## Take Away Meals available for people in need in downtown Ottawa

### Breakfast

<table>
<thead>
<tr>
<th>Time</th>
<th>Places</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 to 8 am</td>
<td>Shepherds of Good Hope</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>8 am</td>
<td>Odawa</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>8:30 to 11:30 am</td>
<td>Operation Come Home</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30 to 11:30 am</td>
<td>St. Joe’s Women’s Centre</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

### Lunch

<table>
<thead>
<tr>
<th>Time</th>
<th>Places</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 am to noon</td>
<td>Capital City Mission</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>11 am to 1:30 pm</td>
<td>Centre Espoir Sophie</td>
<td>✓</td>
<td></td>
<td></td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11 am to 1 pm</td>
<td>St. Luke’s Table</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>11:15 am to 12:30 pm</td>
<td>Shepherds of Good Hope</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>11:30 am to 1 pm</td>
<td>Centre 507</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30 am to 1 pm</td>
<td>St. Joe’s Women’s Centre</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Noon</td>
<td>Odawa</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>Noon to 3 pm</td>
<td>Restoring Hope</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 to 3 pm</td>
<td>Ottawa Innercity Ministries</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 pm</td>
<td>Ottawa Mission</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
</tbody>
</table>

### Dinner

<table>
<thead>
<tr>
<th>Time</th>
<th>Places</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 to 5 pm</td>
<td>Shepherds of Good Hope</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
</tr>
<tr>
<td>4:30 to 6 pm</td>
<td>Centre 507</td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:30 to 6:30 pm</td>
<td>Centre Espoir Sophie</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 to 6 pm</td>
<td>Knox Presbyterian Church</td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7:30 to 8:30 pm</td>
<td>A Meal to Go</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 to 11:30 pm</td>
<td>Restoring Hope</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Addresses listed on back
Take Away Meals available for people in need in downtown Ottawa

A Meal to Go
152 Metcalfe Street
(enter at the front doors of St. Peter and St. Paul’s Anglican Church - corner of Metcalfe Street and Gloucester Street)

Capital City Mission
521 Rideau Street
(corner of Cobourg Street and Rideau Street)

Centre 507
507 Bank Street
(corner of Argyle Avenue and Bank Street)

Centre Espoir Sophie (for women)
145 Murray Street
(between Cumberland Street and Dalhousie Street)

Knox Presbyterian Church
120 Lisgar Street
(enter through front doors - corner of Elgin Street and Lisgar Street)

Odawa
510 Rideau Street
>window pick up - between Augusta Street and Cobourg Street

Operation Come Home (for youth 16-29)
150 Gloucester Street
(line up at the front door – between O’Connor Street and Bank Street)

Ottawa Innercity Ministries
391 Gladstone Avenue
(between Bank Street and Kent Street)

Ottawa Mission
35 Waller Street
(pick up at the garage - corner of Waller Street and Daly Avenue)

Restoring Hope (for youth 16-24)
140 Laurier Avenue West
(corner of Elgin Street and Laurier Avenue West)

Shepherds of Good Hope
233 Murray Street
(parking lot pick up - corner of Murray Street and King Edward Avenue)

St. Joe’s Women’s Centre (for women)
151 Laurier Avenue East
(corner of Cumberland Street and Laurier Avenue East)

St. Luke’s Table (take away meals served in parking lot of the McNabb Arena)
180 Percy Street
(between James Street and Gladstone Avenue)

Call 2-1-1 for more food resources.

Human Needs Task Force Contact Information
HNTF@ottawa.ca | 613-580-2424 ext. 26753

Date last modified: July 15, 2020
Version 2