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photo : Jordan Benton



'Out of the Cold' Free Meals, Snacks and Drop-Ins

Community Navigation of Eastern Ontario 2023-24

Last updated November 10th, 2023

----- 'Out of the Cold' Programs -----

Knox Presbyterian Church

Location: 120 Lisgar St, Ottawa, ON K2P 0C2
Phone: 613-238-4774
Time: **Sit-down and Take-out Meal:** Sat 4 pm-5 pm
Dates: Nov 5 2023-Apr 27 2024
Eligibility: No restrictions
Accessibility: Partially accessible
Note: Dine-in is not accessible by wheelchair, however, takeout meals will be offered

Parkdale United Church

Location: 429 Parkdale Ave, Ottawa
Phone: 613-728-8656
Time: **Sit-down Meal:** Sat 2:30 pm-5 pm
Dates: Nov 11th-Dec 23 2023 and Jan 6-Mar 23 2024
Eligibility: No restrictions
Accessibility: Fully accessible
Note: Please come at the door on Gladstone Ave

----- Year-round Free Meals, Snacks and Drop-Ins -----

Centre Espoir Sophie

Location: 40 Cobourg St, until December 31 and 145 Murray St as of January 3rd
Phone: 613-789-5119
Time: **Sit-down and take-out meals:** Mon-Thu 1 pm-6 pm, Fri 11 am-2 pm
Eligibility: Women and people who identify as women
Accessibility: Fully accessible

Ottawa Innerscity Ministries

Location: 391 Gladstone Ave, Ottawa, ON K2P 0Y9
Phone: 613-237-6031
Time: **Take-away lunch and food cupboard:** Tue 1 pm-3 pm
Free winter clothing giveaway (from inside the building): Thu 12:30 pm-2:30 pm
Eligibility: No restrictions
Accessibility: Fully accessible

St Joe's Women's Centre

Location: 151 Laurier Ave E, Ottawa, ON K1N 6N8
Phone: 613-231-6722
Time: **Sit-down and take-away meals:**
Breakfast: Mon, Tue, Thu, Fri 9:30 am- 11 am
Lunch: Mon-Fri 12 noon-1 pm
Snacks: Mon, Wed 4 pm-4:30 pm
Eligibility: Women (including those who identify as women) 18 years and older and their children
Accessibility: Not accessible - for women requiring wheelchairs, service outside of the building can be provided
Notes: Coffee and tea will be served throughout the day as well

Centre 507

Location: Centretown United Church, 507 Bank St, Ottawa
Phone: 613-233-5626
Breakfast: Mon-Fri, Sun 9 am-10 am
Time: **Take-out Meals:**
Mon 5 pm-6:30 pm
Tue 12 noon-1:30 pm, 5 pm-6:30 pm
Wed-Thu 12 noon-1:30 pm, 5 pm-6:30 pm
Fri 12 noon-1:30 pm
Sun 12 noon-1:30 pm
Drop in (coffee and tea also served):
Mon 9 am-10:30 am, 12 noon-3:30 pm, 5 pm-7:45 pm
Tue-Thu 9 am-10:30 am, 12 noon-3:30 pm, 5 pm-8:45 pm
Fri, Sun 9 am-10:30 am, 12 noon-3:30 pm
Eligibility: No restrictions but primarily adults
Accessibility: Not wheelchair accessible as meals are given on the 2nd floor however will go down with takeaway if informed by other visitors of a person at the bottom of the stairs.

St. Joe's Supper Table

Location: 151 Laurier Ave E, Ottawa
Phone: 613-233-4095 ext 221
Time: **Take out Breakfast (sandwiches & coffee):** Mon-Fri 9:30 am-12 noon
Take out Dinner: Tue-Fri 5 pm-6 pm
Eligibility: No restrictions
Accessibility: Not wheelchair accessible, but meals and coffee can be brought outside
Notes: Indoor dining for dinner only in late November. Returning to 5 day a week dining late January 2024.

Caldwell Family Centre

Location: 6 Epworth Ave, Ottawa ON K2G 2M3 on Tuesday, Wednesday and Friday, 1475 Caldwell Ave, Ottawa, ON K1Z 8L9 on Thursday
Phone: 613-728-1800 ext 300
Time: **Take out and sit down meal:** Tue-Fri 9 am-11:30 am, 1 pm-2:30 pm
Eligibility: No restrictions, designed for catchment area but will not turn anyone away
Accessibility: Fully accessible

The Ottawa Mission

Location: 35 Waller St, Ottawa
Phone: 613-234-1144
Time: **Sit-down meal:**
Breakfast – 8 am
Lunch – 11:20 am
Dinner – 3 pm-4 pm
Eligibility: No restrictions
Accessibility: Fully accessible
Notes: The Mission also operates a food truck program with 35 locations throughout the city. Locations and times are available here:
[Ottawa Mission Food Truck Weekly Schedule.](#)

Centre 7 Out-of-the-Cold Free Saturday Suppers

Location: 15 Aylmer Ave, (in Southminster United Church's lower hall, entrance now on Aylmer Ave nearest Bank St)
Phone: 613-730-6874 (Tue-Fri only)
Time: **Drop-in:** Sat 3:30 pm – 5 pm, Oct 14, 2023 – Mar 30, 2024 (closed Dec 30th)
Eligibility: No restrictions
Accessibility: Fully accessible

Operation Come Home

Location: 150 Gloucester St, Ottawa
Phone: 613-230-4663
Time: **Drop-in:** Mon-Fri 8:30 am-11:30 am & 4:30 pm-7:30 pm, Sat-Sun 8:30 am-12:30 pm
Eligibility: Individuals between 16-25 years old
Accessibility: Fully accessible
Notes: We have meat-free and dairy-free options and usually make about 25-30 breakfast/dinners. Youth can also access our food bank during drop-in hours.

Capital City Mission

Location: 521 Rideau Street, Ottawa, ON K1N 5Z5
Phone: 613-241-2407
Time: **Take-out and sit-down meals:** Mon-Fri 9 am-12:30 pm
Eligibility: No restrictions
Accessibility: Fully accessible