

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

Outside Winnipeg

Call: 1.800.970.5559

Email: kellym@harvestmanitoba.ca

Note: Call centre hours are Monday-Friday 9:15am-3:15pm and Saturdays 9:30am-12:30pm

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

Last updated January 6, 2022.

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

Andrews Street Family Centre

220 Andrew Street

Call us: **204-589-1721**

Emergency food, diapers, and formula are available. Call between 9:30am-4:30pm 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.

West Broadway Community Services (1JustCity)

222 Furby (use Broadway entrance)

Supper service, 4:30-6PM, Monday-Thursday. Visit us for more info on our programming.

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 or call **204-669-0750**.

Last updated January 6, 2022.

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 or call **204-774-7201 ext. 6**.

Gwen Sectar 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: 9:00-11:15 am | Lunch: 1:00-3:15 p.m.

Friday

Lunch: 1:00-4:15 pm | Dinner: 6:00-7:30 pm

Emergency Hampers - call **204-943-9669**

Main Street Project (Meals)

75 Martha St.

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

Last updated January 6, 2022.

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

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. Note: hampers will not be available after the holiday season.

55 & over only: 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

Produce Boxes available.

Sign up by Sunday for Thursday delivery. To sign up please visit masywg.ca/waste-not-boxes/

If you have questions, email servethepeopleinitiative@gmail.com

North End Women's Center

394 Selkirk Ave.

Bagged lunches on Mondays. Snacks available the rest of the week.

Hygiene products, pads, clean needles and new-born diapers available.

Last updated January 6, 2022.

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.

NorWest Co-op Community Health

(for community members in the area)

Blake Gardens Resource Centre NorWest on Alexander Call: **204-982-3660**-Different food programs, including food pick-ups

Gilbert Park Resource 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, Inc. (RaY)

125 Sherbrook

Take-away lunches

Out the door services and basic need items

Drop-in Monday to Friday 1:00 pm-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 January 6, 2022.

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

Email: liaison@spenceneighbourhood.org

Door Service: 9 am - 3:30 pm, Monday - Friday. Snacks and hygiene (as supplies last); please knock on the door.

For meals: West End Twenty Four Hours (WE24) 11 pm - 2 am, Monday - Sunday

Currently our phones are not operating correctly, so the best way to contact us is to either email me, DM our Facebook page or come to the door.

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.

Last updated January 6, 2022.

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.