



Take Away Meals available for people in need in downtown Ottawa

ottawa.ca 3-1-1
TTY/ATS 613-580-2401

Time	Places	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast								
7 to 8 am	Shepherds of Good Hope	✓	✓	✓	✓	✓	✓	✓
8 am	Odawa	✓	✓	✓	✓	✓		
8:30 to 11:30 am	Operation Come Home	✓				✓		
9:30 to 11:30 am	St. Joe's Women's Centre	✓	✓	✓	✓	✓		
Lunch								
10 am to noon	Capital City Mission	✓	✓	✓	✓	✓		
11 am to 1:30 pm	Centre Espoir Sophie					✓		
11 am to 1 pm	St. Luke's Table	✓	✓	✓	✓	✓	✓	
11:15 am to 12:30 pm	Shepherds of Good Hope	✓	✓	✓	✓	✓	✓	✓
11:30 am to 1 pm	Centre 507			✓	✓			✓
11:30 am to 1 pm	St. Joe's Women's Centre	✓	✓	✓	✓	✓		
Noon	Odawa	✓	✓	✓	✓	✓		
Noon to 3 pm	Restoring Hope		✓	✓	✓			
1 to 3 pm	Ottawa Inncity Ministries		✓		✓			
1 pm	Ottawa Mission	✓	✓	✓	✓	✓	✓	✓
Dinner								
4 to 5 pm	Shepherds of Good Hope	✓	✓	✓	✓	✓	✓	✓
4:30 to 6 pm	Centre 507		✓					
4:30 to 6:30 pm	Centre Espoir Sophie	✓	✓	✓	✓			
5 to 6 pm	Knox Presbyterian Church			✓			✓	
7:30 to 8:30 pm	A Meal to Go					✓		
10 to 11:30 pm	Restoring Hope	✓				✓	✓	✓

Addresses listed on back

A Meal to Go

152 Metcalfe Street

(enter at the front doors of St. Peter and St. Paul's Anglican Church - corner of Metcalfe Street and Gloucester Street)

Capital City Mission

521 Rideau Street

(corner of Cobourg Street and Rideau Street)

Centre 507

507 Bank Street

(corner of Argyle Avenue and Bank Street)

Centre Espoir Sophie (for women)

145 Murray Street

(between Cumberland Street and Dalhousie Street)

Knox Presbyterian Church

120 Lisgar Street

(enter through front doors - corner of Elgin Street and Lisgar Street)



Odawa

510 Rideau Street

(window pick up - between Augusta Street and Cobourg Street)

Operation Come Home (for youth 16-29)

150 Gloucester Street

(line up at the front door – between O'Connor Street and Bank Street)

Ottawa Innerscity Ministries

391 Gladstone Avenue

(between Bank Street and Kent Street)

Ottawa Mission

35 Waller Street

(pick up at the garage - corner of Waller Street and Daly Avenue)

Restoring Hope (for youth 16-24)

140 Laurier Avenue West

(corner of Elgin Street and Laurier Avenue West)

Shepherds of Good Hope

233 Murray Street

(parking lot pick up - corner of Murray Street and King Edward Avenue)

St. Joe's Women's Centre (for women)

151 Laurier Avenue East

(corner of Cumberland Street and Laurier Avenue East)

St. Luke's Table (take away meals served in parking lot of the McNabb Arena)

180 Percy Street

(between James Street and Gladstone Avenue)

Call 2-1-1 for more food resources.