

Cliquez ici pour la version française



Photo from Jason Villanueva from Pexels



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

Community Navigation of Eastern Ontario 2021-2022

Last updated November 30, 2021

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

Knox Presbyterian Church

Location: 120 Lisgar St, Ottawa, ON K2P 0C2
Phone: 613-238-4774
Time: **Take-out Meal:** Sat 4 pm-5 pm * Indoor dining when possible
Dates: Nov 6 2021-Mar 26 2022
Eligibility: No restrictions
Accessibility: Partially accessible
Note: Mask required

Parkdale United Church

Location: 429 Parkdale Ave, Ottawa, ON K1Y 1H3
Phone: 613-728-8656
Time: **Take-out Meal:** Sat 3:30 pm-5 pm
Dates: Nov 13 2021-Dec 18 2021, Jan 8 2022-Mar 26 2022
Eligibility: No restrictions
Accessibility: Partially accessible
Note: Please come at the door on Gladstone Ave

Centre Espoir Sophie

Location: 145 Murray St, Ottawa, ON K1N 5M7
Phone: 613-789-5119
Time: **Access to shower, laundry, computer, support and orientation,**
by appointment (call for more details) or drop in and ask for availability
Take-out meals: Mon-Thu 4:30 pm-6 pm, Fri 11 am-1:30 pm
Eligibility: Women and people who identify as women
Accessibility: Fully accessible ramp available for individuals with reduced mobility
Notes: Social distance will be observed while waiting in line. Mask and washing of hands
required
Francophone organization
* Volunteers needed. Send an email to ces@centreespoirsophie.org if interested.

Shepherds of Good Hope

Location: 223 Murray St, Ottawa, ON, Canada K1N 5M9
Phone: 613-789-8210 ext 0
Time: **Take-out meal:** Mon-Sun 12:30 pm-1:15 pm
Eligibility: Individuals 18 years and older
Accessibility: Fully accessible
Notes: Meals to go only until further notice

The Well/La Source

Location: 154 Somerset St W, Ottawa, ON K2P 0H8
Phone: 613-594-8861
Time: **Light breakfast:** Mon-Fri 8 am-10 am
Lunch: Mon-Fri 12 am-1 pm
Eligibility: Women and their children
Accessibility: Fully accessible

Ottawa Innerscity Ministry

Location: 391 Gladstone Ave, Ottawa, ON K2P 0Y9
Phone: 613-237-6031
Time: **Take Away Meals:** Tue, Thu 1 pm-3 pm (please note that all drop ins programs are
closed currently, call for more informations on specific programs)
Eligibility: No restrictions
Accessibility: Fully accessible

Odawa Native Friendship Centre (Reaching Home Program)

Location: 510 Rideau St, Ottawa, ON, K1N 5Z6
Phone: 613-789-3077
Time: **Take-away meals: Breakfast** Mon-Fri 8 am-9 am
Lunch Mon-Fri 12 pm-1 pm served on the Bannock bus only
Eligibility: First Nations, Inuit and Métis people 16 years of age and older who are homeless or at imminent risk of becoming homeless
Accessibility: Fully accessible

St Joe's Women's Centre

Location: 151 Laurier Ave E, Ottawa, ON K1N 6N8
Phone: 613-231-6722
Time: **Breakfast:** Mon-Fri 9 am-10:30 am
Lunch: Mon-Fri 12 noon-1 pm
Shower facilities: Mon, Thu 10 am-10:30 am, 1:30 pm-2 pm
Eligibility: Homeless, disadvantaged women 18 years and older and their children
Accessibility: Not accessible
Notes: Lunch are now only offered as to go meals

Centre 507

Location: Centretown United Church, 507 Bank St, Ottawa, ON K2P 1Z5
Phone: 613-233-5626 ext 221
Time: **Take-out Meals:** Sun, Mon, Wed, Thu 11:30 am-1 pm and Tue 4:30 pm-6 pm
Drop in: Tue 3 pm-8:30 pm, Wed 9 am-3 pm (please note the drop in is closed during lunch and those hours could change, call for more informations)
* *Closed statutory holidays*
Eligibility: Adults 18 years and older
Accessibility: Not accessible

St. Joe's Supper Table

Location: 151 Laurier Ave E, Ottawa, ON K1N 6N8
Phone: 613-233-4095
Time: **Take out meals:** Mon-Fri 4 pm-5 pm
Coffee: Mon-Sun 9 am-2 pm
Eligibility: No restrictions
Accessibility: Not accessible, stairway to connecting window, but will accomodate

Caldwell Family Centre

Location: 20-1100 Medford St, Ottawa, ON K1Z 8L5
Phone: 613-728-1800
Time: **Take out meal: Breakfast:** Mon-Fri 8 am-9:30 am
Lunch: Mon- Fri 1 pm-2:30 pm
Eligibility: No restrictions, designed for catchment area but will not turn anyone away
Accessibility: Fully accessible
Notes: Pandemic protocols still followed, take out meals only until further notice

The Ottawa Mission

Location: 35 Waller St, Ottawa, ON K1N 7G4
Phone: 613-234-1144
Time: **Take-out meal:** Mon-Sun 10 am-1:30 pm
Eligibility: No restrictions
Accessibility: Fully accessible
Notes: Meals are to be picked up at the rear entrance. Social distance will be observed while waiting in line.