


Free Food Sources City of Owen Sound

Meals: currently mostly take out

OSHaRE 

Monday-Friday: 12pm - 1:30pm 4:30pm—5:30pm
Saturday: 12pm-1:30pm

CMHA Brunch Program @ Union Place

Monday - Friday 10-11 am 

Safe n Sound 

Mon, Wed - Fri 9 am - 3 pm
Tue 9 am—2 pm
Sat 10 am - 10 pm (until March 31)
Sun 12 noon—10 pm (until March 31)

Groceries

St Andrews Presbyterian Church

Hamper of food
Drop In
Mondays 11:30 am-1 pm

Central Westside United Church

Food Cupboard
Tuesday to Thursday - 10 am - 3 pm
Friday 10 am - 2 pm

SOS @ Owen Sound Famer's Market

Hamper of food
Drop In
Every other Wednesday 1 pm - 3:30 pm

Salvation Army Food Bank

By appointment
519-371-0957
Mon-Fri 9 am—12 noon, 1 pm—3 pm



When should you call 211?

- I need mental health support
- I need information on community & social programs
- I can't afford to buy food
- I can't pay my bills
- I have no where to live

If you need resources or referrals to social, community, health or government services, simply call 211 from any phone or visit www.211Ontario to access e-mail and online chat.

The service is free, confidential and available 24/7 throughout the province of Ontario.



United Way
Bruce Grey
Change starts here

