



Meal Programs and Food Banks (2026) – Middlesex County

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meals						
12:15 pm - 1:00 pm Glencoe Presbyterian Church.- Soup on Sunday *Monthly on the fourth Sunday	11:00 am - 12:00 pm Bethel Baptist Church – bagged lunch for pick up 6:30 pm Community Kitchen of Hope	11:00 am - 7:00 pm 37 Frank Youth Centre 11:00 am - 1:00 pm The ReGeneration Centre and Caring Cupboard at St. John's Anglican Church 6:30 pm Community Kitchen of Hope	11:00 am - 6:00 pm 37 Frank Youth Centre 6:30 pm Community Kitchen of Hope	11:00 am - 6:00 pm 37 Frank Youth Centre 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 All Saints Parish (Strathroy) Helping Hands Lunch *1 st , 3 rd , 4 th and 5 th Thursday of the month 6:30 pm Community Kitchen of Hope	11:00 am - 6:00 pm 37 Frank Youth Centre 11:00 am - 1:00 pm The ReGeneration Centre and Caring Cupboard at St. John's Anglican Church 6:30 pm Community Kitchen of Hope	
Food Bank						
9:30 am - 12:00 pm St. John's Presbyterian Church (Wardsville)	9:30 am - 5:00 pm St. Vincent de Paul: Glencoe Chapter 9:00 am - 4:30 pm YOU - Strathroy 9:30 am -1:00 pm Salvation Army Community and Family Services – Strathroy Food Bank	9:00 am - 4:30 pm YOU - Strathroy 9:30 am - 5:00 pm St. Vincent de Paul: Glencoe Chapter 9:30 am - 1:00 pm Salvation Army Community and Family Services – Strathroy Food Bank 10:00 am - 5:00 pm Ailsa Craig and Area Food Bank and Thrift Store 11:00 am - 1:00 pm The ReGeneration Centre and Caring Cupboard at St. John's Anglican Church	9:00 am - 4:30 pm YOU - Strathroy 9:30 am - 5:00 pm St. Vincent de Paul: Glencoe Chapter 9:30 am -1:00 pm Salvation Army Community and Family Services – Strathroy Food Bank 10:00 am - 5:00 pm Ailsa Craig and Area Food Bank and Thrift Store 5:00 pm – 6:00 pm Gateway Church Lucan Community Cares Market	9:00 am - 1:00 pm, 3:00 pm - 6:00pm Women's Rural Resource Centre of Strathroy and Area 9:30 am - 5:00 pm St. Vincent de Paul: Glencoe Chapter 9:00 am - 4:30 pm YOU - Strathroy 9:30 am - 1:00 pm Salvation Army Community and Family Services – Strathroy Food Bank 10:00 am - 5:00 pm Ailsa Craig and Area Food Bank and Thrift Store	9:00 am - 4:30 pm YOU - Strathroy 9:30 am - 5:00 pm St. Vincent de Paul: Glencoe Chapter 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 10:00 am - 5:00 pm Ailsa Craig and Area Food Bank and Thrift Store	9:00 am - 2:00 pm Second Blessings 9:30 am - 3:00 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 (10:00 am – 5:00 pm) Thrift Store (1:00pm – 4:00pm)	519-293-3637	Once a month
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 9:00 am – 12:00 pm)	519-245-2320	Once a week
Dorchester Food Bank	233 Minnie Dr PO Box 101 Dorchester, ON	By Appointment Only	519-268-7872	Based on need
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
Community Kitchen of Hope	20 Centre St W Strathroy, ON	Monday – Friday (6:30 pm)	info.strathroyckoh@gmail .com	Based on need
Salvation Army Community and Family Services – Strathroy Food Bank	271 Metcalfe Street East, Strathroy	Monday – Thursday (9:30 am - 1:00 pm)	519-245-5398	Once a month
St. John the Evangelist Anglican Church :Hospitality Meal	34 Head Street N, Strathroy, ON	Second Thursday of each month (11:30 am – 12:30 pm)	519-245-2131	Once a month
Glencoe Presbyterian Church: Soup on Sunday	177 Main Street Glencoe, ON	Monthly on the fourth Sunday (12:15 pm – 1:00 pm)	519 287-2743	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
All Saints Church and the Society of St. Vincent de Paul : Helping Hands lunch	124 Front St E, Strathroy, ON	1 st , 3 rd , 4 th , and 5 th Thursday of each month (11:30 am – 12:30 pm)	519-245-0644	Based on need
St. Vincent de Paul: Glencoe	209 Main St, Glencoe, ON	Monday – Friday (9:30 am - 5:00 pm) Staff is on lunch from 12:00 pm -1:00pm Saturday (9:30 am - 3:00 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 - 1:00 pm)	226-235-8062	Once a month
Caring Cupboard (Behind Hope Christian Reformed Church)	22638 Adelaide road Mount Brydges (back entrance)	Friday (10:00 am – 12:00 pm)	226-237-7916	Once a month
37 Frank Youth Centre (Youth Ages 12-21)	37 Frank St, Strathroy, ON	Tuesday-Thursday (11:00 am – 7:00 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	Thursday (9:00 am – 1:00 pm, 3:00 pm – 6:00 pm)	519-246-1526 x 601 (Starting October, call 3 days in advance for pick up)	Every two weeks
Gateway Church : Lucan Community Cares Markets	120 Main St., Lucan, ON N0M 2J0.	Wednesday (5:00 pm – 6:00 pm)	kiera@wearegateway.ca Delivery: (519) 293-3637 (Ailsa Craig Food Bank)	Based on need
Youth Opportunities Unlimited (YOU) Strathroy (Youth Under 30)	32 Front St W Strathroy, ON	Monday to Friday (9:00 am – 4:30 pm)	519-432-1112	Based on need