

FOOD ACCESS GUIDE WOODSTOCK AND OXFORD COUNTY

Food Banks and Free/Low-Cost Meals

Last Updated: June 2022

Program	Description
<p>Avondale United Church</p> <p>60 Harvey St., Tillsonburg 519-842-5532</p>	<p>Community meal (summer) Thursdays in June and July: 11:30am-12:30pm</p> <p>*Day of the week may vary after June and July</p>
<p>Cycles of Life – Community Outreach Table</p> <p>Sites: 22 Wilson St. (parking lot), Woodstock Heritage Court downtown gazebo, Ingersoll Upper Deck Youth centre, Tillsonburg</p> <p>226-777-4008 cyclesoflife.fstl@gmail.com</p>	<p>Food and toiletries available for pick up</p> <p>Woodstock: Mondays, Wednesdays, Fridays 1:00pm-3:00pm</p> <p>Ingersoll: Tuesdays 1:00pm-3:00pm</p> <p>Tillsonburg: Thursdays 1:00-3:00pm</p>
<p>Faith Presbyterian Church (Open Doors)</p> <p>101 Bidwell St., Tillsonburg 519-401-7495</p>	<p>Community Meal Fridays 5:00pm</p> <p>Emergency supplies Call to arrange or pick up on Fridays 5:00-7:00pm</p>
<p>First Baptist Church</p> <p>603 Adelaide St., Woodstock 519-537-5261</p>	<p>Lunch program Not running during Covid Possible restart in October</p>
<p>Helping Hands Blandford-Blenheim</p> <p>519-594-1305 Helping Hands Blandford-Blenheim Foodbank on Facebook</p>	<p>Food bank Call/text or message on Facebook to arrange pick up</p> <p>Service area: Blandford Blenheim township</p>

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<p>Helping Hand Food Bank Tillsonburg</p> <p>55 A Broadway St., Tillsonburg 519-688-3434 https://www.tillsonburgfoodbank.com/</p>	<p>Food bank By appointment only: Wednesdays 11:30am-3:30pm Services: perishable and non-perishable food items Donations accepted: Tuesdays and Wednesdays 8:00am-11:00am (back door)</p> <p>Service Area: Tillsonburg and area</p>
<p>Ingersoll and District InterChurch Committee - Caring Through Sharing</p> <p>56 Thames St. S, Ingersoll 519-933-7730 (leave a message) Interchurch2005@gmail.com</p>	<p>Food hamper By appointment only. Call and leave a voicemail.</p> <p>Service area: Ingersoll and area</p>
<p>Ingersoll Seniors Centre</p> <p>250 Ingersoll St. S, Ingersoll 519-485-2269 www.ingersollseniors.com</p>	<p>Various low-cost meal programs and services</p> <ul style="list-style-type: none"> ▪ Grocery buddy program: Volunteers pick and deliver groceries ▪ Frozen meals: delivery or pick up ▪ Meals on Wheels: volunteers deliver meals Monday-Friday over the lunch hour ▪ Curb side pick up meal delivery: Tuesdays <p>Call for program details and fees</p>
<p>Operation Sharing - Bullwinkle's Eatery</p> <p>22 Wilson St., Woodstock (College Ave United Church) 519-539-3361 https://www.operationsharing.ca/bullwinke</p>	<p>Take out lunch Pay as you are able Tuesdays, Wednesdays, Thursdays 12:00-1:00pm</p>

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<p>Operation Sharing - Food for Friends Ingersoll</p> <p>118 Church St., Ingersoll (Trinity United Church) 519-539-3361 bonnie@operationsharing.ca https://www.operationsharing.ca/food-for-friends</p>	<p>Food cards for various grocery stores Tuesdays and Thursdays 9:00am-12:00pm Call for more information</p>
<p>Operation Sharing - Food for Friends Woodstock</p> <p>22 Wilson St., Woodstock (College Ave United Church) 519-539-3361 bonnie@operationsharing.ca https://www.operationsharing.ca/food-for-friends</p>	<p>Food cards for various grocery stores Mondays, Wednesdays, and Fridays 9:00-11:30am Call for more information</p>
<p>Operation Sharing - The Inn at Old St. Paul's Church</p> <p>723 Dundas St., Woodstock (back of the hall) 519-537-3912 https://www.operationsharing.ca/services-4</p>	<p>Overnight shelter and meal Doors open at 7:30pm, followed by a meal Hours may change; call for more information</p>
<p>Oxford Community Support Services Network</p> <p>550 Ingersoll Ave., Woodstock 1-888-866-7518</p>	<p>Central Intake Provides referrals to meal and nutrition services offered in Oxford</p>

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<p>Salvation Army Ingersoll</p> <p>48 Charles St. W, Ingersoll 519-485-4961</p>	<p>Food bank</p> <p>By appointment only: Tuesdays and Thursdays 12:00pm-4:00pm</p> <p>Services: non-perishable and perishable food items. Baby formula and supplies also available</p> <p>Service Area: Ingersoll and surrounding area</p>
<p>Salvation Army Norwich</p> <p>18 Main St. W, Norwich 519-863-6375 (call) or 519-532-2935 (text)</p>	<p>Food bank</p> <p>By appointment only: Tuesdays-Fridays 1:00-4:30pm</p> <p>Services: non-perishable and perishable food items. Baby formula and supplies also available. Delivery available.</p> <p>Service Area: Norwich and surrounding area</p>
<p>Salvation Army Tillsonburg</p> <p>155 Broadway St., Tillsonburg (upstairs) Phone: 519-842-3231 ext. 104</p>	<p>Emergency food bank</p> <p>By appointment only: Mondays, Wednesdays, Fridays 9:00am-12:00pm and 1:00pm-3:30pm</p> <p>Services: Non-perishable food items available, voucher for perishable foods provided</p> <p>Service Area: Tillsonburg and area</p>
<p>Salvation Army Woodstock</p> <p>190 Huron St., Woodstock 519-539-6166</p>	<p>Food bank</p> <p>By appointment only: Mondays, Wednesdays, and Fridays 9:30am-12pm and 12:30pm-3:00pm</p> <p>Services: perishable and non-perishable food items. Baby formula and supplies may be available</p> <p>Service area: Woodstock and area</p>

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<p>St. Paul's United Church</p> <p>88 Bidwell St., Tillsonburg 519-688-0011</p>	<p>Hot meal/takeout meal Offered October – April Saturdays 11:30am-12:30am</p>
<p>St. Vincent De Paul's, St. Marys</p> <p>51 Venison St. W, Tillsonburg 519-842-3224 ext. 5</p>	<p>Friendship takeout dinner: 3rd Wednesday of the month: 4:00pm-5:00pm</p> <p>Emergency food access: Call and leave voicemail with contact information</p>
<p>Tavistock Assistance Program (TAP)</p> <p>519-655-3500 tapisforyou@outlook.com</p>	<p>Gift cards Gift cards for grocery stores provided</p>
<p>The Refuge</p> <p>United Church (285 Dundas St., Woodstock) 519-537-6755 The Refuge Woodstock on Facebook</p>	<p>Take out lunch Monday – Friday 12:30pm</p>
<p>VON Oxford</p> <p>519-539-1231 press 0 http://vonoxford.ca/meals-on-wheels/</p>	<p>Meals on Wheels Meal delivery service for seniors or adults with disabilities that are unable to cook or shop for themselves Hot meal program: Monday-Friday 11:30am-12:30pm Frozen meal program: delivery every 2 weeks</p> <p>Delivery available in Woodstock and Tavistock; pick up also available</p>