

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

		Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		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 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 • Youth Action Centre 11:30-6:00 pm • Ark Aid Mission 4:30 pm * • My Sister's Place 5:00-6:00 pm • Salvation Army Food Truck at: > My Sister's Place > 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 4:30 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 • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 3:00 pm * • Outside Crouch Library 4:30 pm * • 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 4:30 pm * • Ark Aid Mission
6	7	8	9	10	11	12
9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 4:30 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 • 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 4:30 pm * • St. John the Evangelist 5:00-6:00 pm • Ark Aid Mission 5:00-6:00 pm • My Sister's Place 5:30-6:30 pm • St. John the Divine Church Hall • Rowntree Memorial	9:30-12:30 pm • London Coffee House 11:30-12:30 pm • My Sister's Place • Rowntree Memorial 11:30-6:00 pm • Youth Action Centre 4:30 pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place • Salvation Army Food Truck at: > My Sister's Place > 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 4:30 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 • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 3:00 pm * • Outside Crouch Library 4:30 pm * • 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 12:30-1:00 pm • Hyatt Mosque 4:00-5:30 pm • St. John the Evangelist 4:30 pm * • Ark Aid Mission
13	14	15	16	17	18	19
9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 4:30 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 • My Sister's Place 4:30 pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place 5:30-6:30 pm • St. Michael's	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 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 • Rowntree Memorial 11:30-6:00 pm • Youth Action Centre 4:30 pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place • Salvation Army Food Truck at: > My Sister's Place > 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 4:30 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 • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 3:00 pm * • Outside Crouch Library 4:30 pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place	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 4:30 pm * • Ark Aid Mission
20	21	22	23	24	25	26
9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 4:30 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 • My Sister's Place 4:30 pm * • Ark Aid Mission 5:00-5:30 pm • Salvation Army at Westminster Park Community Church 5:00-6:00 pm • My Sister's Place 5:30-6:30 pm • St. Michael's	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 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 • Rowntree Memorial 11:30-6:00 pm • Youth Action Centre 4:30 pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place • Salvation Army Food Truck at: > My Sister's Place > 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 4:30 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 • St. Paul's Social Services 11:30-12:30 pm • My Sister's Place 3:00 pm * • Outside Crouch Library 4:30 pm * • 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 4:30 pm * • Ark Aid Mission
27	28	29	30			
9:30-12:30 pm • London Coffee House 11:00-1:00 pm • My Sister's Place 4:30 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 • My Sister's Place 4:30 pm * • Ark Aid Mission 5:00-5:30 pm • Salvation Army at Westminster Park Community Church 5:00-6:00 pm • My Sister's Place 5:30-6:30 pm • St. Michael's	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 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 • Rowntree Memorial 11:30-6:00 pm • Youth Action Centre 4:30 pm * • Ark Aid Mission 5:00-6:00 pm • My Sister's Place • Salvation Army Food Truck at: > My Sister's Place > London Coffee House > Watson Park			

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 September, 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 <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 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: 12-1:30pm ➤ Saturday complimentary meal: 11:00am - 12:45 pm ➤ Daily fee: \$0.50 breakfast, \$1 lunch ➤ Monthly Meal Plan: \$20.00 ➤ ID Required