



Emergency Food & Clothing Information

Fall 2022

Subject to change



Winnipeg Harvest updated Sept. 2022 1085 Winnipeg Avenue 204-982-3660

- ❑ Call to register Monday to Friday 9:15 am. - 3:30 pm., Saturday 9:30 am. - 12:30 pm or email at appointments@harvestmanitoba.ca
- ❑ To be referred to a food bank closest to your area, you will need your Manitoba Health card.

After hours emergency E I A Line (After 4:30) 204-945-0183

Agape Table - @The Wave updated Sept. 2022 364 Furby Street 204-783-6369

- ❑ Bagged breakfast, Monday to Friday, 7:00 AM to 11:00 AM
- ❑ Tuesday emergency food. Call first thing Monday as supplies are limited
- ❑ Thursdays Harvest Food Bank (20 walk-ins)
- ❑ For Food Hampers, call Winnipeg Harvest.

Adventists Community Services 95 Stadacona Street 204-663-2278

- ❑ Emergency food may be available.
- ❑ Hours: Monday 1 – 4 PM

Andrews Street Family Centre updated Sept. 2022 220 Andrews Street 204-589-1721

- ❑ Food Bank – Must be registered through Winnipeg Harvest. Walk-ins with Health Card, address in the NE
- ❑ Free laundry services.
- ❑ Hours: Monday to Friday 9:30 am to 4:30 pm
- ❑ Sometimes Lunches to go.

Anishinabe Fellowship Centre updated Sept. 2022 287 Laura Street 204-946-0887

- ❑ Monday - Thursday 9 am. - 3 pm.
- ❑ Clothing, small household items, books, toys, etc. are available for a small charge of 25¢.
- ❑ Miracle Thrift Store
- ❑ Free bedding and toiletries available once a month.

Bethlehem Aboriginal Fellowship 467 Manitoba Avenue 204-586-5707

- ❑ Tuesdays at 2 pm. food bank and clothing. Must register with Winnipeg Harvest.

Canadian Muslim Women's Institute updated Sept. 2022 201 - 61 Juno Street 204-943-8539

- ❑ Offer emergency Halal food pantry. Call for more information.
- ❑ Baby items and some clothing

Centre Flavie Laurent updated Sept. 2022 301 Archibald 204-231-9513

- ❑ Monday - Friday Hours vary, call ahead. clothing, furniture and household items.
- ❑ You will need your Manitoba Health Card and information relating to E I A.
- ❑ Online catalog. Call to reserve items

Crisis Pregnancy Centre updated Sept. 2022 650 Broadway Avenue W. 1-800-665-0570

- ❑ Emergency formula, baby food, diapers & baby and maternity clothing.
 - ❑ Items for baby may also be available.
 - ❑ Monday, Tuesday and Thursday 10 am to 3 pm and Wednesday and Friday 10 am to 2 pm
 - ❑ Access to counselling
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Family Life Centre 240 Pritchard Avenue **204-586-7790**

- ❑ Wednesday - **Ladies day.** Doors open at 9:30 am, Bible study starts at 10:30 am., followed by a short chapel service and then a hot lunch is served. Child care available.
- ❑ Tuesday and Thursday at 1:30 pm Bible study and support group. Child care is available.
- ❑ Clothing Depot open after activities Tuesday, Wednesday & Thursday. Free clothing for ladies & children.
- ❑ Emergency food is available to eligible clients once every 6 months. Monday, Tues. & Thurs. 8:30 am. - Noon, Friday 1 - 3:30 pm. Must have your Manitoba Health card.

Fort Garry Women's Resource Centre updated Sept. 2022 1150-A Waverly **204-477-1123**

- ❑ Participants only must be registered to access Winnipeg Harvest. Call for more information.
- ❑ Harvest pick up location but currently full
- ❑ Clothing available when stocked
- ❑ Groups advertised monthly on website and Facebook page
- ❑ Free counselling, referrals and resources

Friendship Centre updated Sept. 2022 45 Robinson Street **204-482-7525**

- ❑ Wednesday & Friday - Food Bank at 10 - 11 am.
- ❑ Thursdays - Soup kitchen open at 12 - 1 pm.

Oyate Tipi Cumini Yape updated Sept. 2022 606- Selkirk Ave **204-589-2218**

- ❑ Leaving abusive relationships
- ❑ Youth leaving care
- ❑ Newcomers
- ❑ Facing homelessness
- ❑ Disaster victims
- ❑ Recovering from substance abuse
- ❑ HIV patients

Immaculate Conception Church updated Sept. 2022 181 Austin Street **204-942-3778**

- ❑ Full meal on Sundays at Noon - 2 pm. September - May. Anyone can attend. Lunches only

Lighthouse Mission updated Sept. 2022 669 Main Street **204-943-9669**

- ❑ Hot breakfast: Monday to Thursday 9:00 AM to 11:15 AM
- ❑ Soup and sandwich kitchen: Monday to Thursday 1:00 PM to 3:15 PM
- ❑ Chili & church: Friday opens at 6:00 pm.
- ❑ Food bank every Thursday 9 am. Call Winnipeg Harvest 204-982-3660 to register.

Main Street Project updated Sept. 2022 75 Martha Street **204-982-8229**

- ❑ 9:30 AM Porridge and coffee
- ❑ 9:30 AM to 3:30 PM Soup ❑ 5:30 Supper
- ❑ Emergency Clothing
- ❑ Food bank every Thursday 10 am to 11:30 am, Call Winnipeg Harvest 204-982-3660 to register.

MaMaWi updated Sept. 2022 363 McGregor **204-925-6816**

443 Spence **204-925-0348**

- ❑ Drop in
- ❑ Internet access
- ❑ Lunch program
- ❑ Emergency food
- ❑ Nagijeung Abinoojiik 24 hours helpline 204-589-8528

Missionaries of Charity updated Sept. 2022 167 Aikins Street **204-582-2773**

- ❑ Soup kitchen hours: 9:30 - 10:45 am. Monday, Tuesday, Wednesday, Friday and Saturday. Handouts at door only
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North End Women's Centre updated Sept. 2022 394 Selkirk Avenue 204-589-7347

- ❑ Low cost clothing is available Monday to Friday 9 am. – 4:30 pm. at 384 Selkirk Ave. (Up Shoppe)
- ❑ Free clothing is available for those who have left an abusive situation, living in a shelter, out of jail, loss of clothing due to fire or theft. Need referral letter for free clothing.
- ❑ Hygiene items
- ❑ Emergency food (call ahead)

West End Drop-in updated Sept. 2022 365 McGee Street 204-774-1846

- ❑ Seven days a week 12:30 to 3 pm
- ❑ Lunches
- ❑ Emergency Food
- ❑ Food bank

Salvation Army updated Sept. 2022 324 Logan Avenue 180 Henry Avenue 204-946-9402
Food bank Shelter only

- ❑ Shelter open 24/7/365 days per year.

Siloam Mission updated Sept. 2022 303 Stanly St. Door for 204-956-4344
entry on the other side of
the block, same building
300 Princess St. (Office)

- ❑ 7 days a week - Breakfast 9 - 10 am.; Lunch 12 - 1 pm.; Supper 6 - 7 pm. 10 am – 12 pm

Sonrise Family Shelter updated Sept. 2022 72 Martha ST. 204-946-9471

- ❑ Temporary shelter for a family and women in their 3rd trimester.
- ❑ While in this shelter you are provided with 3 meals a day and free laundry.

Thrive Community Support Circle updated Sept. 2022 72 Martha Street 204-772-9091

- ❑ Call for more information and to make an appointment. You will need your Manitoba Health card.
- ❑ Essential needs available once per month.
- ❑ Baby needs available once per month. Layettees are available.
- ❑ Daddy & Parenting groups available. Counselling
- ❑ Low cost Thrift Shop
- ❑ Free clothing once a month
- ❑ Coffee
- ❑ Safe Sex supplies
- ❑ Pregnancy tests

Union Gospel Rescue Mission updated Sept. 2022 320 Princess Street 204-943-9904

- ❑ Lunch/hot meal: Doors open 11 am. Chapel 11:30 am. Lunch served after chapel Monday to Friday.
- ❑ Monday - Friday from 2 - 4 pm. - Drop in and free clothing for men and women
- ❑ Soup and sandwich: Doors open 7 pm. Chapel 7:30 pm. Soup and sandwich after chapel 7days a week.
- ❑ Free bread: Saturday 2 - 4 pm.
 - ❑ Must attend services before meals.

Up Shoppe updated Sept. 2022 382 Selkirk Avenue 204-582-3494

- ❑ Various prices and sales.
 - ❑ Clothes at no cost, referral letter needed. Please call for information. Monday to Thursday 9 am to 4 pm and Friday 9 am to 3 pm
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Weetamah (Salvation Army) updated Sept. 2022 324 Logan Avenue 204-946-9490

- ❑ Food and clothing assistance by appointment only. Call to book an appointment.
- ❑ Food program by appointment only. Call Mondays

Welcome Home Mission updated Sept. 2022 188 Euclid Avenue 204-946-5352

- ❑ Wednesday - Sandwiches served at 10 am.
- ❑ Wednesday - Starting at 10 am. hampers are handed out to the first 20 people only.
- ❑ Thursday - Church service then supper at 5 - 7 pm.

West Broadway Community Ministry updated Sept. 2022 102 - 222 Furby Street 204-774-2773

- ❑ Emergency food available once every 3 months, bring your Manitoba Health card.
 - ❑ Feminine hygiene products available.
- Monday - Light lunch at 12:30pm ❑ Wednesday & Friday - Hot lunch at 12:30pm ❑ Thursday - Special lunch at 12:30pm

West Central Women's Resource Centre updated Sept. 2022 640 Ellice Avenue 204-774-8975

- ❑ Serves mainly **women** and **children**.
- ❑ Hours: Monday, Wednesday and Friday 9 am. – 4:30 pm., Tuesday & Thursday 12:30 – 8 pm.
- ❑ Monday, Wednesday & Friday - Light breakfast at 9:30 am., also lunch at Noon.
- ❑ Tuesday & Thursday - Supper at 6 pm.
- ❑ Saturday - Full breakfast at 10 am.
- ❑ Door meals: M, W, F 12 pm, women, kids, elders. Tu and Th dinner at 5 pm Sat at 10 am

Winnipeg Centre Vineyard Church 782 Main Street 204-582-2900

- ❑ Call ahead

Wolseley Family Place, New Location! 204-560-3143

2nd floor, 222 Furby Street

- ❑ Clothing depot is open Monday, Tuesday, Thursday and Friday at 9 am. - Noon & 1 - 4 pm. Wednesday 1 - 4 pm.
Shopping bag of clothes \$1.00, garbage bag of clothes \$2.00.
 - ❑ Emergency food is available only two times in 6 months.
- Friday - Parents with children age 6 and under - Breakfast at 10:30 am.
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♥Check the Yellow Pages under Secondhand Stores for places to shop

some Thrift Store information on back page ➔ ➔ ➔

Winnipeg Thrift Stores

as of Nov 2021

Subject to change

Mission Thrift Store

919 McLeod Avenue
204-667-5329

Darcy's Arc

A - 1076 Main Street
204-942-4457

Good Will Industries

1540 Pembina Hwy.
204-475-4953

3433 Portage Avenue
204-831-0988

70 Princess Street
204-943-6435

136 - 701 Regent Avenue W.
204-475-6438

317 St. Anne's Road
204-257-3644

Helping Hand

1825 Main Street
204-582-4334

Just Like New to You

635 Portage Avenue
204-786-1653

MCC Thrift Shops

644 Burnell Street
204-783-8185

445 Chalmers Avenue
204-668-0967

18 Keewatin Street
(furniture only)
204-694-3669

511 Selkirk Avenue
204-586-2527

Nearly New

961 Portage Avenue
204-772-3629

Salvation Army

1030 Empress Street
204-772-2050

145 Goulet Street
204-233-7897

1424 McPhillips Street
204-586-2556

1080 Nairn Avenue
204-661-8194

2 - 2195 Pembina Highway
204-261-6221

3511 Roblin Blvd.
204-889-1018

97 Sherbrook Street
204-772-9003

14 - 3421 Portage Avenue
204-219-4191

Spence Street Thrift Shop

555 Spence Street
204-783-9281

Sscope

Treasures
1466 Arlington Street
204-987-6300

Earth Shop
1170 Main Street
204-691-6996

Up Shoppe

382 Selkirk Avenue
204-582-3494

Value Village Stores

1695 Ellice Avenue
204-774-1315

942 Jefferson Avenue
204-694-6844

1729 Pembina Hwy.
204-261-8719

3629 Portage Avenue
204-831-7561

970 Nairn Avenue
204-661-9045

SECOND HAND CHILDREN'S ITEMS

Once Upon a Child

A - 1300 Ellice Avenue
204-786-2229

2 - 1600 Regent Ave. West
204-669-5437