



Where to Find Local Meal Programs & Food Banks



Community Meal Programs

Central/Downtown

Ark Aid Street Mission

- *Address:* 696 Dundas St
- *Website:* arkaidmission.com

Dundas Street Centre United Church

- *Address:* 482 Dundas St @ Maitland St
- *Website:* dundasunited.com

First Baptist Church

- *Address:* 568 Richmond St @ Albert St
- *Website:* first-baptist.ca

London Coffee House

- *Address:* 371 Hamilton Rd
- *Website:* londoncoffeehouse.ca

My Sister's Place (Women's Only Program)

- *Address:* 566 Dundas St (between William & Adelaide)
- *Website:* cmhamiddlesex.ca

St. Paul's Anglican Cathedral (Social Services Fellowship Centre)

- *Address:* 472 Richmond St @ Queens Ave
- *Website:* stpaulsocialservices.ca

St. John the Evangelist Anglican Church

- *Address:* 80 St. James St @ Wellington St
- *Website:* stjohnslondon.ca

St. Joseph's Hospitality Centre

- *Address:* 602 Queens Ave (St Joe's Café)
- *Website:* csjcanada.org

Youth Action Centre

- *Address:* 332 Richmond St @ York St
- *Website:* you.ca

East London

Church of the Ascension

- *Address:* 2060 Dundas St @ Maitland St
- *Website:* ascensionlondon.com

Good News Church

- *Address:* 476 Clarke Rd
- *Website:* goodnewschurch.ca

Hyatt Mosque - Muslim Soup Kitchen

- *Address:* 282 Hamilton Rd @ Little Hill St
- *Website:* hyattmosquecenter.com

St. Luke's Anglican Church

- *Address:* 1204 Richmond St North @ Bernard Ave
- *Website:* diohuron.org/london/luke-place-london

Trinity United Church

- *Address:* 76 Doulton St @ Hale St
- *Website:* trinityohhale.ca

South London

Calvary United Church

- *Address:* 290 Ridout St South @ Garfield Ave
- *Website:* calvaryuc.ca

Rowntree Memorial United Church

- *Address:* 156 Elliot St @ Cheapside St
- *Website:* rowntreechurch.ca

Springbank Catholic Family of Parishes

- *Address:* St. John the Divine Parish @ 390 Baseline Rd West
- *Website:* springbankcatholic.ca

St. Francis-St. Martin Catholic Parish

- *Address:* 46 Cathcart St @ Duchess Ave
- *Website:* londonsouthcatholic.ca

St. James Westminster Church

- *Address:* 115 Askin St @ Wortley Rd
- *Website:* saintjameswestminster.ca

The Church of St. Jude

- *Address:* 537 Adelaide St North @ Fanshawe Park Rd E
- *Website:* churchofsaintjude.ca

West London

Elmwood Avenue Presbyterian Church

- *Address:* 111 Elmwood Ave East @ Cathcart St (West door)
- *Website:* elmwoodchurch.ca

St. Andrew Memorial Anglican Church

- *Address:* 55 Foxbar Rd @ Wellington Rd
- *Website:* diohuron.org/london/st-andrew-memorial-church-london

St. George's Anglican Church

- *Address:* 227 Wharncliffe Rd North @ St. Patrick St
- *Website:* stgeorgeslondon.ca

St. Michael's Catholic Parish

- *Address:* 511 Cheapside St @ Maitland St
- *Website:* lccc.dol.ca



Note: Meal times and services may vary. Some locations require ID or appointments. For the latest details, visit the program's official website or check [Information London](#).

Food Bank Locations

Community Food Banks

● General Community Food Banks (Open to All, No Strict Residency Requirements)

Families First CAPC White Oaks (South London Community Centre)

- **Address:** 1119 Jalna Blvd
- **Hours:** Mon-Fri 10am-3pm

Families First CAPC Baby Food and Diaper Cupboard

- Available for infants and their families
- **Address:** Family Centre Westminster @ 690 Osgoode Dr
- **Hours:** Mon-Fri from 9am-4pm
- **Contact:** (519) 649-1248

Glen Cairn Community Resource Centre (Emergency Food Kits)

- **Address:** 244 Adelaide St S
- **Hours:** Mon, Tues & Thurs 9:30am-2:30pm & Wed 9am-12pm
- **Contact:** (519) 668-2745 | jwalmsley@gccrc.ca
- Must show proper ID (Driver's License, Health card or ODSP/OW paperwork) for all living in the home. Bread provided by Holy Trinity St. Stephen's Memorial Anglican Church

Paul's Place (formerly St. Paul's Social Services)

- **Address:** 472 Richmond St
- **Website:** paulsplace.ca
- **Hours:** Mon-Fri, 9 AM - 11:30 AM (Except holidays)

Society of St. Vincent de Paul (Food Vouchers)

- **Address:** Available through any Catholic Church
- **Website:** ssvp.ca
- Home visits available to discuss needs, and a food voucher may be issued

Springbank Catholic Family of Parishes

- **Address:** St. John the Divine Parish @ 390 Baseline Road W
- **Hours:** Dine-in every Thurs 5-7pm; Mobile Food Depot, Wed 1:30-3:30pm
- **Appointment required:** Please call (519) 280-3328

Halal Food Bank Canada (Culturally Inclusive, Halal Options Available)

- **Address:** 589 Wonderland Rd N
- **Hours:** Sun-Wed, 11 AM - 2 PM (Once a month visit by appointment: (519) 933-9877)
- **Register online at:** <https://forms.gle/hV5A2hFfAiNv1is16>

● Area-Specific Food Banks (For local residents only, proof of address, ID or appointment may be required)

Chalmers Presbyterian Church

- **Address:** 342 Pond Mills Rd @ Commissioners Rd. E
- **Serving:** Area residents once per month
- **Hours:** Wed from 12-1pm
- **Appointment required:** call Tues by 2pm (519) 681-7242 or email office@chalmerslondon.com

Crouch Neighbourhood Resource Centre (Community Food Cupboard)

- **Address:** 550 Hamilton Rd
- **Serving:** N5W 0,1,2,3 & 6; N5Y 3; N5Z 1 & 2; N6A 3 & 5; N6B 1 & 2
- **Hours:** Tues-Thurs, 9 AM - 5 PM & Friday, 10 AM - 5 PM (Food, hygiene, and baby items available)

ELUCO (Gethsemane Gardens)

- **Address:** 1461 Huron St @ Sandford St
- **Serving:** Area residents only
- **Hours:** Wed-Fri 9:30am-12pm
- **Appointment required:** (519) 451-0600

LUSO Community Service's Emergency Food Cupboard

- **Address:** 1100 Victoria Dr
- **Serving:** N5Y, N5V, N5X & N5W 4,5
- **Hours:** Tues/Thurs 8:30-12pm & Wed 1:30pm
- Clients can drop-in one visit per month & must bring IDs for every household member & proof of income

London Food Bank and Mobile Units

One visit per month. Please note that a visit to any of the locations below is your food bank visit for the month.

London & Area Food Bank (Open to all)

- **Address:** 926 Leathorne St
- **Website:** londonfoodbank.ca
- **Hours:** Mon-Fri, 9 AM - 4 PM (No appointment needed)

LUSO Community Services (N5V, N5W, N5X & N5Y)

- **Address:** Locations vary, please call for details
- **Hours:** Wed & Fri, 10 AM - 12 PM
- **Appointment required:** Call/text (519) 520-7638 by 12 PM the day before, or email mikyla@lusocentre.org

Northwest London Resource Centre (N6G & N6H)

- **Address:** 1225 Wonderland Rd N, Unit 27A (Sherwood Forest Mall, near Goodwill)
- **Website:** nwlrc.ca
- **Hours:** Mon-Sat, 11 AM - 4 PM
- **Appointments preferred:** (519) 471-8444 Ext 0

Fiddlers Green Satellite (Northwest LRC - N6H)

- **Address:** Oakridge Presbyterian Church @ 970 Oxford St. W
- **Hours:** 3rd Thursday of the month only 1 - 3 PM
- **Appointment required:** (519) 471-8444 Ext 0

Crouch Neighbourhood Resource Centre - N6B, N5W, N5Z

- **Address:** Egerton Baptist Church, 209 Egerton St
- **Hours:** Fridays, 1:30 PM - 3:30 PM (No appointment needed)
- **Contact:** (519) 642-7630 | info@crouchnrc.org

South London Neighbourhood Resource Centre (N6C, N6E, N6H, N6J)

- **Address:** 1119 Jalna Blvd (Inside Jalna Branch Library)
- **Website:** slnrc.org
- **Hours:** Mon-Fri, 10 AM - 3 PM (No appointment needed) | (519) 686-8600

Westminster Satellite (South London NRC - N6C, N6E, N6H, N6J)

- **Address:** 80 St. James St @ Wellington St
- **Hours:** 2nd Wednesday of the month, 1 - 3 PM
- **Appointment required:** (519) 280-3328

Southcrest Satellite (South London NRC - N6J)

- **Address:** Mount Zion United Church, 471 Ridgewood Cres
- **Hours:** 2nd Wednesday of the month, 1:30 - 3:30 PM (Register by 2nd Tuesday of the month, call (519) 280-3328)

St. George's Anglican Church (N6A, N6C, N6H, N6J)

- **Address:** 227 Wharncliffe Rd
- **Hours:** 3rd Friday of the month, 11:30 AM - 1:30 PM
- **Appointments preferred:** (519) 438-2994

Student & Campus Food Support

Available for Students & Staff at Western University

Western University Community Centre – Food Support Services

- For Western students & staff only (Confidential assistance available)
- Hygiene products, diapers, and non-perishable food.
- **Request support:** [Western Food Support](http://WesternFoodSupport) or email foodsupport@westernusc.ca

Western University - PSAC Local 610 Food Bank

- (For PSAC Local 610 members only)
- Grocery store vouchers available
- **Apply at:** [PSAC 610 Benefits](http://PSAC610Benefits)

Note: For the latest updates, visit [Information London](http://InformationLondon).