

Free Meals

Client Information Sheet



Hamilton
Public Health Services

Food Access Guide 2012

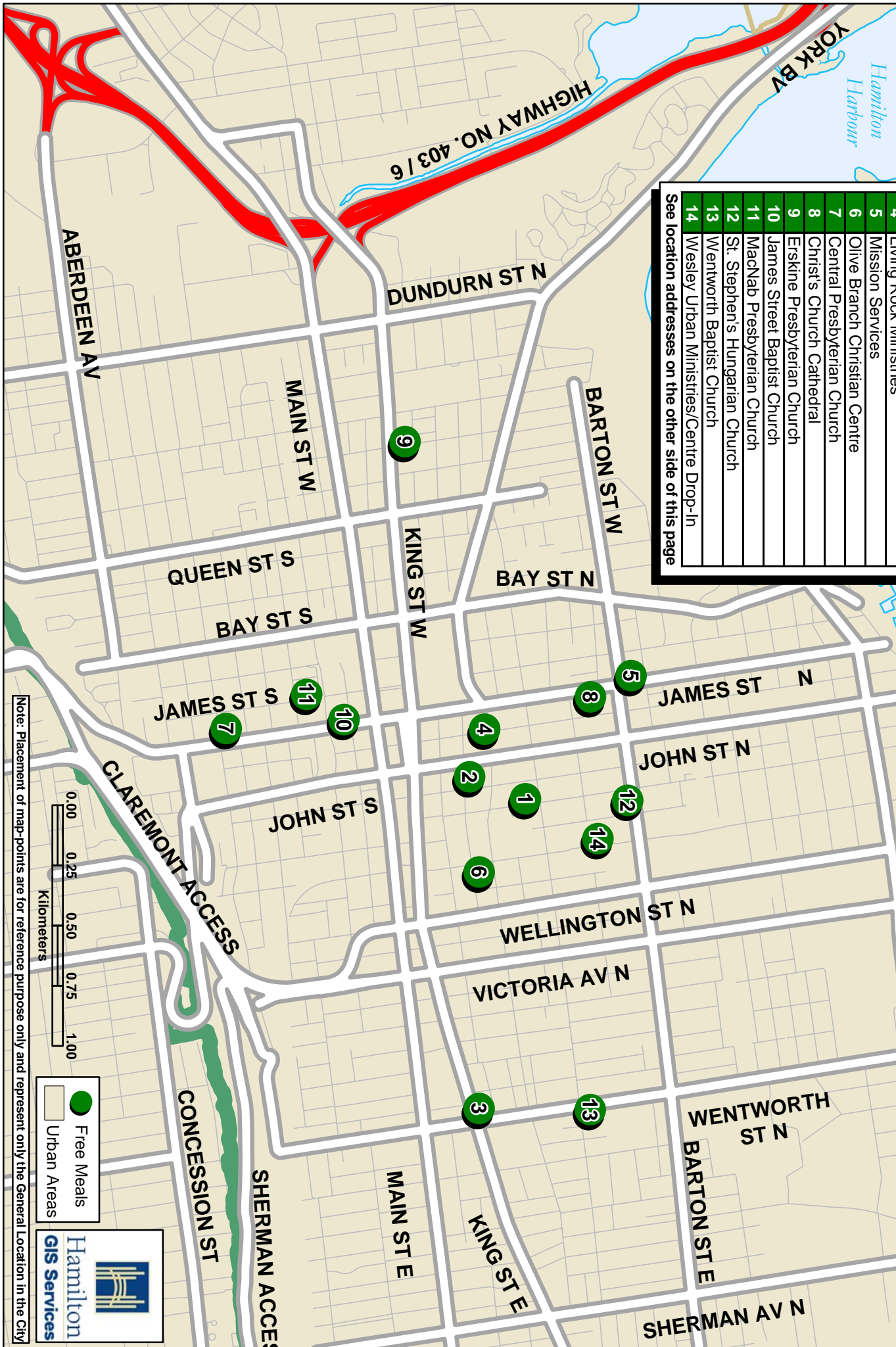
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Good Sheppard Centre - 135 Mary St. Hamilton - 905.528.9109 (families are welcome)						
Hot Meal 3:30 pm - 4:45 pm	Hot Meal 3:30 pm - 4:45 pm	Hot Meal 3:30 pm - 4:45 pm	Hot Meal 3:30 pm - 4:45 pm	Hot Meal 3:30 pm - 4:45 pm	Hot Meal 3:30 pm - 4:45 pm	Hot Meal 3:30 pm - 4:45 pm
Hamilton Urban Core Community Health Centre - 71 Rebecca St. Hamilton - 905.522.3233						
Refreshments & Snacks 10 am - 12 pm	Pancake Tuesday's 3 rd Tuesday each month 10 am - 12 pm		Refreshments & Snacks 10 am - 12 pm	Friendly Fridays 1 pm - 3 pm Dinner & Movie 3 rd Friday each month 6 pm - 8 pm	Family Saturday 3 rd Saturday each month 9 am - 1 pm	
King's Way Blessing Centre - 649 King St. East, Hamilton - 905.296.9473						
Hot Meal 11 am - 3 pm	Hot Meal 11 am - 3 pm	Hot Meal 11 am - 3 pm	Hot Meal 11 am - 3 pm	Hot Meal 6 pm - 9 pm	Hot Meal	Hot Meal
Living Rock Ministries - 30 Wilson St. Hamilton - 905.528.7625						
Breakfast 8 am - 9:30 am	Breakfast 8 am - 9:30 am Oasis Supper 6:30 pm - 9:30 pm	Breakfast 8 am - 9:30 am Oasis Supper 6:30 pm - 9:30 pm	Breakfast 8 am - 9:30 am	Breakfast 8 am - 9:30 am Oasis Supper 6:30 pm - 9:30 pm	Light Snack 1:30 pm - 8 pm	Light Snack 1:30 pm - 8 pm
Mission Services, 309 James St. North, Hamilton - 905.528.4211 ext. 106						
4 th Sunday each month 5 pm Easter Sunday 5 pm Sunday of Thanksgiving 5 pm Christmas meal to be announced						
Olive Branch Christian Centre - 195 Rebecca St. Hamilton - 905.522.7482						
		Lunch 10 am - 2 pm	Lunch 10 am - 2 pm	Lunch 10 am - 2 pm	Lunch 10 am - 2 pm	Lunch 10 am - 3 pm
Out of the Cold (November - March, 4:00 pm - 6:30 pm) - See Church listings below - 905.308.8447						
James St. Baptist Church 96 James St. S.	James St. Baptist Church 96 James St. S.	Erskine Presbyterian 19 Pearl St. N.	Central Presbyterian 16 Charlton Ave. W.	Wentworth Baptist Church 120 Wentworth St. N.	Christ Church Cathedral 252 James St. N.	MacNab Presbyterian 116 MacNab St. S.
MacNab Presbyterian 116 MacNab St. S.	St. Stephen Church 130 Barton St. W.					
Wesley Urban Ministries - 195 Ferguson Ave. North, Hamilton - 905.528.5640						
Breakfast 7:45 am - 8:30 am Lunch 12:30 pm - 1:30 pm	Breakfast 7:45 am - 8:30 am Lunch 12:30 pm - 1:30 pm	Breakfast 7:45 am - 8:30 am Lunch 12:30 pm - 1:30 pm	Breakfast 7:45 am - 8:30 am Lunch 12:30 pm - 1:30 pm	Breakfast 7:45 am - 8:30 am Lunch 12:30 pm - 1:30 pm	Breakfast 7:45 am - 8:30 am Lunch 12:30 pm - 1:30 pm	Breakfast 7:45 am - 8:30 am Supper 4:00 pm - 5:00 pm



FREE MEALS	
ID	NAME / LOCATION
1	Good Shepherd Centre
2	Hamilton Urban Core Com. Health Centre
3	King's Way Blessing Centre
4	Living Rock Ministries
5	Mission Services
6	Olive Branch Christian Centre
7	Central Presbyterian Church
8	Christ's Church Cathedral
9	Erskine Presbyterian Church
10	James Street Baptist Church
11	MacNab Presbyterian Church
12	St. Stephen's Hungarian Church
13	Wentworth Baptist Church
14	Wesley Urban Ministries/Centre Drop-In

See location addresses on the other side of this page

CITY OF HAMILTON FREE MEALS Food Access Guide Location Map



Note: Placement of map-points are for reference purpose only and represent only the General Location in the City

0.00 0.25 0.50 0.75 1.00
Kilometers

● Free Meals
 Urban Areas

Hamilton
GIS Services