

Guelph

# Food Access Guide

Updated July 19, 2023



The Guelph & Wellington Task Force for Poverty Elimination created this guide to support community members experiencing food insecurity in Guelph to access no-cost or low-cost food. Below you will find information about food assistance providers and programs in Guelph, who can access them and what is provided. For information about hours of operation, please contact providers directly or visit their website.

**Thank you to the providers in this guide for their participation in this resource.**

To request an update or if your group would like to be listed in the guide, please email:

[info@gwpoverty.ca](mailto:info@gwpoverty.ca)

This guide and any future updates are available online at:

[www.gwpoverty.ca/resources/access-guides](http://www.gwpoverty.ca/resources/access-guides)

Organization, Address & Contact Information	Who can access this service	Type of Service	Non-perishable	Perishable	Fresh fruits & vegetables	Grocery Gift Cards	Prepared Meals	You can make dietary requests	Pick-up	Delivery	Someone can pick-up for you
<b>Chalmers Community Services Centre</b> 41 Macdonell St, Guelph & 577 Willow Rd – in the portable, Guelph <a href="http://www.chalmerscentre.ca">www.chalmerscentre.ca</a> 519-822-8778	No registration needed. Open to everyone.	Select your own items	✓	✓	✓				✓		
<b>North End Harvest Market &amp; Harvey's Bread Market</b> 140 Waverly Dr, Portable #6, Guelph Email: <a href="mailto:oldbatchat@yahoo.ca">oldbatchat@yahoo.ca</a> 519-835-1016	Registration required for NEHM. Open to everyone. No registration for Harvey's.	Prepacked produce bags, bread, rolls, and more		✓	✓				✓		
<b>Hope House Guelph</b> 10 Cork St E, Guelph Email: <a href="mailto:reception@hopehouseguelph.ca">reception@hopehouseguelph.ca</a>	Register as a community member. Open to everyone.	Select your own items, some non-grocery items. Breakfast meals offered at Royal City Mission	✓	✓	✓		✓	✓	✓		✓
<b>The SEED</b> <a href="http://www.theseedguelph.ca/groceries">www.theseedguelph.ca/groceries</a> Email: <a href="mailto:groceries@theseedguelph.ca">groceries@theseedguelph.ca</a> 519-821-6638 x396	Open to everyone in the Guelph-Wellington region.	Shop online for groceries with The SEED or apply for a discount membership.	✓	✓	✓	✓	✓	✓	✓		✓
<b>Royal City Mission</b> 50 Quebec St, Guelph Email: <a href="mailto:office@royalcitymission.ca">office@royalcitymission.ca</a> 519-837-3777	No registration needed. Open to everyone.	Prepared meals served at 10am, 1pm & 6:30pm Monday-Saturday				✓			✓		✓

Organization, Address & Contact Information	Who can access this service	Type of Service	Non-perishable	Perishable	Fresh fruits & vegetables	Grocery Gift Cards	Prepared Meals	You can make dietary requests	Pick-up	Delivery	Someone can pick-up for you
<b>Salvation Army</b> 220 Victoria Rd S. Guelph Email: <a href="mailto:familyservices@guelphsa.ca">familyservices@guelphsa.ca</a> 519-836-9824	Contact for interview style registration and appointment.	Prepacked hampers	✓	✓	✓			✓	✓		✓
<b>Guelph Food Bank</b> 100 Crimea St, Guelph Email: gfb@spiritwind.ca 519-767-1380	Register with identification, name, address, proof of rent & income.	Prepacked hampers	✓	✓	✓			✓	✓		✓
<b>Society of St. Vincent de Paul</b> 519-731-2563 519-836-6806	Register with name, address & contact information.	Emergency food vouchers				✓				✓	
<b>Food &amp; Friends</b> 5068 Whitelaw Rd, Unit 2, Guelph <a href="http://www.childrensfoundation.org/programs/food-friends">www.childrensfoundation.org/programs/food-friends</a> 519-826-9551 x122	Visit Food & Friends website.	Breakfast meal, snack & lunch programs offered through Guelph agencies and schools	✓	✓	✓		✓	✓	✓		
<b>Food4Kids Guelph</b> 503 Imperial Rd, Unit 5, Guelph <a href="http://www.food4kidsguelph.ca">www.food4kidsguelph.ca</a> Email: <a href="mailto:Food4kidsguelph@gmail.com">Food4kidsguelph@gmail.com</a>	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	✓		✓	✓		✓			

Organization, Address & Contact Information	Who can access this service	Type of Service	Non-perishable	Perishable	Fresh fruits & vegetables	Grocery Gift Cards	Prepared Meals	You can make dietary requests	Pick-up	Delivery	Someone can pick-up for you
<b>Your Downtown Guelph Friends</b> 176 Wyndham St, N, Guelph Email: <a href="mailto:yourdowntownguelphfriends@gmail.com">yourdowntownguelphfriends@gmail.com</a> 226-337-9262	Open to anyone experiencing low income. Registration required.	Meals, produce, select your own items	✓	✓	✓		✓	✓	✓	✓	✓
<b>Silvercreek Community Market</b> 210 Silvercreek Parkway N, Guelph Email: <a href="mailto:allsaints@allsaintsguelph.ca">allsaints@allsaintsguelph.ca</a> 519-821-7710	Open to anyone experiencing low income. Registration required.	Select your own items. Please bring your own bags	✓	✓	✓			✓	✓		
<b>Holy Rosary Church Emergency Food Pantry</b> 175 Emma St, Guelph 519-822-4701	Must live within parish boundary. Call to make an appointment.	Prepacked hampers	✓						✓		✓
<b>Brant Avenue Neighbourhood Group</b> 35 Algonquin Dr, Guelph Email: <a href="mailto:Brant.ave.ng@gmail.com">Brant.ave.ng@gmail.com</a> <a href="mailto:Brant.ave.ng.food@gmail.com">Brant.ave.ng.food@gmail.com</a> 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	✓	✓	✓				✓		

Organization, Address & Contact Information	Who can access this service	Type of Service	Non-perishable	Perishable	Fresh fruits & vegetables	Grocery Gift Cards	Prepared Meals	You can make dietary requests	Pick-up	Delivery	Someone can pick-up for you
<b>Grange Hill East Neighbourhood Group</b> 470 Auden Rd, Guelph Email: <a href="mailto:info@gheng.ca">info@gheng.ca</a> <a href="http://www.gheng.ca">www.gheng.ca</a> 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.	✓	✓	✓			✓	✓		✓
<b>Two Rivers Neighbourhood Group</b> 69 Huron St, Guelph Email: <a href="mailto:trngprograms@guelphneighbourhoods.org">trngprograms@guelphneighbourhoods.org</a> 226-979-3037	Open to all households in the neighbourhood	Shopping style / select your own items drop-in Food Bank	✓		✓			✓	✓		✓
<b>Onward Willow Neighbourhood Group</b> 15 Willow Rd, Unit K45, Guelph 519-846-0272 Email: <a href="mailto:shauna.owng@gmail.com">shauna.owng@gmail.com</a> 519-824-6892	Open to all households in the neighbourhood no appointment required.	Prepacked hampers & by-choice food cupboard	✓	✓	✓		✓	✓	✓		✓
<b>Parkwood Gardens Neighbourhood Group</b> 21 Imperial Rd S, Guelph Email: <a href="mailto:pgng96@gmail.com">pgng96@gmail.com</a> 519-824-6340	Open to all households in the neighbourhood	Select your own items	✓	✓	✓		✓	✓	✓		✓

Organization, Address & Contact Information	Who can access this service	Type of Service	Non-perishable	Perishable	Fresh fruits & vegetables	Grocery Gift Cards	Prepared Meals	You can make dietary requests	Pick-up	Delivery	Someone can pick-up for you
<b>North Riverside Neighbourhood Group</b> 140 Waverly Dr, Portable #4, Guelph Email: <a href="mailto:northriversidegroup@hotmail.com">northriversidegroup@hotmail.com</a> 519-821-9677	Open to all households in the neighbourhood by appointment only.	Prepacked hampers & by-choice food cupboard	✓						✓		
<b>West Willow Village Co-operative</b> 45 Willow Rd, Portable #1, Guelph Email: <a href="mailto:Westvillagefood495@gmail.com">Westvillagefood495@gmail.com</a> 226-962-7083	Open to West-Guelph residents by appointment, email, call or text.	Select your own items	✓	✓	✓			✓	✓		✓
<b>Community FEWD</b> Various locations in Guelph Email: <a href="mailto:communityfewd@guelphneighbourhoods.org">communityfewd@guelphneighbourhoods.org</a> <a href="http://www.fewd.ca">www.fewd.ca</a>	Open to everyone.	Prepared takeout meals (See schedule on website for times and locations)		✓			✓		✓		✓