

# Food Banks in Perth County

*Food Banks provide no-cost emergency food assistance.*

## House of Blessing

423 Erie St., Stratford

**Hours:** Tuesdays, Wednesdays and Thursdays  
10 am - 12 noon and 1 - 3 pm

**Contact:** Office: 519-273-3433 | [info@shob.org](mailto:info@shob.org)

**Details:** Book home delivery at: [www.shob.org/booking](http://www.shob.org/booking)  
Call office for in-house appointment.  
Visit: [www.shob.org](http://www.shob.org) for additional services and seasonal program.

## Salvation Army - Stratford

230 Lightbourne Ave., Stratford

**Hours:** Mondays and Tuesdays, 1:30 - 4:30 pm  
Thursdays, 9:30 - 11:30 am & 1:30 - 4:30 pm  
By appointment ONLY.

**Contact:** Church office: 519-271-2950

**Details:** Open to Stratford and area residents.  
Christmas hampers available.

## Society of Saint Vincent de Paul

St. Joseph's Catholic Church, 96 Huron St., Stratford  
(enter Church Hall off Hibernia Street)

**Hours:** Wednesdays, 3 - 5 pm

**Contact:** Church office: 519-271-6722

**Details:** Open to all, year round.  
Eligible once every four weeks.  
**Closed the week between Christmas and New Year's Day**  
The "Christmas Giving Tree" is available to all registered food bank families. Sign-up required.

## St. James Anglican Church

6 Hamilton St., Stratford

**Hours:** Tuesdays, 9:30 - 11:00 am  
Closed Tuesdays after a statutory holiday.

**Contact:** Church office: 519-271-3572

**Details:** Open to all. One pick-up per month.

## St. Pauls Church

9 Douro St., Stratford

**Hours:** Fridays, 9:30 - 11:00 am

**Contact:** Church office: 519-271-4527

**Details:** Open to all.

## Salvation Army - Listowel

326 Main St. E., Listowel

**Hours:** Wednesdays & Thursdays, 10 - 3 pm by appointment

**Contact:** Family service office: 519-291-2900

Text: 226-622-4719

Email: [theresa.millen@salvationarmy.ca](mailto:theresa.millen@salvationarmy.ca)

**Details:** Open to North Perth and area residents

## Loaves & Fishes Food Bank

Mennonite Fellowship Church

6619 Perth Road 131, Milverton

**Hours:** 1st & 3rd Tuesday each month, 9:30 - 11:30 am

**Contact:** 519-595-8762 or after hours 519-595-4287

**Details:** Open to Milverton, Ellice and Mornington Ward residents.  
Milverton Christian Fellowship Christmas hampers available.

## Salvation Army - St. Marys

220 Queen St. E., St. Marys

(enter by lower level off Peel St.)

**Hours:** Tuesdays & Thursdays, 10 am - 3 pm, by appointments ONLY.

**Contact:** 519-284-2760

**Details:** Open to St. Marys and area residents.  
Formula and diapers when available.

## The Salvation Army - Mitchell

Upper Thames Missionary Church,

80 Roland St., Mitchell

**Hours:** Fridays, 10 am - 12 pm

**Contact:** 519-271-2950

**Details:** Open to Mitchell and area residents.  
Monthly visits. No appointment necessary.