

WHO DO I CALL?

Meal Supports

Everyone deserves access to regular, nutritious meals for optimal health and wellness. The resources below are available for individuals and families. Please note the dates and times of meal availability.

1JustCity Oak Table..... 204-416-2240

Lunch: Mon-Thu 12pm-3pm 107 Pulford St

1JustCity West Broadway Community Services

..... 204-774-2773

Food Bank: Mon 12pm-1:30pm 222 Furby St

Lunch: Tue-Thu 12pm-1:30pm

Dinner: Mon-Thu 4:30pm-6pm

Adventist Community Services..... 204-338-1751

Mon 1pm-4pm 95 Stadacona

Tue-Fri 9:30am-12pm

Agape Table 204-783-6369

Breakfast: Mon-Fri 7am-11am 364 Furby St

Andrews Street Family Centre..... 204-589-1721

Coffee & toast: 220 Andrews St

Mon-Fri 9:30am-4:30pm

Broadway Neighbourhood Centre..... 204-772-9253

Dinner (ages 6-17): 185 Young St

Mon-Fri: 4-8 pm

Canadian Muslim Women's Institute.. 204-943-8539

Halal Community Pantry 201-61 Juno St

Central Neighbourhoods 204-558-5212

Tue/Thu/Fri 5pm-9pm 231 Isabel St

Chalmers Neighbourhood Renewal Corp

(Emergency hampers & meals) 204-219-6986

9 am – 5 pm 180 Poplar Ave

Crossways-In-Common..... 204-774-2773

Lunch: Mon/Wed-Fri: Noon 222 Furby St

Daniel McIntyre/St Matthews

Community Association..... 204-202-6932

Mon-Fri 1pm-6pm 823 Ellice Ave

Family Life Centre Emergency

Food Program 204-586-7790

240 Pritchard Ave

Freedom House..... 204-504-9888

Breakfast: Tue/Thu 10am-11am 294 Ellen St

Harvest Manitoba 204-982-3663

Mon-Fri: 9:15am-3:15pm 1085 Winnipeg Ave

Sat 9:30am - 12:30pm)

Emergency food bank (ID required, please phone)

Holy Trinity Church 204-942-7465

Lunch: Tue/Thu 11am-1pm 256 Smith St

Huddle (ages 12-29)

533 Broadway 204-228-6387

Mon-Thu 12:30pm-4:30pm

34 Higgins Ave 204-953-5820

Mon-Fri 10am-7pm

945 Notre Dame Ave 204-221-9800

Mon-Fri 11am-6:30pm; Sat 9:30am-5pm

2-17 St. Mary's Rd 204-255-6497

Mon-Fri 10am-7pm

Immaculate Conception Parish 204-942-3778

Lunch (Sept-May) 181 Austin St N

Sun: 12:30pm-2pm

Indigenous Family Centre..... 204-586-8393

Coffee: Mon-Fri 8am-4pm 470 Selkirk Ave

Lighthouse Mission..... 204-943-9669

Breakfast: Mon-Thu: 9am-11:15am 669 Main St

Lunch: Mon-Thu: 1pm-3:15pm; Fri 1pm-4:15pm

Dinner: Fri 6pm-7:30pm

Harvest Food Bank: Thu 9am-11am

Ma Mawi Wi Chi Itata Centre

443 Spence St 204-925-0348

Breakfast: Mon-Fri: 9am

Lunch: Mon-Fri 12:30pm

Dinner: Mon-Fri 5pm

318 Anderson St..... 204-925-0349

Lunch: Mon-Fri 12:15pm

Dinner: Mon-Fri 5pm

211 Manitoba 211

free, confidential 24/7 (non-crisis) community/social resource info line.

mb.211.ca

If you are in immediate danger, please call 9-1-1.

Police Non-Emergency 204-986-6222 | TTY: 204-942-7920

@WpgSafety

winnipegsafety.ca



Disclaimer: These resources are provided for information purposes only.
The WCFS does not necessarily endorse the resources listed.

363 McGregor St.....	204-925-6816	North End Women’s Centre	204-589-7347	St Matthews Community Ministry	204-774-1846	Union Gospel Mission	204-943-9904
Lunch: Mon-Fri: 12:15pm		(snack available)	394 Selkirk Ave	Mon/Tues/Thurs/Fri:	365 McGee St	Breakfast: Mon-Fri 11:30 am	320 Princess St
Dinner: Mon-Fri 5pm		Mon/Tue/Thu: 8:30am-4:30pm		1:30pm-4pm		Dinner: Mon-Fri 7:30pm	
575 Larsen Ave.....	204-925-0358	Wed: 12pm-4:30pm		The Salvation Army	204-946-9400	Velma’s House (Women & Children) .	204-560-3007
Lunch: 12:15pm		Fri: 8:30am-4pm		Breakfast: 7:15am	180 Henry Ave	Lunch: 12:30pm	154 Sherbrook St
Snack: 5pm				Lunch 11:45am		Dinner: 6pm	
Main Street Project	204-982-8229	North Point Douglas Women’s Centre ..	204-947-0321	Dinner: 4:30pm (for those staying at the shelter)		West Central Women’s Resource Centre	
Breakfast: 9:30am	637 Main St	Mon-Wed/Fri:	221 Austin St N			Breakfast: Sat 10am	204-774-8975
Lunch: 1:00pm		9am-12pm; 1pm-4pm		Siloam Mission	204-956-4344	Lunch: Mon/Wed/Fri: 12pm	566 Bannatyne Ave
Dinner: 5:30pm		Sat: 1pm-5pm (coffee & toast)		Breakfast: 9am - 10am	300 Princess St	Dinner Tues/Thu: 5pm	
				Lunch: 12pm-1pm	303 Stanley St		
Missionaries of Charity	204-582-2773	NorWest Co-op Community Food Centre		Dinner: 6pm-7pm		Windsor Park United Church	
Breakfast: Mon/Wed/Fri/Sat: 9:30am-10:45am			204-615-3317	Sunshine House (2SLGBTQIA+)	204-783-8565	(food cupboard)	204-256-8792
N’dinawemak - Our Relatives	204-982-8229	Take-out meals:	103-61 Tyndall Ave	Lunch: Mon/Wed	646 Logan Ave		1062 Autumnwood Dr
Breakfast: Daily 9:30am	190 Disraeli Fwy	Mon/Wed/Fri 12pm-1:30pm;		2pm-4:30pm			
Lunch: Daily 1pm		Thu 5:30pm-6:30pm		6pm-8:30pm			
		One88	204-504-8118	Brunch: Sun. 11am-1pm			
Nine Circles Community Health Clinic		Breakfast: Wed 10am	188 Princess Street	(\$2 per person, kids under 12 eat free)			
.....	204-940-6000	Lunch: Tue 11:30am		The Welcome House	204-946-5352		
Mon-Fri 9am-5pm (snack)	705 Broadway	Resource Assistance for Youth	204-783-5617	Bagged lunch: Wed 10am	188 Euclid Ave		
		(for youth 29 and under)	125 Sherbrook St				
Ndinawe/Tina’s Safe Haven	204-589-5545	Mon-Fri: 1pm-4pm		Thrive Community Support Circle -			
(for youth age 13-24)	472 Selkirk Ave	Sage House (Women).....	204-943-6379	Resource Centre	204-774-2161		
Lunch: Mon-Fri: 12pm		Cereal & Soup throughout the day	422 Dufferin Ave	Mon/Wed/Thu/Fri 10am-3pm			
Dinner: Daily 5pm		Dinner: Tues/Thurs: 4pm		3 rd Floor - 406 Edmonton St			