

## Find emergency & community supported food in Winnipeg

Here is a list of where to find bagged lunches, hot meals or food packages.

*Listings are in alphabetical order.*

### Harvest Manitoba

Harvest Manitoba provides food assistance to anyone who needs it. If you need emergency food, please contact Harvest Manitoba to book an appointment to review your food needs. Please ensure that you have your Manitoba Health Card ready when making the call. International Students can use their Student ID. During the appointment, you can arrange to pick up your Harvest Hamper from a location near you. The Harvest Manitoba Food Network has more than 325 locations across the province.

To schedule an appointment, or for more information, please visit our website <https://www.harvestmanitoba.ca/need-food/>.

Or contact us as below.

#### Winnipeg:

New Registrations: 204.982.3671

Returning Clients: 204.982.3660

Email: [appointments@harvestmanitoba.ca](mailto:appointments@harvestmanitoba.ca)

#### Outside Winnipeg

Call: 1.800.970.5559

Email: [kellym@harvestmanitoba.ca](mailto:kellym@harvestmanitoba.ca)

### Agape table

364 Furby Street.

Meals available (bagged out the door) Mon-Fri 7:30 am-11 am

### Age and opportunity (55+) and the United Way Winnipeg

Grocery delivery (including Winnipeg Harvest), medication delivery, social services and daily phone chats

Concerned family members can call on behalf of a loved one. **204-956-6440 (direct line) or call 311**

*Last updated November 20, 2020.*

### **Andrews Street Family Centre**

220 Andrew Street

Call: **204-589-1721**

Emergency food, diapers, and formula are available. Call between 10am-3pm weekdays for an appointment (must have MB health card)

### **Bear Clan Den**

563 Selkirk Ave.

Call **204-219-1052**

Changes every day depending on the supplies they receive so call ahead.

### **Crossways**

222 Furby

Call: **204-774-2773**

Bagged lunches out the door available for pick up Mon, Wed, Thurs, Fri at 12:30 pm while supplies last. Emergency food packages and basic need items (specify what is needed) available. Call for an appointment for pickup. (MB Health Card needed).

### **Daniel McIntyre/ St Matthews Community Association**

823 Ellice Ave.

Monday – Friday: 2 – 6 p.m.

Take-out window for drinking water, snacks, hygiene supplies, feminine products, safer sex protection, clean needles socks & service referrals. Ring the doorbell out front for service.

### **Elmwood Community Resource Centre (ECRC)**

Basic needs and employment support line-drop-in appointments available to book over the phone.

545 Watt Street—Mon-Fri 9 am-5 pm

Call: **431-275-2287**

For community residents, order a **Better Access Groceries BAG**. Email [elmwoodbag@gmail.com](mailto:elmwoodbag@gmail.com) or call **204-669-0750**.

### **Feed my Lambs**

117 Euclid

Free food packages, Fridays at pm, first come first serve—social distancing practiced (bring your own bags). Separate from Winnipeg Harvest.

### **Food Not Bombs—Treaty 1 Winnipeg**

Fruits and Veggies Giveaway—while supplies last.

Wednesdays 6 pm at Turtle Island Neighbourhood Centre—510 King Street

Fridays 6 pm outside at Indigenous Family Centre (470 Selkirk Avenue)

Social distance while in line—all are welcome.

### **Good Food Club Good Food Boxes**

Affordable fruit & vegetable packages, available for pre-order (one week ahead).

Individual box: \$8 | Medium box: \$15 | Large (family) box: \$20

Order online here: [www.westbroadway.mb.ca/good-food-box-orders](http://www.westbroadway.mb.ca/good-food-box-orders) or call **204-774-7201 ext. 6**.

### **Gwen Sector Creative Living Centre (at Syd Glow Place)**

Free meals delivered to isolated seniors struggling to prepare meals.

**Call: 204-339-1701** to request service.

### **Light House Mission**

669 Main St.

Monday – Thursday

Breakfast: 9 – 11 a.m. | Lunch: 2 – 3 p.m.

Friday: 1 – 2 p.m.

Call Shawn at **204-943-9669** for an emergency hamper.

### **Main Street Project (Meals)**

75 Martha St.

Monday-Sunday: Lunch at 1 p.m. | Supper at 4.30 p.m.

### **Ma Mawi Wi Chi Itata Centre**

445 King Street

Call: **204-925-0352, 204-925-0348, 204-925-6816, 204-925-0330**, email [info@mamawi.com](mailto:info@mamawi.com)

One emergency meal per family, baby supplies and basic needs for individuals and families.

Call Mon-Fri between 9 am-7 pm to discuss—deliveries are made between 1pm-3pm.

### **Macdonald Youth Services (ages 13-21)**

159 Mayfair Ave.

Call: **1-888-477-1804**

Offering food, shelter, shower, and laundry.

### **Manitoba Metis Federation**

150 Henry Ave.

Call for a hamper and have your MMF# ready. Delivery only.

65 & under: Call **204-589-4327**

65 & over: Call **204-586-8474 (ext. 371)**

### **Missionaries of Charity**

167 Aikins Street

Take and Go: Monday, Tuesday, Wednesday, Friday & Saturday

Breakfast: 9.30 a.m. – 10.45 a.m.

### **Mutual Aid Society – Serve the People**

Thursday Meals & Food Boxes.

To sign up please visit [masywg.ca](http://masywg.ca).

If you have questions about Thursday meals/food boxes, email [servethepeopleinitiative@gmail.com](mailto:servethepeopleinitiative@gmail.com) or text/call 204-818-8035.

### **North End Women's Center**

394 Selkirk Ave.

Monday-Friday: 10 a.m. – 4 p.m. or until they run out

Bagged lunches, hygiene products, pads, clean needles and new-born diapers available.

*Last updated November 20, 2020.*

### **North Point Douglas Women's Center**

221 Austin St. N

Tuesday: 11 a.m. – 1 p.m. Non-perishable food hampers and feminine hygiene products also available.

### **NorWest Co-op Community Food Centre**

103-61 Tyndall Ave

Hot take-out lunch on Monday, Wednesday, Friday 12-1:30pm.

Hot take-out supper Thursday 5:30-6:30pm.

Meals are free of charge and available to everybody.

### **Nor'West Co-op Community Health**

**(for community members in the area)**

Blake Gardens Resource Centre Nor'West on Alexander Call: **204-982-3660**-Different food programs, including food pick-ups

Gilbert Park Resoucre Centre Call: **204-982-4429**-food and basic essentials Health card required.

### **Oak Table (in Augustine United Church)**

109 Pulford Street Mon-Thurs 12:30 pm-3 pm

Take out lunches, space to warm up if experiencing homelessness.

### **Resource Assistance for Youth**

125 Sherbrook

Out the door food and other basic need items

Often between 11:00 am-3:00 pm

Call: **204-783-5617 ext. 206** for additional support over the phone.

### **Salvation Army**

Struggling to feed yourself or your family, food hampers are available (once within a 3 month span).

Call for an appointment to pick up food—have your health card available

Weetamah location, call: **204-946-9490**

St. James or Charleswood, call: **204-889-9205**

*Last updated November 20, 2020.*

### **Siloam Mission**

300 Princess St.

Monday – Sunday

Breakfast: 9 a.m. – 10 a.m. (only for people staying overnight)

Lunch: 12.30 p.m. – 1.30 p.m.

Supper: 6.30pm – 7.30pm

### **Spence Neighbourhood Association (SNA), Magnus Eliason Recreational Centre (MERC)**

430 Langside Street

Call: **204-783-5000**

Building Belonging 4:30 pm-6 pm bagged lunch is available out the door at 430 Langside Street

Community door services: all week 10:30 am-1 pm Bagged snacks and basic essentials provided.

### **St. Matthews Maryland Community Ministry**

365 McGee Street—Mon, Tues, Thurs, Fri 1:30 pm-4 pm

Take out lunches, space to warm up if experiencing homelessness and emergency food kits available.

### **Union Gospel Mission**

320 Princess

Breakfast: 11 a.m. | Supper: 7 p.m.

50 people served each day

Drop-in service provided from 2 – 4 p.m. from Monday-Friday for use of showers and food (if available). Maximum of twenty people every thirty minutes.

### **The Welcome Home**

188 Euclid Ave.

Wednesday: 10 a.m. onwards

20 food hampers distributed on a first-come first-serve basis. Bagged lunches after that.

## West Central Women's Resource Centre (WCWRC)

640 Ellice

Call: **204-774-8975**

**Drop-in services:** laundry, phone, shower, computer, washroom, hygiene supplies, cedar and sage available. (Limited individuals permitted inside the building).

**Additional Supports over the phone:** Emergency housing, EIA, and gender based violence support.

Hours: Mon, Wed, Fri 9 am-4:30 pm/Tues, Thurs 12:30-6 pm/Sat 8 am-12 pm

**Lunch and dinner** will continue to be served—bagged and given out the door

Mon, Wed, Fri: 12-1 pm/Tues, Thurs 5-6 pm/Saturday 10 am-11 am.