

Food and shelter resources in Guelph

Where	What's available	Who can come
Hope House 75 Norfolk Street 519-265-4299	Coffee and snacks available Monday-Thursday 9am-4pm and Friday 9 am -12 Breakfast Wednesday at 10am Lunch Mondays-Thursdays 12 noon	Unlimited access. Everyone is welcome.
Welcome In Drop In Centre 23 Gordon Street 519-837-0080	Snacks available through the day. Meals served at 11 am and 2 pm, 7 days a week, 365 days a year.	Unlimited access. Everyone is welcome.
Life Centre at Royal City Church 50 Quebec Street 519-837-3777	Supper Monday - Thursday 7-9:30pm Soup and snacks Friday 10 am -1pm Saturday Supper 6 pm - 7 pm.	Unlimited access. Everyone is welcome.
Fresh Start Resource Centre 40 Baker Street 519-822-2887	Sandwiches available Monday-Friday 10am-4 pm Food available on the weekends in the gallery	Unlimited access. Everyone is welcome.
Our Place Youth Centre 40 Baker Street 3rd Floor 519-822-2887	Community dinner at 5 pm on the 3rd Friday of every month except July and August	Unlimited access.
Teenage Parents Supper Club YMCA/YWCA 130 Woodland Glen Dr 519-824-5150	Supper available on the last Monday of the month 5-7pm	Please call to register by the Friday before the dinner. Open to pregnant teens, teen parents (21 years or younger) and their children.
Meals on Wheels Red Cross Office 257 Woodlawn Rd W 519-836-3523	Hot meal delivery daily at 12 pm Monday-Friday \$6.80/meal Frozen meals delivered every 2 weeks on Thursdays \$37.10 for 7 dinners	Unlimited access. Everyone is welcome.

Where	Who Can Come	How to access
Elizabeth Place	Mothers and children, single women	519-837-0080 or through the Drop In Centre
Stepping Stones	Single men	519-837-0080 or through the Drop In Centre
Wyndham House	Youth (16-25)	26 Douglas St. 519-822-2768 or 519-837-3892