

# 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@winnipeg Harvest.org](mailto:appointments@winnipeg Harvest.org)
- Outside Winnipeg **1-800-970-5559** email [kellym@winnipeg Harvest.org](mailto:kellym@winnipeg Harvest.org)

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

- <https://winnipeg Harvest.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](mailto: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