



# STRATFORD FOOD BANKS



## MONDAY

Salvation Army – Stratford – 230 Lightbourne Avenue 519-271-2950  
 1:30 pm - 4:30 pm call to book an appointment

## TUESDAY

Stratford House of Blessing – 423 Erie Street 519-273-3433  
 10:00 am – Noon and 1:00 pm – 3:00 pm [info@shob.org](mailto:info@shob.org)

Salvation Army – Stratford – 230 Lightbourne Avenue 519-271-2950  
 1:30 pm - 4:30 pm call to book an appointment

St. James Anglican Church – 6 Hamilton Street 519-271-3572  
 8:30 am – 11:00 am

## WEDNESDAY

Stratford House of Blessing – 423 Erie St., 519-273-3433  
 10:00 am – Noon and 1:00 pm – 3:00 pm [info@shob.org](mailto:info@shob.org)

Society of St. Vincent DePaul – St. Joseph’s Catholic Church 519-271-6722  
 96 Huron Street  
 3:00 pm – 5:00 pm

## THURSDAY

Stratford House of Blessing – 423 Erie Street 519-273-3433  
 10:00 am – Noon and 1:00 pm – 3:00 pm [info@shob.org](mailto:info@shob.org)

Salvation Army – Stratford – 230 Lightbourne Avenue 519-271-2950  
 9:30 am - 11:30 am and 1:30 pm to 4:30 pm  
 Call to book an appointment.

## FRIDAY

St. Paul’s Anglican Church – 9 Douro Street 519-271-4527  
 9:30 am – 11:00 am



# TAKE-OUT MEALS



### **MONDAY**

#### The Local

5:00 pm – 6:00 pm  
 For delivery place your order before noon the day before at [mealdelivery@thelocalcfc.org](mailto:mealdelivery@thelocalcfc.org)  
 Or 519-508-3663 x 1001

### **WEDNESDAY**

#### The Local

11:30 am – 12:30 pm  
 For delivery place your order before noon the day before at [mealdelivery@thelocalcfc.org](mailto:mealdelivery@thelocalcfc.org)  
 Or 519-508-3663 x 1001

### **THURSDAY**

#### Avon Mennonite

5:15 pm on **May 14<sup>th</sup>**  
**St. Joseph’s**  
 5:00 pm on **May 21<sup>st</sup>, June 18<sup>th</sup>, July 16<sup>th</sup>, Aug 29<sup>th</sup>, Sept 17<sup>th</sup>**  
 Pick Up at Hibernia Street Parish Hall Entrance

### **FRIDAY**

#### The Local

11:30 am – 12:30 pm  
 For delivery place your order before noon the day before at [mealdelivery@thelocalcfc.org](mailto:mealdelivery@thelocalcfc.org)  
 Or 519-508-3663 x 1001

## LOW COST ACCESS MARKET

Fresh Food at Affordable Prices

The Local Community Food Centre

612 Erie Street Stratford

Monday 5:00 pm – 6:00 pm

Friday 1:30 am – 12:30 pm



## HAVE QUESTIONS?

Call or Text 211 to Get Answers.



They can direct you to the services that will help you.

## EMERGENCY PET FOOD BANK

at

Stratford Perth Humane Society

125 Griffith Road, Stratford

You need to order ahead and arrange a pick-up time.

Call 519-273-6600 ext 258

and leave a message

OR

Email: [amber.gaynor@kwsphumane.ca](mailto:amber.gaynor@kwsphumane.ca)

(put "FOOD BANK REQUEST" in the subject line)

Supplies provided: cat food, dog food, small animal food, small animal bedding, cat litter and poop bags.



## FEELING STRESSED, ANGRY, LONELY OR AFRAID? NEED SOMEONE TO TALK TO?



KIDS HELPLINE

Text 86868

Phone 1-800-668-6868

HURON-PERTH HELPLINE  
AND CRISIS RESPONSE TEAM

Phone 1-888-829-7484

WOMEN'S CRISIS LINE AND  
SEXUAL ASSAULT HOTLINE

Phone 519-271-5550

## FEELING SICK? WORRIED YOU OR SOMEONE ELSE MIGHT HAVE COVID-19?

ONLINE ASSESSMENT AND INFO

Visit: [covid-19.ontario.ca](https://covid-19.ontario.ca)



HURON-PERTH HEALTHCARE ALLIANCE  
HEALTH LINE:

Call 1-888-221-2133 ext. 3267.

Monday to Friday: 9:00 am to 6:30 pm

Saturday and Sunday 9:00 am to 4:00 pm

TELEHEALTH ONTARIO

Call 1-866-797-0000

***IF YOU OR SOMEONE ELSE IS HAVING  
DIFFICULTY BREATHING CALL 911***

## IN NEED OF SHELTER?

AGES 16 to 24: Call Shelterlink at 519-272-2294

AGES 25+: Call Social Services at 519-271-3773 x254

AFTER HOURS: Call Huron Perth Crisis Line at 519-274-8000

