

## **Food Resources Kitchener & Waterloo by TRMALutherans March 28.**

\*For updated information regarding food resources call the Food Bank of Waterloo Region 519.743.5576

### **Waterloo**

- Emmanuel Church
  - 22 Bridgeport Road West, Waterloo
    - **TAKE OUT** Meals Bridgeport Café Program
    - Tues-Friday 1:00 – 3:00 pm
    - Emergency Food Bag Program thru Food Bank on Thursdays at the same time
- First United Church (November - April only)
  - 16 William Street West, Waterloo
    - Fridays **TAKE OUT** 6:00 pm - 7:00 pm
    - Fridays Drop-In 4:30 pm- 10:00 pm
    - Limited canned goods for those that need them
- St. Louis Community Supper (November - April only)
  - 53 Allen Street East, Waterloo
    - Sunday 5:30 pm - 6:30 pm

### **Kitchener**

- Stirling Avenue Mennonite Church (November - April only)
  - 57 Stirling Street North, Kitchener
  - Saturday Suppers
    - **TAKE OUT** bagged meal March 21<sup>st</sup> 5:00 pm -7:00pm
- St. John's Kitchen
  - 97 Victoria Street North, Kitchener
    - Monday - Friday 11:30 am & 1:00 pm
- Trillium Lutheran Church Community Ministry
  - 22 Willow Street, Waterloo
    - **TAKE OUT** – Thurs 5-6 pm
- St. Matthew's Lutheran Church (November - April only)
  - 54 Benton Street, Kitchener
    - Wednesdays 5:30 pm
    - Thursdays 7:30 am - 9:00 am
- Ray of Hope Community Center
  - 659 King Street East, Kitchener
    - Monday - Friday 7:00 pm
    - Saturday 12:00 pm
    - Sunday 4:30 pm
- OneRoof (Youth Services 12 - 25 years)
  - 242 Queen Street South, Kitchener
    - Monday - Friday 1:00 pm & 7:00 pm
    - Saturday & Sunday 11:00 am & 7:00 pm