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photo : Jordan Benton



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

Community Navigation of Eastern Ontario 2023-24

*Last updated December 2nd, 2023*

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

#### Knox Presbyterian Church

**Location:** 120 Lisgar St, Ottawa, ON K2P 0C2  
**Phone:** 613-238-4774  
**Time:** **Sit-down and Take-out Meal:** Sat 4 pm-5 pm  
**Dates:** Nov 5 2023-Apr 27 2024  
**Eligibility:** No restrictions  
**Accessibility:** Partially accessible  
**Note:** Dine-in is not accessible by wheelchair, however, takeout meals will be offered

#### Parkdale United Church

**Location:** 429 Parkdale Ave, Ottawa  
**Phone:** 613-728-8656  
**Time:** **Sit-down Meal:** Sat 2:30 pm-5 pm  
**Dates:** Nov 11th-Dec 23 2023 and Jan 6-Mar 23 2024  
**Eligibility:** No restrictions  
**Accessibility:** Fully accessible  
**Note:** Please come at the door on Gladstone Ave

Centre Espoir Sophie

**Location:** 40 Cobourg St, until December 31 and 145 Murray St as of January 3rd  
**Phone:** 613-789-5119  
**Time:** **Sit-down and take-out meals:** Mon-Thu 1 pm-6 pm, Fri 11 am-2 pm  
**Eligibility:** Women and people who identify as women  
**Accessibility:** Fully accessible

Ottawa Innerscity Ministries

**Location:** 391 Gladstone Ave, Ottawa, ON K2P 0Y9  
**Phone:** 613-237-6031  
**Time:** **Take-away lunch and food cupboard:** Tue 1 pm-3 pm  
**Free winter clothing giveaway (from inside the building):** Thu 12:30 pm-2:30 pm  
**Eligibility:** No restrictions  
**Accessibility:** Fully accessible

St Joe's Women's Centre

**Location:** 151 Laurier Ave E, Ottawa, ON K1N 6N8  
**Phone:** 613-231-6722  
**Time:** **Sit-down and take-away meals:**  
**Breakfast:** Mon, Tue, Thu, Fri 9:30 am- 11 am  
**Lunch:** Mon-Fri 12 noon-1 pm  
**Snacks:** Mon, Wed 4 pm-4:30 pm  
**Eligibility:** Women (including those who identify as women) 18 years and older and their children  
**Accessibility:** Not accessible - for women requiring wheelchairs, service outside of the building can be provided  
**Notes:** Coffee and tea will be served throughout the day as well

## Centre 507

**Location:** Centretown United Church, 507 Bank St, Ottawa  
**Phone:** 613-233-5626  
**Breakfast:** Mon-Fri, Sun 9 am-10 am  
**Time:** **Take-out Meals:**  
Mon 5 pm-6:30 pm  
Tue 12 noon-1:30 pm, 5 pm-6:30 pm  
Wed-Thu 12 noon-1:30 pm, 5 pm-6:30 pm  
Fri 12 noon-1:30 pm  
Sun 12 noon-1:30 pm  
**Drop in (coffee and tea also served):**  
Mon 9 am-10:30 am, 12 noon-3:30 pm, 5 pm-7:45 pm  
Tue-Thu 9 am-10:30 am, 12 noon-3:30 pm, 5 pm-8:45 pm  
Fri, Sun 9 am-10:30 am, 12 noon-3:30 pm  
**Eligibility:** No restrictions but primarily adults  
**Accessibility:** Not wheelchair accessible as meals are given on the 2nd floor however will go down with takeaway if informed by other visitors of a person at the bottom of the stairs.

## St. Joe's Supper Table

**Location:** 151 Laurier Ave E, Ottawa  
**Phone:** 613-233-4095 ext 221  
**Time:** **Take out Breakfast (sandwiches & coffee):** Mon-Fri 9:30 am-12 noon  
**Take out Dinner:** Tue-Fri 5 pm-6 pm  
**Eligibility:** No restrictions  
**Accessibility:** Not wheelchair accessible, but meals and coffee can be brought outside  
**Notes:** Indoor dining for dinner only in late November. Returning to 5 day a week dining late January 2024.

## Caldwell Family Centre

**Location:** 6 Epworth Ave, Ottawa ON K2G 2M3 on Tuesday, Wednesday and Friday, 1475 Caldwell Ave, Ottawa, ON K1Z 8L9 on Thursday  
**Phone:** 613-728-1800 ext 300  
**Time:** **Take out and sit down meal:** Tue-Fri 9 am-11:30 am, 1 pm-2:30 pm  
**Eligibility:** No restrictions, designed for catchment area but will not turn anyone away  
**Accessibility:** Fully accessible

## The Ottawa Mission

**Location:** 35 Waller St, Ottawa  
**Phone:** 613-234-1144  
**Time:** **Sit-down meal:**  
**Breakfast** – 8 am  
**Lunch** – 11:20 am  
**Dinner** – 3 pm-4 pm  
**Eligibility:** No restrictions  
**Accessibility:** Fully accessible  
**Notes:** The Mission also operates a food truck program with 35 locations throughout the city. Locations and times are available here:  
[Ottawa Mission Food Truck Weekly Schedule.](#)

## Centre 7 Out-of-the-Cold Free Saturday Suppers

**Location:** 15 Aylmer Ave, (in Southminster United Church's lower hall, entrance now on Aylmer Ave nearest Bank St)  
**Phone:** 613-730-6874 (Tue-Fri only)  
**Time:** **Drop-in:** Sat 3:30 pm – 5 pm, Oct 14, 2023 – Mar 30, 2024 (closed Dec 30th)  
**Eligibility:** No restrictions  
**Accessibility:** Fully accessible

## Operation Come Home

**Location:** 150 Gloucester St, Ottawa  
**Phone:** 613-230-4663  
**Time:** **Drop-in:** Mon-Fri 8:30 am-11:30 am & 4:30 pm-7:30 pm, Sat-Sun 8:30 am-12:30 pm  
**Eligibility:** Individuals between 16-25 years old  
**Accessibility:** Fully accessible  
**Notes:** We have meat-free and dairy-free options and usually make about 25-30 breakfast/dinners. Youth can also access our food bank during drop-in hours.

## Capital City Mission

**Location:** 521 Rideau Street, Ottawa, ON K1N 5Z5  
**Phone:** 613-241-2407  
**Time:** **Take-out and sit-down meals:** Mon-Fri 9 am-12:30 pm  
**Eligibility:** No restrictions  
**Accessibility:** Fully accessible

### Belong Ottawa at Centre 454

**Location:** 454 King Edward Ave  
**Phone:** 613-235-4351  
**Time:** Sun-Tue 8 am-pm, Wed 8 am-1 pm, Thu-Sat 8 am-3 pm  
**Format:** Sit in breakfast 8 am-10 am, sit-in lunch 12 pm-1pm  
**Eligibility:** No restrictions  
**Accessibility:** Fully accessible

### Belong Ottawa at St. Luke's Table

**Location:** 211 Bronson Ave. (Mon-Fri), 70 James St. (Sat)  
**Phone:** 613-238-4193  
**Time:** Mon-Wed 8 am-3 pm, Thu 8 am-1 pm, Fri-Sat 8 am-3 pm  
**Format:** Sit-in breakfast 8 am-10 am, sit-in lunch 12 pm-1 pm  
**Eligibility:** No restrictions  
**Accessibility:** Fully accessible  
**Notes:** We are currently using two temporary locations whilst we undertake important renovations to our building. Monday to Friday we are at 211 Bronson Ave, in the lower level of the Bronson Centre community hub. On Saturdays during the winter, we will deliver our program from St Barnabas Church at 70 James Street (the corner of Kent and James)

### Belong Ottawa at The Well

**Location:** 275 Elgin St.  
**Phone:** 613-594-8861  
**Time:** Mon-Thu 8 am-8 pm  
**Format:** Sit-in breakfast 8 am-10 am, sit-in lunch 12 pm-1 pm, sit-in dinner 5 pm-6 pm  
**Eligibility:** Women-only hours are from 8 am-12:30 pm. Our programming is co-ed from 12:30 pm-8 pm  
**Accessibility:** Fully accessible