5:00-7:00 pm • Ark Aid Mission                                                                            |
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| Meals and Locations                                                                                              |                                                                                                                                                                                                     |                                                                                                                                        |                                                                                                                                                                                                                          |
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| ➤ <b>Ark Aid Street Mission</b><br>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.<br>(Indoor hours for community members: 1:00 to 8:00 p.m.) | ➤ <b>St. Andrew Memorial Church</b><br>55 Foxbar Rd. (@ Wellington Rd.), London                                                        | Dine-in                                                                                                                                                                                                                  |
| ➤ <b>Calvary United Church</b><br>290 Ridout St. South (@ Garfield Ave.), London                                 | Dine-in                                                                                                                                                                                             | ➤ <b>St. Francis – St. Martin Catholic Parish</b><br>46 Cathcart St. (@ Duchess Ave.), London                                          | Dine-in                                                                                                                                                                                                                  |
| ➤ <b>Church of the Ascension</b><br>2060 Dundas St. (between Speight and Carlyle), London                        | 1 <sup>st</sup> Tuesday: Bagged lunch - 3 <sup>rd</sup> Tuesday: Dine-in                                                                                                                            | ➤ <b>St. George’s Anglican Church</b><br>227 Wharncliffe Rd. North (@ St. Patrick St.), London                                         | Dine-in                                                                                                                                                                                                                  |
| ➤ <b>Crouch Neighbourhood Resource Centre Library (Just Outside)</b><br>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.                                                                  | ➤ <b>St. John the Divine Church Hall</b><br>390 Baseline Rd. West, London                                                              | Dine-in hot meal and hospitality for the last ½ hour                                                                                                                                                                     |
| ➤ <b>Hyatt Mosque – Muslim Soup Kitchen</b><br>282 Hamilton Rd. (@ Little Hill St.), London                      | Curbside pick-up                                                                                                                                                                                    | ➤ <b>St. John the Evangelist Anglican Church</b><br>280 St. James St. (@ Wellington St.), London                                       | Tuesdays: Dine-in only - Saturdays: Dine-in until 5:00 pm & Take-out until 5:30 pm                                                                                                                                       |
| ➤ <b>London Coffee House</b><br>371 Hamilton Rd., London                                                         | Light meals & snacks                                                                                                                                                                                | ➤ <b>St. Jude’s (The Church of St. Jude)</b><br>1537 Adelaide St. North (@ Fanshawe Park Rd. East), London                             | Dine-in / Take-out                                                                                                                                                                                                       |
| ➤ <b>My Sister’s Place</b><br>566 Dundas St. (between William & Adelaide), London                                | Women 16 years old and older <b><u>ONLY</u></b> (Monday-Friday from 5:00 to 6:00 p.m. snacks only, basic needs and harm reduction. Saturday and Sunday – Snacks only)                               | ➤ <b>St. Michael’s Catholic Parish</b><br>511 Cheapside St. (@ Maitland St.), London                                                   | Dine-in                                                                                                                                                                                                                  |
| ➤ <b>Rowntree Memorial United Church</b><br>156 Elliot St. (@ Cheapside St.), London                             | During September, Tuesday meals will be available for both takeout and dine-in                                                                                                                      | ➤ <b>St. Paul’s Social Services (a.k.a. Paul’s Place) at St. Paul’s Anglican Cathedral</b><br>472 Richmond St. (@ Queens Ave.), London | Dine-in                                                                                                                                                                                                                  |
| ➤ <b>Salvation Army Food Truck – Operation Mobilizing Hope</b>                                                   | My Sister’s Place location: 566 Dundas Street<br>London Coffee House location: 371 Hamilton Road<br>Watson Park location: off Wellington Road                                                       | ➤ <b>Youth Action Centre</b><br>332 Richmond St. (@ York St.), London                                                                  | Youth 16 to 24 years old <b><u>ONLY</u></b> . Bagged lunch and dine-in dinner.                                                                                                                                           |
| ➤ <b>Salvation Army at Westminster Park Community Church</b><br>1190 Southdale Rd. East (@ Millbank Dr.), London | Dine-in / Take-out<br>ID required for each member of the household to ensure one meal per person policy.                                                                                            | ➤ <b>St. Joseph’s Hospitality Centre</b><br>➤ <b>(St. Joe’s Café) (Not in the free meal calendar)</b><br>602 Queens Ave., London       | ➤ Monday-Friday: Breakfast: 9:30 - 11am, Lunch: 12-1:30pm<br>➤ Saturday complimentary meal: 11:00am -12:45 pm<br>➤ <b>Daily fee:</b> \$0.50 breakfast, \$1 lunch<br>➤ <b>Monthly Meal Plan:</b> \$20.00<br>➤ ID Required |