



# 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
<b>Breakfast</b>								
8 am	Odawa	✓	✓	✓	✓	✓		
8:30 to 11:30 am	Operation Come Home	✓	✓	✓	✓	✓		
9 to 10 am	Parkdale Food Centre			✓				
9:30 to 10:30 am	St. Joe's Women's Centre	✓	✓	✓	✓	✓		
<b>Lunch</b>								
9:30 am to Noon	Capital City Mission	✓	✓	✓	✓	✓		
11 am to 1:30 pm	Centre Espoir Sophie					✓		
11 am to 1 pm	St. Luke's Table	✓	✓	✓	✓	✓		
11:30 am to 1 pm	Centre 507	✓		✓	✓			✓
Noon to 1 pm	St. Joe's Women's Centre	✓	✓	✓	✓	✓		
Noon	Odawa	✓	✓	✓	✓	✓		
12:45 to 1:45 pm	Ottawa Mission	✓	✓	✓	✓	✓	✓	✓
Noon	Parkdale Food Centre					✓		
1 to 3 pm	Ottawa Innercity Ministries		✓		✓			
<b>Dinner</b>								
3:30 to 5 pm	In From the Cold						✓	
4 to 5 pm	Out of the Cold						✓	
4 to 5:15 pm	St. Joe's Supper Table		✓	✓	✓	✓		
4:30 to 6 pm	Centre 507		✓					
4:30 to 6:30 pm	Centre Espoir Sophie	✓	✓	✓	✓			
6 to 9 pm	Shepherds of Good Hope	✓	✓	✓	✓	✓	✓	✓
7:30 to 8:30 pm	A Meal to Go					✓		
9 to 11:30 pm	Restoring Hope					✓		✓
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)

### Odawa

#### 510 Rideau Street

(window pick up - between Augusta Street and Cobourg 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) Also provides bagged dinner to go when they serve lunch.

### Out of the Cold (November – March)

#### 120 Lisgar Street

Knox Presbyterian Church (corner of Elgin and Lisgar)

### Parkdale Food Centre

#### 1064 Wellington Street West

Lobby at Hintonburg Community Centre (between Gladstone Avenue and Wellington Street West)

### Restoring Hope (for youth 16-24)

#### 140 Laurier Avenue West

(corner of Elgin Street and Laurier Avenue West)

### In From the Cold

#### 429 Parkdale Avenue

(Parkdale United Church Gladstone Avenue and Parkdale Avenue). Ends December 19<sup>th</sup>.

### Shepherds of Good Hope

#### 233 Murray Street

(corner of Murray Street and King Edward Avenue)

This facility will not be providing meals to go.

A drop-in service will be available. Any client or person in need can receive a sandwich and a dessert bag.

### St. Joe's Supper Table (dinner to go)

#### 115 Laurier Avenue East

(serving dinner to go through their takeout window)

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

#### 151 Laurier Avenue East

(corner of Cumberland Street and Laurier Avenue East)

### St. Luke's Table (Serving lunch at Tom Brown Arena)

#### 141 Bayview Avenue

**Call 2-1-1 for more food resources.**