

COMMUNITY MEALS

November 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		F&L 1	LCFC 2	SA Listowel 3	Soup n'More 4	5
		CRC 5:15 pm	SA Wingham 11:30 am		LCFC 11:30 am	
6	LCFC 5 pm	F&L 8	LCFC 9	SA Listowel 10	Soup n'More 11	12
	SA Listowel 10 am	Jubilee 5:15 pm	SA Wingham 11:30 am		LCFC 11:30 am	
13	LCFC 5 pm	F&L 15	LCFC 16	SA Listowel 17	Soup n'More 18	19
	SMU 5 pm	SAL 10 am	CRC 5:15 pm	SA Wingham 11:30 am	Avon-Thames 5-6 pm	LCFC 11:30 am
20	LCFC 5 pm	F&L 22	LCFC 23	SA Listowel 24	Soup n'More 25	26
	SA Listowel 10 am	Jubilee 5:15 pm	SA Wingham 11:30 am	Memorial 5:15 pm	LCFC 11:30 am	
27	LCFC 5 pm	F&L 29	LCFC 30			
Avondale 5:15 pm	SMU 5 pm	SAL 10 am	SA Wingham 11:30 am			

February 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			LCFC 1	SA Listowel 2	Soup n'More 3	4
			SA Wingham 11:30 am		LCFC 11:30 am	
5	LCFC 5 pm	F&L 7	LCFC 8	SA Listowel 9	Soup n'More 10	11
	SA Listowel 10 am	CRC 5:15 pm	SA Wingham 11:30 am		LCFC 11:30 am	
12	LCFC 5 pm	F&L 14	LCFC 15	SA Listowel 16	Soup n'More 17	18
	SMU 5 pm	SAL 10 am	Jubilee 5:15 pm	SA Wingham 11:30 am	Avon-Thames 5-6 pm	LCFC 11:30 am
19	LCFC 5 pm	F&L 21	LCFC 22	SA Listowel 23	Soup n'More 24	25
Avondale 5:15 pm	SA Listowel 10 am	CRC 5:15 pm	SA Wingham 11:30 am	Memorial 5:15 pm	LCFC 11:30 am	
26	LCFC 5 pm	F&L 28				
	SMU 5 pm	SAL 10 am	Jubilee 5:15 pm			

May 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LCFC 5 pm	F&L 2	LCFC 3	SA Listowel 4	Soup n'More 5	6
	SA Listowel 10 am		SA Wingham 11:30 am		LCFC 11:30 am	
7	LCFC 5 pm	F&L 9	LCFC 10	SA Listowel 11	Soup n'More 12	13
	SMU 5 pm	SAL 10 am	SA Wingham 11:30 am		LCFC 11:30 am	
14	LCFC 5 pm	F&L 16	LCFC 17	SA Listowel 18	Soup n'More 19	20
	SA Listowel 10 am		SA Wingham 11:30 am	Avon-Thames 5-6 pm	LCFC 11:30 am	
21	LCFC 5 pm	F&L 23	LCFC 24	SA Listowel 25	Soup n'More 26	27
	SMU 5 pm	SAL 10 am	SA Wingham 11:30 am	Memorial 5:15 pm	LCFC 11:30 am	
28	LCFC 5 pm	F&L 30	LCFC 31			
Avondale 5:15 pm	SA Listowel 10 am		SA Wingham 11:30 am			

December 2022						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				SA Listowel 1	Soup n'More 2	3
					LCFC 11:30 am	
		Sat Dec 17, To Stratford with Love Rotary Complex 353 McCarthy Rd Register: tostratfordwithlove.ca				
4	LCFC 5 pm	F&L 6	LCFC 7	SA Listowel 8	Soup n'More 9	10
	SA Listowel 10 am	CRC 5:15 pm	SA Wingham 11:30 am		LCFC 11:30 am	
11	LCFC 5 pm	F&L 13	LCFC 14	SA Listowel 15	Soup n'More 16	17
	SMU 5 pm	SAL 10 am	Jubilee 5:15 pm	SA Wingham 11:30 am	Avon-Thames 5-6 pm	LCFC 11:30 am
18	LCFC 5 pm	F&L 20	LCFC 21	SA Listowel 22	Soup n'More 23	24
	SA Listowel 10 am		SA Wingham 11:30 am	Memorial 5:15 pm	LCFC 11:30 am	
25	LCFC 5 pm	F&L 27	LCFC 28	SA Listowel 29	Soup n'More 30	31
	SMU 5 pm	SAL 10 am	Jubilee 5:15 pm	SA Wingham 11:30 am	LCFC 11:30 am	

March 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			LCFC 1	SA Listowel 2	Soup n'More 3	4
			SA Wingham 11:30 am		LCFC 11:30 am	
5	LCFC 5 pm	F&L 7	LCFC 8	SA Listowel 9	Soup n'More 10	11
	SA Listowel 10 am	CRC 5:15 pm	SA Wingham 11:30 am		LCFC 11:30 am	
12	LCFC 5 pm	F&L 14	LCFC 15	SA Listowel 16	Soup n'More 17	18
	SMU 5 pm	SAL 10 am	Jubilee 5:15 pm	SA Wingham 11:30 am	Avon-Thames 5-6 pm	LCFC 11:30 am
19	LCFC 5 pm	F&L 21	LCFC 22	SA Listowel 23	Soup n'More 24	25
	SA Listowel 10 am	CRC 5:15 pm	SA Wingham 11:30 am	Memorial 5:15 pm	LCFC 11:30 am	
26	LCFC 5 pm	F&L 28	LCFC 29	SA Listowel 30	Soup n'More 31	
Avondale 5:15 pm	SMU 5 pm	SAL 10 am	Jubilee 5:15 pm	SA Wingham 11:30 am	LCFC 11:30 am	

North Perth

Salvation Army Listowel
HOPE Eats (SAL)
625 Main St. E Listowel
519-291-2900
Mon & Thur 10 am - 2 pm

Wingham

Salvation Army Wingham
205 Josephine St
519-357-1387
Wed 11:30 am - 1 pm.
Take out.

Exeter

The Community Table
Exeter Pentecostal
Tabernacle 625 Main St. E
519-291-2900
Tue, Wed, Thu 11 am - 1 pm
Dine-in or take out.

Goderich & Area

Salvation Army Goderich
303 Suncoast Dr., Goderich
Contact Church Office: 519-524-8822

Trinity Christian Reformed Church
245 Mill Rd., Goderich
Contact Church Office: 519-524-2950

Goderich Fishes and Loaves (F&L)
Meals to Go on Tuesdays hosted by three churches, listed below.
Call to reserve meals by Monday at 1 pm.
Pick-up by appointment.

St. George's Anglican Church
Contact Church Office: 519-524-2274
*Uses Trinity Church location

January 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	LCFC 5 pm	F&L 3	LCFC 4	SA Listowel 5	Soup n'More 6	7
	SA Listowel 10 am	CRC 5:15 pm	SA Wingham 11:30 am		LCFC 11:30 am	
8	LCFC 5 pm	F&L 10	LCFC 11	SA Listowel 12	Soup n'More 13	14
	SMU 5 pm	SAL 10 am	Jubilee 5:15 pm	SA Wingham 11:30 am		LCFC 11:30 am
15	LCFC 5 pm	F&L 17	LCFC 18	SA Listowel 19	Soup n'More 20	21
	SA Listowel 10 am	CRC 5:15 pm	SA Wingham 11:30 am	Avon-Thames 5-6 pm	LCFC 11:30 am	
22	LCFC 5 pm	F&L 24	LCFC 25	SA Listowel 26	Soup n'More 27	28
	SMU 5 pm	SAL 10 am	Jubilee 5:15 pm	SA Wingham 11:30 am	Memorial 5:15 pm	LCFC 11:30 am
29	LCFC 5 pm	F&L 31				
Avondale 5:15 pm						

April 2023						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	LCFC 5 pm	F&L 4	LCFC 5	SA Listowel 6	Soup n'More 7	8
	SA Listowel 10 am	CRC 5:15 pm	SA Wingham 11:30 am		LCFC 11:30 am	
9	LCFC 5 pm	F&L 11	LCFC 12	SA Listowel 13	Soup n'More 14	15
	SMU 5 pm	SAL 10 am	Jubilee 5:15 pm	SA Wingham 11:30 am		LCFC 11:30 am
16	LCFC 5 pm	F&L 18	LCFC 19	SA Listowel 20	Soup n'More 21	22
	SA Listowel 10 am	CRC 5:15 pm	SA Wingham 11:30 am	Avon-Thames 5-6 pm	LCFC 11:30 am	
23	LCFC 5 pm	F&L 25	LCFC 26	SA Listowel 27	Soup n'More 28	29
	SMU 5 pm	SAL 10 am	Jubilee 5:15 pm	SA Wingham 11:30 am	Memorial 5:15 pm	LCFC 11:30 am
30	LCFC 5 pm	F&L 31				
Avondale 5:15 pm						

Stratford & Area

Avon-Thames Catholic Family of
Parishes 96 Huron St., Stratford
519-271-6722
Dine-in 3rd Thursdays 5-6 pm

Avondale United Church
194 Avondale Ave., Stratford
519-271-7946
Dine-in; Last Sun 5:15pm

Memorial Baptist Church
113 Bruce St., Stratford
519-271-2196
Dine-in 4th Thursdays.

Brussels

Soup n'More Melville Presbyterian
55 Dunedin Dr., Brussels
519-877-6820
Fridays 11:30 pm - 1 pm

LOCAL Community Food Centre
(LCFC) 612 Erie St., Stratford
519-508-3663 ext. 1001 | Mon 5-6 pm;
Wed Seniors Lunch 11:30am - 12:30 pm;
Fri Market Cafe 11 am - 1 pm

Christian Reformed Church (CRC)
190 Athlone Cres., Stratford
519-273-1292
Dine-in 1st & 3rd Tuesdays.

Jubilee Christian Fellowship
*Uses St. Paul's Church facilities Dour
St., Stratford 519-273-4441
Dine-in 2nd & 4th Tuesdays.

St. Marys

St. Marys United Church (SMU)
85 Church St., St. Marys
519-284-3016
Dine-in 2nd & 4th Mon 5 pm



2022 / 2023

FOOD for ALL

HURON-PERTH FOOD BANK & COMMUNITY MEALS CALENDAR



United Way
Perth-Huron



211
Perth-Huron



Huron Perth
Public Health

FOOD BANKS AND EQUAL ACCESS MARKETS IN PERTH

House of Blessing 423 Erie St., Stratford
Hours: Tues, Wed & Thurs 10 am–12 pm & 1–3 pm
Contact: Office: 519-273-3433
Details: Open to Stratford and area residents. One pick-up per month. Diapers and formula, clothing, school supplies, and toiletries when available. Plus Christmas toys.

Salvation Army - Stratford 230 Lightbourne Ave.
Hours: Mon, Tue, Thur, Fri 1:30 4:30 pm; Wed 9:30–11:45 am
Contact: 519-271-2950
Details: Open to all. One pick-up per month. Christmas hampers available.

Avon-Thames Catholic Family of Parishes
96 Huron St., Stratford (enter Parish Hall off Hibernia St.)
Hours: Wednesdays 3 pm–5 pm
Contact: 519-271-6722
Details: Open to all, year round. Eligible once every four weeks. Except closed between Christmas and New Years

The Salvation Army - Mitchell
Upper Thames Missionary Church 80 Roland St., Mitchell
Hours: Fridays 9:30 am - 4:30 pm Contact: 519-271-2950
Details: Open to Mitchell and area residents. One pick-up per month. Appointments preferred.

It Takes a Village North Perth
148 Main St. W., Listowel
Hours: Tue, Wed, Fri, Sat 10 am - 2 pm & Thu 2-6pm
Contact: 519-418-4651
Details: Open to all. Pick-up once a week. Pet food available.

Avondale United Church
194 Avondale Ave., Stratford (enter off Huntingdon Ave.)
Hours: Fridays 1–2:30 pm Contact: 519-271-7946
Details: Open to all, drop-in. One pick-up per month. Masks requested. Closed Dec 30 & Apr 7

*Revised October 2022. These dates and times subject to change services offered after print date. Call 2-1-1 or visit infoperthhuron.ca for the most up-to-date information.

Salvation Army - Listowel 326 Main St. E., Listowel
Hours: By Appointment Wed & Thurs 10 am–3 pm; + First & third Tuesdays of month 4:30-6:30 pm
Contact: 519-291-2900 | text: 226-622-4719 email: carolyn.saunders@salvationarmy.ca
Details: Open to North Perth and area residents. Provides Christmas hampers and school supplies.

Loaves & Fishes Food Bank
6619 Perth Road 131, Milverton
Hours: First and third Tuesday each month 9:30 am –11:30 am
Contact: 226-748-3142
Details: Open to Milverton, Ellice and Mornington Ward residents. Two pick-ups per month. Christmas hampers available.

Salvation Army - St. Marys
220 Queen St. E., St. Marys (enter by lower level off Peel St.)
Hours: Tue & Thur 9:30 am–4:30 pm Contact: 519-284-2760
Details: Appointments preferred. Open to St. Marys and area residents. Formula and diapers when available. Christmas hampers available.

St. James Anglican Church
41 Mornington St., Stratford
Hours: Tuesdays 9:30–11:00 am Contact: 519-271-3572
Details: Open to all. One pick-up per month.

The LOCAL Community Food Centre
612 Erie St., Stratford
Hours: Mondays 4:30 pm - 6 pm & Fridays 11:30 am–1 pm
Contact: 519-271-508-3663
Details: Open to everyone. Market style offering of fresh local foods including veggies, fruits, meat and cheese at whole sale prices.

NOURISH Equal Access Market
85 Church St. S., St. Marys
Hours: First & third Thursday every month 2 pm–4 pm
Contact: 519-508-3663, Ext. 1002
Details: Open to everyone. Market style offering of fresh local foods including veggies, fruits, meat and cheese at wholesale prices.

FOOD BANKS IN HURON

Salvation Army - Clinton 32 Albert St., Clinton
Hours: Tuesdays & Fridays 9:30 am–4:00 pm
Contact: Office: 519-482-8586
Details: Open to Clinton area and Huron County residents.

Salvation Army - Goderich 303 Suncoast Dr. E.
Hours: Mondays & Thursdays 9:30 am–4:00 pm
Contact: Office: 519-524-2950
Details: Open to Huron County residents.

Blessings Community Store Zurich
45 Main St., Zurich
Hours: Thursdays 9 am–3 pm
Contact: Office: 519-236-4376
Details: Self Serve food bank. Pick-up once per month. Appointments required.

Exeter and Area Community Food Bank
249 Andrew St., Exeter
Hours: Wednesdays 9–11 am & Thursdays 6–8 pm
Contact: Office: 519-860-4104
Details: Registration and appointment required. One pick-up per month.

Noah's Ark Family Apparel
70670 London Rd., Exeter
Hours: Tuesdays 10:30 am–11:30 am
Contact: 519-709-0670
Details: No appointment needed. Delivery available upon request.

Friends of the Community
9 Rattenbury St. E., Clinton, ON
Hours: Wednesdays 5 pm–7 pm & Saturdays 10 am–12 pm
Contact: 519-955-1809
Details: Call or walk-in for service.

Bayfield Area Food Bank
10 Keith Crescent, Bayfield
Hours: Third Wed of month. Pick-up by appointment.
Contact: 519-525-8286 / bayfieldareafoodbank@gmail.com
Details: One pick-up per month. Open to all.

Society of St. Vincent de Paul - Goderich
441 MacEwan St., Goderich
Hours: Monday-Friday 11 pm–3:30 pm
Contact: 519-524-1087

North Huron Community Food Share
405 Josephine St., Unit D, Wingham
Hours: Wed 9 am–1 pm; & First Wed of month 5–6 pm
Contact: 519-357-2277, Ext. 4
Details: One pick-up per month. Additional support by request.

Seaforth and District Food Bank
72 Main St. S., Seaforth
Hours: Tuesday 10 am–12 pm & Thursday 1–3 pm
Contact: 519-527-0281
Details: One pick-up per month. Additional support by request.

Salvation Army - Wingham
205 Josephine St., Wingham
Hours: Tuesdays 1–4 pm & Thursdays 10 am–1 pm
Contact: 519-357-1387
Details: More than one pick-up per month.

Huron County Food Bank Distribution Centre
2022 Mobile Food Bank Truck Dates and Locations
Contact: 519-913-2362
Brussels: Behind Barn: 9:30-11 am: Nov 24 · Dec 15; 2023: Jan 19 · Feb 23 · Mar 23 · Apr 20 · May 25 · Jun 22
Lucknow: Walter Street Housing, 535 Walter St., 10:30 am & across from Legion 477 Inglis St., 11 am–noon: 2022: Nov 22 · Dec 13; 2023: Jan 17 · Feb 21 · Mar 21 · Apr 18 · May 23 · Jun 20
Huron Park: One Stop at former school between Columbia Dr. and Empress Ave. on Algonquin Dr., 10:30 am–noon: 2022: Nov 25 · Dec 16; 2023: Jan 20 · Feb 24 · Mar 24 · Apr 21 · May 26 · Jun 23
Vanastra: Community Christian Reformed Church, 50 Fifth Ave., 10:30 am–12 pm: 2022: Nov 23 · Dec 1; 2023: Jan 18 · Feb 22 · Mar 22 · Apr 19 · May 24 · Jun 21
Blyth: United Church Parking Lot, 442 Mill St., 11:30 am - 1 pm: 2022: Nov 24 · Dec 15; 2023: Jan 19 · Feb 23 · Mar 23 · Apr 20 · May 25 · Jun 22