


Guelph

Food Access Guide

Updated March 2026



The Guelph & Wellington Poverty Elimination Collaborative created this guide in collaboration with Hope House 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 more information, please contact providers directly or visit their website.

Providers were also asked about accessibility. The following symbol  means the space is physically accessible. Any further accessibility information provided is included with a footnote at the bottom of the page. Visit gwpoverty.ca to utilize our Food Access Guide map, an interactive version of this guide, and find the food provider closest to you by entering your postal code.

Thank you to the providers in this guide for their participation in this resource. Thank you to Hope House for their support and partnership in making the updates to this guide.




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

info@gwpoverty.ca

This guide and any future updates are available online at:




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
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 (every other week)	✓	✓	✓				✓		
Hope House Guelph 10 Cork St E, Guelph Email: reception@hopehouseguelph.ca 	Register as a community member. Open to everyone living in Guelph. Food shopping monthly by appointment.	Choice based pantry, some non-grocery items. Non perishable and fresh produce available with prepared meals.	✓	✓	✓		✓	✓	✓		✓
Guelph Food Bank¹ 100 Crimea St, Guelph Email: guelphfoodbank@gmail.com 519-767-1380 	Register with identification, name, address. No appointment necessary	Prepacked hampers and select your own items from a list based on family size. Bring a bag!	✓	✓	✓			✓	✓		✓

¹ Single step to front door, wheelchair accessible entrance at back of warehouse.




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Side by Side Guelph 176 Wyndham St, N, Guelph Email: sidebysideguelph@gmail.com	Open to anyone experiencing low income.	Meals, produce, select your own items	✓	✓	✓		✓	✓	✓	✓	✓
Silvercreek Community Market 210 Silvercreek Parkway N, Guelph Email: allsaints@allsaintsguelph.ca 519-821-7710 	Open to registered members. New registrations will be put on a waiting list and are welcome to shop at the end.	Select your own items. Please bring your own bags	✓	✓	✓			✓	✓		
North End Harvest Market Trinity United Church - 400 Stevenson Str. N Email: oldbatchat@yahoo.ca 519-835-1016 	Proof of ID and address required for registration required for NEHM. Open to everyone in the North East portion of Guelph.	Select your own items		✓	✓				✓		✓ Must show membership card
Holy Rosary Church Emergency Food Pantry 175 Emma St, Guelph 519-822-4701 	Must live within the Waverly and St. George's neighbourhood. Call to make an appointment.	Prepacked hampers. Satellite location of the Food Bank for residents in postal code boundaries.	✓						✓		✓




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Keep Kids Fed at Home 69 Huron Street, Guelph 519-826-9551 x139 https://www.childrensfoundation.org/	Elementary students in Guelph that are severely food insecure. Referral from the school principal required. For more information, visit the website.	During school time, weekend food bags are delivered weekly. During school breaks, families receive gift cards to purchase food on the weekends.	✓		✓	✓		✓		✓	
Guelph Student Food Bank – University of Guelph 620 Gordon Street, Guelph Email: foodbank@uoguelph.ca 519 824 4120 x52561 	Must be a University of Guelph student to access	A maximum of 30 items per registered UofG student per month; visits are limited to 2 per month.	✓	✓	✓			✓	✓		✓
The SEED www.theseedguelph.ca/groceries Email: groceries@theseedguelph.ca 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. Sliding-scale online grocery store.	✓	✓	✓		✓	✓	✓		✓



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Grange Hill East Neighbourhood Group² 470 Auden Rd, Guelph Email: info@gheng.ca www.gheng.ca 519-820-9576	Open to all households in the neighbourhood by appointment and drop-in. Lottery system for entrance.	Shopping style, please bring your own bags. Satellite location of the Food Bank for residents in postal code boundaries.	✓	✓	✓			✓	✓		✓
Brant Avenue Neighbourhood Group 35 Algonquin Dr, Guelph Email: Brant.ave.ng@gmail.com Brant.ave.ng.food@gmail.com 519-821-9243	Open to all households in the Brant Ave. neighbourhood. Must show ID.	Select your own items from a list based on family size. School snack program for children and youth. Satellite location of the Food Bank for residents in postal code boundaries.	✓	✓	✓				✓		
Two Rivers Neighbourhood Group 131 Ontario St. (Tytler Public School), Guelph Email: trng.mell@gmail.com 226-979-3037 	Open to all households in the neighbourhood.	Shopping style / select your own items drop-in. Satellite location of the Food Bank for residents in postal code boundaries.	✓		✓			✓	✓		✓

² Space is very tight for wheelchairs, it is recommended to have someone pick up for you. There are no stairs, just one ledge to step over.





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North Riverside Neighbourhood Group 140 Waverly Dr, Portable #4, Guelph Email: northriversidegroup@gmail.com 519-821-9677	Open to all households in the neighbourhood by appointment only.	Free choice, practical needs items	✓						✓		
Onward Willow Neighbourhood Group³ 15 Willow Rd, Unit K45, Guelph 519-846-0272 Email: onwardwillowsw@gmail.com shauna.owng@gmail.com 519-824-6892	Open to all households in the neighbourhood catchment: Edinburg Rd to Speedvale Ave to Silvercreek Pkwy N to Paisley Rd.	Prepacked hampers & by-choice food cupboard. Prepare meals on Mondays. Satellite location of the Food Bank for residents in postal code boundaries.	✓	✓ ³	✓ ⁴		✓ Monday at Noon	✓	✓		✓ Yes, call before to arrange
Parkwood Gardens Neighbourhood Group 21 Imperial Rd S, Guelph Email: pgng96@gmail.com 519-824-6340 	Open to all households in the neighbourhood. Some additional services for residents at 50/60 Fife Road. Registration is required and occurs in person.	Select your own items. Satellite location of the Food Bank for residents in postal code boundaries.	✓	✓	✓		✓	✓	✓		✓



³ Has stairs, will bring food if client requests.

⁴ Wednesday depending on availability



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West Willow Village Co-operative 45 Willow Rd, Portable #1. Guelph Email: Westvillagefood495@gmail.com 226-962-7083	Open to West-Guelph residents by appointment, email, call or text.	Select your own items	✓	✓	✓			✓	✓		✓
Christopher Court Market 7 Christopher Ct, Guelph Email: kendraatccmarket@gmail.com 	Open to all residents of 7 Christopher Court only, by registration.	Weekly fresh produce and non perishable food. Select your own items. Satellite location of the Food Bank for Christopher Court residents.	✓	✓	✓				✓		
Community FEWD Various locations in Guelph Email: communityfewd@guelphneighbourhoods.org www.fewd.ca 	Open to everyone.	Prepared takeout meals (See schedule on website for times and locations)		✓			✓		✓		✓



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Dovercliffe Park Community Food Cupboard 55 Devere Dr, Guelph Email: justin@kortrightchurch.org 	Open to all residents of the neighbourhood based on address and postal code. Registration is required	Satellite location of the Food Bank for residents in postal code boundaries.	✓	✓	✓				✓		
Kortright Hills Neighbourhood Group 23 Ptarmigan Dr, Guelph Email: kortrighthillsng@gmail.com 519-837-0974 	Open to all households in the neighbourhood, registration by name and address.	Weekly bread available. Select your own/by choice cupboard or non perishables	✓						✓		

Emergency Food Vouchers

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Society of St. Vincent de Paul	Serves anyone within parish boundaries. Register with name, address, contact information and other information as required.	Emergency food voucher				✓			✓		



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Basilica of Our Lady Immaculate 28 Norfolk St. 519-731-2563	Register with name, address, contact information and other information as required.	Emergency food voucher				✓			✓		
St. Joseph's Parish 409 Paisley Rd. 519-836-6806	Register with name, address, contact information and other information as required.	Emergency food voucher				✓			✓		
St. John the Baptist Parish 45 Victoria Rd. No. 519-831-1112	Register with name, address, contact information and other information as required.	Emergency food voucher				✓			✓		
Sacred Heart Parish 98 Alice St. 519-265-8944	Register with name, address, contact information and other information as required.	Emergency food voucher				✓			✓		

