

FREE MEALS EVERYDAY IN WINNIPEG
MONDAY
Breakfast

Agape Table 175 Colony St.	8:00-10:30	Meal
Siloam Mission 300 Princess St.	9:00-10:00	Meal
Missionaries of Charity 167 Aikins St.	9:30-10:45	Meal
Light House Mission 669 Main St.	7:30	Meal

Lunch

Union Gospel Mission 320 Princess St	11:00-12:00	Meal (Must attend service)
Union Gospel Mission 320 Princess St	2:00-4:00	Snack & shower, drop in
MaMawi 363 McGregor	12:30	Meal
Siloam Mission 300 Princess St.	12:30-1:30	Meal
RAY 125 Sherbrook St.	1:00-3:00	Meal and drop in services
Light House Mission 669 Main Street	2:00-4:00	Meal
Main Street Project 75 Martha St.	1:00-2:00	Meal

Dinner

Siloam Mission 390 Princess St	6:45-8:00	Meal
Main Street Project 75 Martha St.	4:30-5:30	Meal
MaMawi 363 McGregor	5:00	Meal
Ray 125 Sherbrook Street	5:30 – 8:45	Meal and drop in services
Union Gospel Mission 320 Princess St.	7:00	Meal (Must attend service)

TUESDAY
Breakfast

Agape Table 175 Colony St.	8:00-10:30	Meal
Siloam Mission 300 Princess St.	9:00-10:00	Meal
Missionaries of Charity 167 Aikins St.	9:30-10:45	Meal
Light House Mission 669 Main St.	7:30	Meal

Lunch

Union Gospel Mission 320 Princess St	11:00-12:00	Meal (Must attend service)
MaMawi 363 McGregor	12:30	Meal
Siloam Mission 300 Princess St.	12:30-1:30	Meal
RAY 125 Sherbrook St.	1:00-3:00	Meal and drop in services
Light House Mission 669 Main Street	2:00-4:00	Meal
Main Street Project 75 Martha St.	1:00-2:00	Meal

Dinner

Siloam Mission 390 Princess St	6:45-8:00	Meal
Main Street Project 75 Martha St.	4:30-5:30	Meal
MaMawi 363 McGregor	5:00	Meal
Union Gospel Mission 320 Princess St.	7:00	Meal (Must attend service)

WEDNESDAY
Breakfast

Agape Table 175 Colony St.	8:00-10:30	Meal
Siloam Mission 300 Princess St.	9:00-10:00	Meal
Missionaries of Charity 167 Aikins St.	9:30-10:45	Meal
Light House Mission 669 Main St.	7:30	Meal

Lunch

Union Gospel Mission 320 Princess St	11:00-12:00	Meal (Must attend service)
Union Gospel Mission 320 Princess St	2:00-4:00	Snack & shower, drop in
MaMawi 363 McGregor	12:30	Meal
Siloam Mission 300 Princess St.	12:30-1:30	Meal
RAY 125 Sherbrook St.	1:00-3:00	Meal and drop in services
Light House Mission 669 Main Street	2:00-4:00	Meal
Main Street Project 75 Martha St.	1:00-2:00	Meal

Dinner

Siloam Mission 390 Princess St	6:45-8:00	Meal
Main Street Project 75 Martha St.	4:30-5:30	Meal
MaMawi 363 McGregor	5:00	Meal
Ray 125 Sherbrook Street	5:30– 8:45	Meal and drop in services
Union Gospel Mission 320 Princess St.	7:00	Meal (Must attend service)

THURSDAY
Breakfast

Agape Table 175 Colony St.	8:00-10:30	Meal
Siloam Mission 300 Princess St.	9:00-10:00	Meal
Light House Mission 669 Main St.	7:30	Oatmeal and coffee

Lunch

Union Gospel Mission 320 Princess St	11:00-12:00	Meal (Must attend service)
MaMawi 363 McGregor	12:30	Meal
Siloam Mission 300 Princess St.	12:30-1:30	Meal
RAY 125 Sherbrook St.	1:00-3:00	Meal and drop in services
Light House Mission 669 Main Street	2:00-4:00	Meal
Main Street Project 75 Martha	1:00-2:00	Meal

Dinner

Siloam Mission 390 Princess St	6:45-8:00	Meal
Main Street Project 75 Martha St.	4:30-5:30	Meal
MaMawi 363 McGregor	5:00	Meal
Union Gospel Mission 320 Princess St.	7:00	Meal (Must attend service)

FREE MEALS EVERYDAY IN WINNIPEG
FRIDAY
Breakfast

Agape Table 175 Colony St.	8:00-10:30	Meal
Siloam Mission 300 Princess St.	9:00-10:00	Meal
Missionaries of Charity 167 Aikins St.	9:30-10:45	Meal
Main Street Project 75 Martha St.	9:00-10:00	Meal

Lunch

Union Gospel Mission 320 Princess St	11:00-12:00	Meal (Must attend service)
Union Gospel Mission 320 Princess St	2:00-4:00	Meal
MaMawi 363 McGregor	12:30	Meal
Siloam Mission 300 Princess St.	12:30-1:30	Meal
RAY 125 Sherbrook St.	1:00-3:00	Meal and drop in services
Main Street Project 75 Martha St.	1:00-2:00	Meal

Dinner

Siloam Mission 390 Princess St	6:45-8:00	Meal
Main Street Project 75 Martha St.	4:30-5:30	Meal
MaMawi 363 McGregor	5:00	Meal
Union Gospel Mission 320 Princess St.	7:00	Meal (Must attend service)
Lighthouse Mission 669 Main St.	6:30	Meal (Must attend service)

SATURDAY
Breakfast

Siloam Mission 300 Princess St.	9:00-10:00	Meal
Missionaries of Charity 167 Aikins St.	9:30-10:45	Meal
Light House Mission 669 Main St.	7:30	Meal
Main Street Project 75 Martha St.	9:00-10:00	Meal

Lunch

MaMawi 363 McGregor	12:30	Meal
Siloam Mission 300 Princess St.	12:30-1:30	Meal
RAY 125 Sherbrook St.	12:00-4:00	Meal and drop in services
Main Street Project 75 Martha St.	1:00-2:00	Meal

Dinner:

Siloam Mission 390 Princess St	6:45-8:00	Meal
Main Street Project 75 Martha St.	4:30-5:30	Meal
Union Gospel Mission 320 Princess St.	7:00	Meal (Must attend service)

SUNDAY
Breakfast

Siloam Mission 300 Princess St.	9:00-10:00	Meal
Light House Mission 669 Main St.	7:30	Meal

Lunch

Siloam Mission 300 Princess St.	12:30-1:30	Meal
Main Street Project 75 Martha St.	1:00-2:00	Meal
Immaculate Conception Parish 181 Austin St.	12:00-2:00	Meal

Dinner

Siloam Mission 390 Princess St	6:45-8:00	Meal
Main Street Project 75 Martha St.	4:30-5:30	Meal
Union Gospel Mission 320 Princess St.	7:00	Meal (Must attend service)

ADDITIONAL RESOURCES

Winnipeg Harvest 1085 Winnipeg Ave.	(204) 982-3660
Sage House/Mount Carmel Clinic 866 Main St.	(204) 943-6379
Adventists Community Services 95 Stadacona St.	(204) 663-2278
Andrews Street Family Centre 220 Andrews St.	(204) 589-1721
Anishinabe Fellowship 287 Laura St.	(204) 942-8682
Salvation Army Booth Centre 180 Henry Ave.	(204) 946-9400
West Broadway Ministry 222 Furby St.	(204) 774-2773
Wolseley Family Place 691 Wolseley Ave.	(204) 788-8052
St. Matthews Maryland Ministry 641 St. Matthews Ave.	(204) 774-1846
Crisis Pregnancy Centre of Winnipeg 650 Broadway	1-800-665-0570
Pregnancy Distress Family Support 555 Spence St.	(204) 774-2161
Fort Garry Women's Resource Centre 1150-A Waverly Street	(204) 477-1123
North End Women's Resource Centre 394 Selkirk Ave.	(204) 589-7347
After Hours Emergency EIA	(204) 945-0183
Agape Table	(204) 786-2370.
Immaculate Conception Parish	(204) 942-3778
The Light House Mission	(204) 943-9669
Missionaries of Charity	(204) 582-2773
Siloam Mission	(204) 956-4344
Union Gospel Mission	(204) 943-9904
Main Street Project	(204) 982-8245
Ma Mawi Wi Chi Itata (office)	(204) 925-0300
RAY (Resource Assistance for Youth)	(204) 783-5617

Call **Winnipeg Harvest** to register for a food hamper through a resource local to you.

(204) 982-3660

1085 Winnipeg Ave.

****Must have your Manitoba Health card to register**