

Our Health Counts Winnipeg – Food Resource Guide

Winnipeg Harvest – 1085 Winnipeg Ave

Harvest food banks are located in communities across Manitoba

New to Harvest – call **204-982-3671**

Returning Client – call **204-982-3660**

- Emergency food bank (one-time only), and food kits
- By appointment – Harvest food banks work under a rebooking system, if you attend your appointment, you are automatically rebooked. Manitoba Health Card needed to register.

Food Support Line Hours:

- Monday to Friday 9:15am – 3:15pm.
- Saturday 9:30am – 12:30pm

Agape Table – 364 Furby Street - 204-783-6369

Free Bagged Breakfast – soup, sandwich, drinks.

- Monday – Friday 7:00am – 11:00am

Emergency Food Bank

- Tuesday 12:00pm – 2:00pm
- Thursday: 12:00pm – 2:00pm

Hamper programs for families – Register by calling Winnipeg Harvest **204-982-3660**

Urgent Needs:

- Water, juice boxes, sandwiches, fruit, fruit cups, pudding, socks and supplies, basic needs
- Hygiene – Feminine, shampoo, toothpaste, toothbrushes

Ma Mawi Wi Chi Itata Centre – 363 McGregor Street, Community Care Site - 204-925-0371

- Monday – Friday 9:00am – 4:30pm
- Community Drop-In
- Free Coffee and Tea, Internet access
- Lunch at 12:15 – open to anyone in need.
- One-time Emergency food kits.

Siloam Mission – 300 Princess St – Community Drop-In Meal Times - 204-956-4344

Breakfast 9:00am-10:00am

Lunch 12:00pm – 1:00pm

Supper 6:00pm -7:00pm

1JustCity @ West Broadway Community Services – 222 Furby Street - 204-995-2944

Meal programs, Food Bank, Cultural programming and activities, Resource support

Monday Food Bank: 12:00pm – 1:30pm

Friday Bannock & Tea: 8:00am – 10:00am

Tuesday, Wednesday, Thursday Lunch: 12:00pm – 1:30pm

Monday, Tuesday, Wednesday, Thursday Dinner: 4:30pm – 6:00pm

Visit <https://www.1justcity.ca/wbcs> for updates and a list of programs

Access NorWest Community Food Centre – 103-61 Tyndall Ave - 204-615-3117

Thursday Morning Drop-In

- Coffee, tea, treats, music, talk services and more
- 10:30am – 12:00pm

Free Community Lunches

- Monday, Wednesday, Friday 12:00pm – 1:30pm

Affordable Fresh Fruit and Veggies for Sale

- Tuesday 4:30pm – 5:30pm

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Andrews Street Family Centre – 220 Andrews Street - 204-589-1721

- Emergency food for North End residents – Must have Manitoba Health Card
- Free coffee and toast during opening hours 9:00am – 4:30pm

RaY (Resource Assistance for Youth) *for people under 30, 125 Sherbrook St - 204-783-5617

Monday – Friday 1:00pm – 4:00pm

- Drop-in – safe space for you to hang out, always have a pot of coffee on and a hot meal.
- Basic needs – clothing, food, hygiene items, showers, laundry

Street Outreach team – Black RaY van hands out food and supplies

- Monday – Friday 12:30pm – 4:00pm

<https://rayinc.ca/get-help/get-help-now/>

Main Street Project – 661 Main Street - 204-982-8260

Food Bank and Essentials Market (Free)

- Every Thursday morning at 10:00am – 11:30am
- To register for food bank services, contact Harvest Manitoba – Need a Manitoba Health Card.
- You may visit MSP's Food Bank and Essentials Market as a walk-in, those who register go through first (food provided on a first-come first-served basis).

Emergency Shelter 637 Main Street 204-982-8267

- Drop in hours 9:30am – 3:30pm
- Access to soup, coffee, showers, phone, harm reduction supplies, access to caseworkers.

Union Gospel Rescue Mission - 320 Princess St - 204-943-9904

Drop-In Centre

- Warm environment, hot cup of coffee, snack, showers, men's clothing
- Monday – Sunday 2:00pm – 4:00pm

Lunch Service

- Monday – Friday: 15min sermon at 11:00am, then lunch is served.

Evening Soup Line

- Monday – Sunday: 30min sermon at 7:00, soup line to follow.

Family Life Centre 240 Pritchard Ave

- Weekly Women's Gospel meeting every Wednesday at 12:00pm.
- Lunch is served, followed by a Gospel presentation.
- Family clothing for women and children and food bags are distributed.

Missionaries of Charity – 167 Aikens St - 204-582-2773

- Soup kitchen 9:30 – 10:30
- Monday, Tuesday, Wednesday, Friday, Saturday

Holy Trinity Anglican Church - 256 Smith St - 204-942-7465

- Hot lunch – Every Tuesday at 11:00am

Immaculate Conception Church – 181 Austin Street N - 204-942-3778

- Soup kitchen Sundays 1:00pm – 2:00pm

Lighthouse Mission, 669 Main St. Mission Line: 204-943-9669

Breakfast, Lunch, Dinner, Emergency Hampers, Blankets, Shoes, Clothing Items, Hygiene Kits

Monday - Thursday: Hot breakfast and lunch (Soup & Sandwiches)

- 9:00am – 11:15am
- 1:00pm – 3:15pm

Friday: Hot breakfast and lunch - Chili and Church

- 1:00pm – 4:00pm: Lunch
- 6:00pm – 7:30pm: Chili & Church

Thursdays Harvest Food Bank (Must provide your Manitoba health card to register)

- 9:00am – 11:00am

Email: info@lighthousemission.ca