**Food Assistance:**

**THE HOPE CENTRE FOOD BANK**

Provides monthly pre-packed food baskets. The food bank is located on the north side of the building at our delivery window.  
Food bank hours: Monday – Friday  
9:30 a.m. – 3:00 p.m. (Except Holidays)  
CLOSED DAILY FROM 12:00 p.m. – 1:00 p.m.

Takeout lunches are served at The Hope Centre daily. The lunch door is located at the rear of the building and open Monday – Friday from 11:00 a.m. – 1 p.m. (Except Holidays)

**OPEN ARMS MISSION**

FOOD BANK - Open every Tuesday to Thursday 9:00am-4:00pm and Friday 9:00am-12:00pm. Please bring ID for everyone in the household and proof of address.  Non-perishable food, fresh produce, milk and meat may be available depending on stock levels and donated items.

PERSONAL CARE BANK - Open Tuesday and Thursday from 9:00am-4:00pm and is dependant on stock levels and donated items.

**HARVEST KITCHEN**

Sacred Heart Church *(Empire St Welland): Mon 4:30 pm-5:30pm*

St. Kevins Church *(Niagara St Welland): Wed 4:30 to 5:30pm*

Holy Trinity Church (*Division St Welland): 1st, 2nd, 3rd Thu of the month 4:30 to 5:30pm*

St Peter and Paul (*Beatrice St Welland): 4th and 5th Thu of the month, 4:30 to 5:30pm*

Southridge Church *(River Rd Welland): Fri 6 pm*

*(dine in is available at Southridge only)*

**BEYOND THE STREETS WELLAND**

Every Thursday from 6-7pm at the Welland Market Square