



Food Hampers

Break Free Ministries

- 766 Angus St
- 306-565-3113
- grocery hampers available 2nd and 4th Tuesday of each month

Celebration Lutheran Church

- 3130 Renfrew Cres
- 306-789-2727
- hampers the 2nd Saturday of each month

Chili for Children

- west doors of the māmawêyatitân centre
- 306-359-7919
- food hampers (limited amount) daily at 12:30 p.m.

Regina Food Bank

- 445 Winnipeg St (Food Hub 1881 Broad St)
- 306-791-6533
- call for a referral agency

Salvation Army (Haven of Hope Ministries)

- 2240 13th Ave
- 306-757-4600
- food line up Tuesdays 1pm and Thursdays 1:30 p.m.
- for emergency food, call for appointment

Visitation House

- 900 11th Ave
- 306-352-0016
- Monday to Thursday, 10:30 a.m. to 2:30 p.m.
- emergency food for women and children

Westminster United Church

- 3025 13th Ave
- 306-757-6444
- emergency canned or dry food

Food Pantries/Community Fridges

The Mosaic Pantry

- Al Ritchie Community Association
- 2250 Lindsay St
- 306-352-3930
- Monday to Friday, 10 a.m. to 2 p.m.

Cathedral Community Fridge

- 2140 Cameron Street
- located at east side of parking lot at The Holy Rosary Cathedral

Heritage Community Fridge

- Carmichael Outreach
- 1510 12th Ave
- 306-757-2235

Heritage Mini Food Pantries

- 306-757-9952

Pantry Addresses:

- 2035 Montreal St
- 2300 Halifax St
- 1827 Ottawa St (back alley)
- Art Park (corner of Halifax St and 11th Ave)
- 1654 11th Ave (located in the Heritage Community Gardens)

Regina Community Fridge

- 3037 Dewdney Ave
- located at Regina Family Pharmacy

