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'Out of the Cold' Free Meals, Snacks & Drop-Ins
Community Navigation of Eastern Ontario 2020-21

Last updated December 21, 2020

----- '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 7, 2020 - end of March 2021
Eligibility: No restrictions
Accessibility: Partially Accessible
Note: Mask required

----- COVID-19 Respite Centres -----

Tom Brown Arena

Location: 141 Bayview Station Rd, Ottawa, ON, K1Y 4M3 (near Scott and Albert Streets)
Phone: 613-809-1731
Time: **Respite:** Mon-Fri 9:30 am-4 pm
Meals: Free sandwiches during the day * hot meal from 11 am-1 pm
Eligibility: No restrictions
Accessibility: Fully Accessible
Notes: Safe warm place to rest with washrooms and showers available *
 Crisis intervention and referrals to other primary care services available * Centre will be open
 Christmas Day and New Year's Day, though there will be no showers available those days

Bernard Grandmaître Arena

Location: 309 McArthur Ave, Vanier, ON, K1L 6P1 (between Lacasse Street and Lafontaine Ave)
Phone: 613-806-7291
Time: **Respite:** Mon-Fri 9:30 am-4 pm
Meals: Free sandwiches during the day
Eligibility: No restrictions
Accessibility: Fully Accessible
Notes: Safe warm place to rest with washrooms and showers available * Crisis intervention and referrals to other primary care services available * Centre will be closed Christmas Day and New Year's Day. There will be no showers available Dec 28th.

St-Paul's-Eastern United Church

Location: 473 Cumberland Street, Ottawa, ON, K1N 1K7 (at Daly)
Phone: 613-237-1821
Time: **Respite:** Mon-Fri 9:30 am-4 pm
Meals: Free sandwiches during the day
Eligibility: No restrictions
Accessibility: Fully Accessible (located in the Church's basement with elevator access for persons with walker or wheelchairs)
Notes: Safe warm place to rest with washrooms available * Crisis intervention and referrals to other primary care services available * Email Kimberley.Stevens@ottawa.ca * Centre will be closed Christmas Day and New Year's Day.

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

Centre Espoir Sophie

Location: 145 Murray St, Ottawa, ON, K1N 5M7
Phone: 613-789-5119
Time: **Access to shower, laundry, computer, telephone, support and orientation** (by appointment, Tue-Wed) * **social activities** (registration required, Thu)
Take-out meals: Mon-Thu 4:30 pm-6:30 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. * Volunteers needed. Email ces@centreespoirsophie.org if interested.

Shepherds of Good Hope

Location: 233 Murray St, Ottawa, ON, K1N 5M9
Phone: 613-789-8210 ext. 239
Time: **Take-out: Lunch:** Mon-Sun 12:30 pm-1:15 pm
Drop-in: Mon-Sun 6 pm-9 pm
Eligibility: Individuals 18 years and older
Accessibility: Fully Accessible
Notes: Only **30** people allowed in the centre at a time * Face covering required *
To volunteer - fill out the form on the website: <https://www.sghottawa.com/volunteer/>

The Well/La Source

Location: 154 Somerset St W, Ottawa, ON, K2P 0H8
Phone: 613-594-8861
Time: **Bagged lunch:** Mon-Fri 11 am- 1 pm
Drop-in: Can stay inside for 30 minutes
Eligibility: Women and their children
Accessibility: Not Accessible
Notes: In partnership with St Luke's Table, host the **take-out/sit down lunch meals, Mon-Fri 11 am-1 pm** at Tom Brown Arena, 141 Bayview Road, Ottawa, ON K1Y 4M3
Call 613-238-4193 for details.

St Luke's Table

Location: St Luke's Anglican Church, 760 Somerset W., Ottawa ON K1R 6P9
Phone: 613-234-6287
Time: **Take-out/sit down breakfast meal:** Mon-Fri 8 am-9 am
Eligibility: No restrictions, individuals in need
Accessibility: Fully accessible
Notes: See TheWell/La Source above.

Ottawa Inncity Ministry

Location: 391 Gladstone Ave, Ottawa, ON, K2P 0Y9
Phone: 613-237-6031
Time: **Recreation group (snacks, hot drinks, massage and games):** Thu 10 am-11:30 pm
Veteran's Outreach and support (fellowship and lunch): Wed 10:30 am-12:30 pm
Door outreach (lunch): Tue-Thu 1 pm-3 pm * clothing available by appointment
Eligibility: No restrictions except Veteran's Outreach and support
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-1pm
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: **Take-out: Snacks:** Mon-Fri 9:30 am-11 am
Lunch: Mon-Fri 12 noon-1 pm
Eligibility: Homeless, disadvantaged women 18 years and older and their children
Accessibility: Not accessible, can be provided service outside of the building
Notes: Lunch can be eaten in the centre (depending on Ottawa Public Health regulations)
* Only six persons allowed at a time

Carlington Community Chaplaincy

Location: 1465 Caldwell Ave, Unit 102, Ottawa, ON, K1Z 8L9
Time: **Take-out meals:** Mon-Fri 9:30 am-11 am
Eligibility: No restrictions
Accessibility: Not accessible, the meal can be taken outside

Centre 507

Location: Centretown United Church, 507 Bank St, Ottawa, ON K2P 1Z5
Phone: 613-233-5626 ext. 221
Time: **Take-out meals:** Wed, Thu, Sun 11:30 am-1pm * Tue 4:30 pm-6 pm
Food truck (on Argyle): Mon 11:30-12:30 pm
* *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:** Tue-Fri 4 pm-5 pm
Coffee: Mon-Fri 10 am-2 pm
Eligibility: No restrictions
Accessibility: Not accessible, but will accommodate clients outside

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

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 Nov 14-Dec 19, Jan 9-Mar 27
Eligibility: No restrictions,
Accessibility: Not accessible, clients can be served at an accessible door
Notes: Meals given out at the Gladstone entrance *
Guests asked to maintain physical distance while waiting in line.

The Ottawa Mission

Location: 35 Waller St, Ottawa, ON, K1N 7G4
Phone: 613-234-1144
Time: **Take-out meal:** Mon-Sun 1 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.

The Ottawa Mission – Food Truck

Location: Centre 507, 507 Bank St, Ottawa, ON K2P 1Z5
Phone: Ottawa Mission 613-234-1144
Time: **Take-out meal:** Mon 11:30 am-12:30 pm
Eligibility: No restrictions
Accessibility: Fully accessible – off the street
Notes: Meals are to be picked up at the Food Truck. Social distance will be observed while waiting in line.

Location: Alternating weekly between:
Morrison Gardens/Ottawa Community Housing, 1485 Caldwell Ave, Ottawa, ON K1Z 8M1, and
Shillington-Carlington/Ottawa Community Housing, 1180 Shillington Avenue, Ottawa, ON K1Z 7Z4
Phone: Ottawa Mission 613-234-1144
Time: **Take-out meal:** Mon 2:30 pm-3:30 pm
Eligibility: No restrictions
Accessibility: Fully accessible – off the street
Notes: Meals are to be picked up at the Food Truck. Social distance will be observed while waiting in line.

Location: Ottawa East Seventh-Day Adventist Food Bank, 194 Prince Albert, Ottawa, ON
Phone: Ottawa Mission 613-234-1144
Time: **Take-out meal:** Tue 11:30 am-13:30 pm
Eligibility: No restrictions
Accessibility: Fully accessible – off the street
Notes: Meals are to be picked up at the Food Truck. Social distance will be observed while waiting in line.

Location: Alternating weekly between:
506 Bronson Ave, Ottawa, ON K1R 6J9 and 38 Winthrop Private, Ottawa, ON K2B 7C4
Phone: Ottawa Mission 613-234-1144
Time: **Take-out meal:** Tue 2:30 pm-3:30 pm
Eligibility: No restrictions
Accessibility: Fully accessible – off the street
Notes: Meals are to be picked up at the Food Truck. Social distance will be observed while waiting in line.

Location: Gloucester Emergency Food Cupboard, 2040 Arrowsmith Dr, Ottawa, ON K1J 8V9
Phone: Ottawa Mission 613-234-1144
Time: **Take-out meal:** Wed 11:30 am-13:00 pm
Eligibility: No restrictions
Accessibility: Fully accessible – off the street

Notes: Meals are to be picked up at the Food Truck. Social distance will be observed while waiting in line.

Location: The Rideau-Rockliffe Community Resource Centre, 815 St Laurent Blvd, Ottawa, ON K1K 3A7

Phone: Ottawa Mission 613-234-1144

Time: **Take-out meal:** Wed 2:30 pm-3:30 pm

Eligibility: No restrictions

Accessibility: Fully accessible – off the street

Notes: Meals are to be picked up at the Food Truck. Social distance will be observed while waiting in line.

Location: Somerset West Community Health Centre, 55 Eccles St, Ottawa, ON K1R 6S3

Phone: Ottawa Mission 613-234-1144

Time: **Take-out meal:** Thu 11:30 am-13:00 pm

Eligibility: No restrictions

Accessibility: Fully accessible – off the street

Notes: Meals are to be picked up at the Food Truck. Social distance will be observed while waiting in line.

Location: Strathcona Heights - Ottawa Community Housing, 731-A Chapel St, Ottawa, ON K1N 8A1
(corner of Chapel and Wiggins)

Phone: Ottawa Mission 613-234-1144

Time: **Take-out meal:** Thu 2:30 pm-3:30 pm

Eligibility: No restrictions

Accessibility: Fully accessible – off the street

Notes: Meals are to be picked up at the Food Truck. Social distance will be observed while waiting in line

Location: Heron Road Emergency Food Centre, 1480 Heron Rd, Ottawa, ON 1480 Heron Rd, Ottawa, ON

Phone: Ottawa Mission 613-234-1144

Time: **Take-out meal:** Fri 10:30 am-11:30 pm

Eligibility: No restrictions

Accessibility: Fully accessible – off the street

Notes: Meals are to be picked up at the Food Truck. Social distance will be observed while waiting in line.

Location: Ronald McDonald House, 407 Smyth Rd, Ottawa, ON K1H 8M8

Phone: Ottawa Mission 613-234-1144

Time: **Take-out meal:** Fri 12:30 pm-1:00 pm

Eligibility: No restrictions

Accessibility: Fully accessible – off the street

Notes: Meals are to be picked up at the Food Truck. Social distance will be observed while waiting in line.

Location: The Vanier Community Service Centre, 161 Marier Ave, Ottawa, ON K1L 5R8

Phone: Ottawa Mission 613-234-1144

Time: **Take-out meal:** Fri 2:30 pm-3:30 pm

Eligibility: No restrictions

Accessibility: Fully accessible – off the street

Notes: Meals are to be picked up at the Food Truck. Social distance will be observed while waiting in line.