Shepherd of Good Hope

**Location:** 233 Murray St  
**Format:** Take-away containers but indoor dining is available with social distance measures  
**Phone:** 613-789-8210 ext 3  
**Time:** 11 am-1:15 pm  
**Eligibility:** Open for those staying at their emergency shelter (11 am-12:30 pm), as well as those from the local community (after 12:40 pm). Open only to those above the age of 18  
**Accessibility:** Fully accessible

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The Ottawa Mission

**Location:** 35 Waller St  
**Format:** Take-away meals or sit inside with social distance measures  
**Phone:** 613-234-1144  
**Time:** 11 am-3 pm  
**Eligibility:** No restrictions  
**Accessibility:** Fully accessible
Ottawa Innercity Ministries

Location: Knox Presbyterian Church, 120 Lisgar St (call to confirm)
Format: Take-away meals
Phone: 613-237-6031
Time: 1-3 pm
Eligibility: No restrictions
Accessibility: Fully accessible