

Food and Basic Needs Supports Available During COVID-19

Winnipeg Harvest

Will provide food packages of food for 10-14 days once every 4 weeks. (MB Health card needed)

Works with various food banks throughout Winnipeg

Start by making an appointment:

- Winnipeg **204-982-3660** email appointments@winnipegharvest.org
- Outside Winnipeg **1-800-970-5559** email kellym@winnipegharvest.org

Additional information regarding the process is available at the website below.

- <https://winnipegharvest.org/need-help/need-food/>

Salvation Army

Struggling to feed yourself or your family, food hampers are available (once within a 3 month span).

Call for an appointment to pick up food—have your health card available

Call: **204-946-9490**-Weetamah location, if you live in **St. James** or **Charleswood** call: **204-889-9205**

Elmwood Community Resource Centre (ECRC)

Basic needs and employment support line-drop-in appointments available to book over the phone

545 Watt Street—Mon-Fri 9 am-5 pm

Call: **431-275-2287**

Feed my Lambs

117 Euclid

Free food packages, Fridays at pm, first come first serve—social distancing practiced (bring your own bags). Separate from Winnipeg Harvest.

Nor'West Co-op Community Health (community members in the area)

- Blake Gardens Resource Centre Nor'West on Alexander
 - Call: **204-982-3660**-Different food programs, including food pick-ups
- Gilbert Park Resoucre Centre
 - Call: **204-982-4429**-food and basic essentials Health card required

Ma Mawi Wi Chi Itata Centre

445 King Street

Call: **204-925-0352, 204-925-0348, 204-925-6816, 204-925-0330**, email info@mamawi.com

One emergency meal per family, baby supplies and basic needs for individuals and families.

Call Mon-Fri between 9 am-7 pm to discuss—deliveries are made between 1pm-3pm.

Andrews Street Family Centre

220 Andrew Street

Call: **204-589-1721**

Emergency food, diapers, and formula are available. Call between 10am-3pm weekdays for an appointment (must have MB health card)

Food Not Bombs—Treaty 1 Winnipeg

Fruits and Veggies Giveaway—while supplies last.

Wednesdays 6 pm at Turtle Island Neighbourhood Centre—510 King Street

Fridays 6 pm outside at Indigenous Family Centre (470 Selkirk Avenue)

Social distance while in line—all are welcome

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West Central Women's Resource Centre (WCWRC)

640 Ellice

Call: 204-774-8975

- **Drop-in services:** laundry, phone, shower, computer, washroom, hygiene supplies, cedar and sage available. (Limited individuals permitted inside the building).
- **Additional Supports over the phone:** Emergency housing, EIA, and gender based violence support. Hours: Mon, Wed, Fri 9 am-4:30 pm/Tues, Thurs 12:30-6 pm/Sat 8 am-12 pm
- **Lunch and dinner** will continue to be served—bagged and given out the door Mon, Wed, Fri: 12-1 pm/Tues, Thurs 5-6 pm/Saturday 10 am-11 am.

Resource Assistance for Youth: Out the door food and other basic need items

Often between 11:00 am-3:00 pm at 125 Sherbrook

Call: 204-783-5617 ext. 206 for additional support over the phone.

Agape table

364 Furby Street.

Meals available (bagged out the door) Mon-Fri 7:30 am-11 am

Crossways

222 Furby

Call: 204-774-2773

Bagged lunches out the door available for pick up Mon, Wed, Thurs, Fri at 12:30 pm while supplies last. Emergency food packages and basic need items (specify what is needed) available. Call for an appointment for pickup. (MB Health Card needed)

Spence Neighbourhood Association (SNA), Magnus Eliason Recreational Centre (MERC)

430 Langside Street

Call: 204-783-5000

Building Belonging 4:30 pm-6 pm bagged lunch is available out the door at 430 Langside Street

Community door services: all week 10:30 am-1 pm Bagged snacks and basic essentials provided.

St. Matthews Maryland Community Ministry

365 McGee Street—Mon, Tues, Thurs, Fri 1:30 pm-4 pm

Take out lunches, space to warm up if experiencing homelessness and emergency food kits available.

Oak Table (in Augustine United Church)

109 Pulford Street Mon-Thurs 12:30 pm-3 pm

Take out lunches, space to warm up if experiencing homelessness.

Age and opportunity (55+) and the United Way Winnipeg

Grocery delivery (including Winnipeg Harvest), medication delivery, social services and daily phone chats

Concerned family members can call on behalf of a loved one

- 204-956-6440 (direct line)
- 311