

Resource: Guelph Food Access Guide

January 2023



Please note access to the below services may be impacted by changes to hours or closures. Please contact services directly or visit their website for the most current information.

Organization, Address & Contact Information	Eligibility to access service	Type of service	Types of items provided					You can make requests for dietary needs	How you access food		
			Non-perishable	Perishable	Fresh fruits & vegetables	Grocery gift cards	Prepared Meals		Pick-up	Delivery	Someone can pick-up for you
Chalmers Community Services Centre 41 Macdonell St, Guelph & 577 Willow Rd - in the portable, Guelph www.chalmerscentre.ca 519-822-8778	No registration needed. Open to everyone.	Select your own items	☑	☑	☑				☑		
North End Harvest Market & Harvey's Bread Market 140 Waverly Dr, Portable #6, Guelph oldbatchat@yahoo.ca 519-835-1016	Registration required for NEHM. Open to everyone. No registration for Harvey's.	Prepacked produce bags, bread, rolls, and more		☑	☑				☑		
Hope House Guelph 10 Cork St E, Guelph reception@hopehouseguelph.ca www.hopehouseguelph.ca 519-265-4299	Register as a community member. Open to everyone.	Select your own items, some non-grocery items & prepared takeaway meals	☑	☑	☑			☑	☑		☑
The SEED www.theseedguelph.ca/groceries groceries@theseedguelph.ca 519-821-6638 ext. 396	Open to everyone in the Guelph-Wellington region.	Shop online for groceries with The SEED or apply for a discount membership. *As of Jan 2023 there is a waitlist.	☑	☑	☑	☑		☑	☑	☑	☑
Royal City Mission 50 Quebec St, Guelph office@royalcitymission.ca 519-837-3777	No registration needed. Open to everyone.	Prepared meals served at 1pm & 6:30pm Monday-Saturday							☑		☑

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Salvation Army 210 Victoria Rd S, Guelph familyservices@guelphsa.ca 519-836-9824	Contact for interview style registration and appointment.	Prepacked hampers	☑	☑	☑			☑	☑		☑
Guelph Food Bank 100 Crimea St, Guelph gfb@spiritwind.ca 519-767-1380.	Register with identification, name, address, proof of rent & income.	Prepacked hampers	☑	☑	☑			☑	☑		☑
Society of St. Vincent de Paul 519-731-2563 519-836-6806	Register with name, address & contact information.	Emergency food vouchers				☑				☑	
Food & Friends 5068 Whitelaw Road, Unit 2, Guelph www.childrensfoundation.org/programs/food-friends 519-826-9551 x122	Visit Food & Friends website	Breakfast meal, snack and lunch programs offered through Guelph agencies and schools	☑	☑	☑		☑	☑	☑		
Food4Kids Guelph 503 Imperial Rd. Unit 5, Guelph www.food4kidsguelph.ca food4kidsguelph@gmail.com	Families with children enrolled in the Food4Kids program by their school.	Weekend food bag are sent home if school is open . Grocery gift cards are mailed if school is closed.	☑		☑	☑		☑			
Guelph Student Food Bank 620 Gordon Street, Guelph csaonline.ca/foodbank foodbank@uoguelph.ca 519-824-4120 x52561	Must be a University of Guelph Student. Contact or visit website to register.	By-choice food pantry	☑	☑	☑			☑	☑		☑
Your Downtown Guelph Friends 176 Wyndham St. N. yourdowntownguelphfriends@gmail.com 226-337-9262	Open to anyone experiencing low income. No Registration required.	Meals, Produce, Select your own items	☑	☑	☑			☑	☑	☑	☑
Silvercreek Community Market 210 Silvercreek Parkway N, Guelph 519-821-7710 allsaints@allsaintsguelph.ca	Open to anyone experiencing low income. Registration required.	Select your own items. Please bring your own bags.	☑	☑	☑			☑	☑		
Holy Rosary Church Emergency Food Pantry 175 Emma St, Guelph 519-822-4701	Must live within parish boundary. Call to make an appointment.	Prepacked hampers	☑						☑		☑

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Brant Avenue Neighbourhood Group 35 Algonquin Dr, Guelph brant.ave.ng@gmail.com brant.ave.ng.food@gmail.com 519-821-9243	Open to all households in the neighbourhood. By appointment only.	Select your own items from a list based on family size. School snack program for children SK-Gr. 12	☑	☑	☑				☑		
Grange Hill East Neighbourhood Group 470 Auden Rd, Guelph info@gheng.ca www.gheng.ca 519-820-9576	Open to all households in the neighbourhood. By appointment and drop-in.	Hub of the Food Bank for Grange Hill East residents. Shopping style, please bring your own bags.	☑	☑	☑			☑	☑		☑
Two Rivers Neighbourhood Group 69 Huron St, Guelph trngprograms@guelphneighbourhoods.org 226-979-3037	Open to all households in the neighbourhood.	Shopping style/ select your own items drop-in Food Bank.	☑		☑			☑	☑		☑
Onward Willow Neighbourhood Group 15 Willow Road, Unit K45, Guelph shauna.owng@gmail.com 519-824-6892	Open to all households in the neighbourhood. No appointment required.	Prepacked hampers & by- choice food cupboard	☑	☑	☑		☑	☑	☑		☑
Parkwood Gardens Neighbourhood Group 21 Imperial Rd S, Guelph pgng96@gmail.com 519-824-6340	Open to all households in the neighbourhood.	Select your own items	☑	☑	☑		☑	☑	☑		☑
Community FEWD Various locations in Guelph www.fewd.ca communityfewd@guelphneighbourhoods.org	Open to everyone.	Prepared takeout meals. (See schedule on website for times and locations)		☑				☑		☑	☑
West Village Co-operative 495 Willow Rd, Portable #1, Guelph westvillagefood495@gmail.com 226-962-7083	Open to West-Guelph residents by appointment, email, call or text.	Select your own items	☑	☑	☑			☑	☑		☑
North Riverside Neighbourhood Group 140 Waverley Dr, portable #4, Guelph northriversidegroup@hotmail.com 519-821-9677	Open to all households in the neighbourhood. By appointment only.	Prepacked hampers & by- choice food cupboard	☑						☑		