

Meal Programs and Food Banks (2023-2024) – Middlesex County

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meals						
	9:00 am – 4:30 pm Next Wave YOU 9:00 am – 6:00 pm BUB'Z Dropin & Soup Kitchen 11:00 am - 12:00 pm Bethel Baptist Church – bagged lunch for pick up 11:00 am - 7:00 pm Back Alley Burrito	9:00 am – 4:30 pm Next Wave YOU 11:00 am – 9:00 pm 37 Frank Youth Centre 11:00 am - 7:00 pm Back Alley Burrito 11:00 am - 1:00 pm The ReGeneration Centre and Caring Cupboard at St. John's Anglican Church	9:00 am – 4:30 pm Next Wave YOU 11:00 am – 9:00 pm 37 Frank Youth Centre 11:00 am - 7:00 pm Back Alley Burrito	9:00 am – 4:30 pm Next Wave YOU 11:00 am – 9:00 pm 37 Frank Youth Centre 11:00 am - 7:00 pm Back Alley Burrito 11:30 am – 12:30 pm St. John the Evangelist Anglican Church – Hospitality Meal *every second Thursday of each month 11:30 am – 12:30 pm St. Vincent De Paul Saints Parish (Strathroy) *1 st , 3 rd , 4 th and 5 th of the month	9:00 am – 4:30 pm Next Wave YOU 11:00 am – 6:00 pm 37 Frank Youth Centre 11:00 am - 7:00 pm Back Alley Burrito 11:00 am - 1:00 pm The ReGeneration Centre and Caring Cupboard at St. John's Anglican Church	11:00 am - 7:00 pm Back Alley Burrito 9:00 am - 12:00pm Bethel Baptist Church – Clothesline *available first Saturday of each month
Food Bank						
9:30 am - 12:00 pm St. John's Presbyterian Church (Wardsville)	10:00 am - 7:00 pm Women's Rural Resource Centre of Strathroy and Area 9:00 am - 4:30 pm Next Wave YOU 9:30 am -1:00 pm Salvation Army Community and Family Services – Strathroy Food Bank 9:30 am - 4:30 pm Salvation Army – St. Marys 9:00 am - 6:00 pm BUB'Z Dropin & Soup Kitchen 10:00 am - 4:00 pm Second Blessings	9:00 am - 4:30 pm Next Wave YOU 9:30 am - 1:00 pm Salvation Army Community and Family Services – Strathroy Food Bank 9:30 am - 4:30 pm Salvation Army – St. Marys 10:00 am - 4:00 pm Second Blessings 11:00 am - 1:00 pm The ReGeneration Centre and Caring Cupboard at St. John's Anglican Church 1:00 pm - 5:00 pm Ailsa Craig and Area Food Bank and Thrift Store	9:00 am - 4:30 pm Next Wave YOU 9:30 am -1:00 pm Salvation Army Community and Family Services – Strathroy Food Bank 1:00 pm - 5:00 pm Ailsa Craig and Area Food Bank and Thrift Store	10:00 am - 7:00 pm Women's Rural Resource Centre of Strathroy and Area 9:00 am - 4:30 pm Next Wave YOU 9:30 am - 1:00 pm Salvation Army Community and Family Services – Strathroy Food Bank 9:30 am - 4:30 pm Salvation Army – St. Marys 10:00 am - 6:00 pm Second Blessings 1:00 pm - 5:00 pm Ailsa Craig and Area Food Bank and Thrift Store	9:00 am - 4:30 pm Next Wave YOU 10:00 am - 4:00 pm Second Blessings 10:00 am - 12:00 pm Mount Brydges Caring Cupboard 11:00 am - 1:00 pm The ReGeneration Centre and Caring Cupboard at St. John's Anglican Church 1:00 pm - 5:00 pm Ailsa Craig and Area Food Bank and Thrift Store	9:00 am - 2:00 pm Second Blessings 9:30 am - 12:00 pm St. Vincent de Paul: Glencoe Chapter

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Food Banks, Community Food and Meal Programs	Address	Hours of Operation	Phone Number	Frequency of use
Ailsa Craig and Area Food Bank and Thrift Store	161 Ailsa Craig Main St, Ailsa Craig, ON	Tuesday – Friday 1:00 pm – 5:00 pm Thrift Store 1:00pm – 4:00pm	519-293-3637	Once a month
Back Alley Burrito	23 Front St W, Strathroy, ON	Monday – Saturday 11:00am to 7:00pm	519-670-5008	Based on availability
Bethel Baptist Church – Hospitality Meal and Clothesline	264 Princess St Strathroy, ON	Monday – 11:00 am – 12:00 pm. Clothesline (1 st Saturday of each month 9 am – 12 pm)	519-245-2320	Once a week
BUB’Z Dropin & Soup Kitchen	1547 Elijah Rd Southwold, ON	Monday 9:00 am – 6:00 pm	519-694-1514	Based on need
Dorchester Food Bank	2066 Dorchester Road, Dorchester	By Appointment Only	519-268-7872	
Mount Brydges Caring Cupboard Food Bank	22638 Adelaide Rd Mount Brydges, ON	Friday 10:00 am – 12:00 pm	226-237-7916	Twice a month
Salvation Army – St. Marys	220 Queen St E, St. Marys, ON	Tuesday and Thursday 9:30 am – 4:30 pm	519-284-2760	Once a month
Salvation Army Community and Family Services – Strathroy Food Bank	71 Maitland Terrace, Strathroy, ON	Monday – Thursday 9:30 am - 1:00 pm	519-245-5398	Once a month
Second Blessings	237 Parkhill Main St, Parkhill, ON	Monday, Tuesday, Friday 10:00 am – 4:00pm, Thursday 10:00 am – 6:00 am, Saturday 9:00 am – 2:00 pm	519-294-0271	
St. John the Evangelist Anglican Church – Hospitality Meal	34 Head Street N, Strathroy, ON	Second Thursday of each month 11:20 am – 12:30 pm	519-245-2131	Once a month
St. John’s Presbyterian Church (Wardsville)	21911 Hagerty Rd, Wardsville, ON	Sunday 9:30 am – 12:00 pm	519-318-0821	Based on need
St. Vincent De Paul All Saints Parish (Strathroy)	124 Front St E, Strathroy, ON	11:30 am – 12:30 pm on the 1 st , 3 rd , 4 th , and 5 th Thursday of each month	519-245-0644	Based on need
St. Vincent de Paul: Glencoe Chapter	209 Main St, Glencoe, ON	Saturday 9:30 am – 12:00 pm	519-287-3500	Based on need
The ReGeneration Centre Meal Program and Caring Cupboard – St. John’s Anglican Church	186 Main St, Glencoe, ON	Tuesday and Friday 11:00 am to 1:00 pm	226-235-8062	Once a month
37 Frank Youth Centre	37 Frank St, Strathroy, ON	Tuesday-Thursday 11:00 am – 9:00 pm Friday 11:00 am – 6:00 pm	226-926-9369	Based on need
Women’s Rural Resource Centre of Strathroy and Area	145 Beech Street Strathroy, Ontario	Monday and Thursday 10:00 am – 7:00 pm	519-246-1526	Based on need
Youth Opportunities Unlimited (YOU) – Next Wave	32 Front St W Strathroy, ON	Monday to Friday 9:00 am – 4:30 pm	519-432-1112	Based on need