Free Meals



Regina and Surrounding Area

AIDS Progra.m. South Saskatchewan

- 2911 5th Avenue
- 306-924-8420
- Free breakfast Mondays to Saturdays

All Nation's Hope

- 2735 5th Avenue
- 306-924-8424
- Free breakfast and lunch Mondays to Fridays

Indian Métis Christian Fellowship

- 3131 Dewdney Avenue
- 306-359-1096
- Free breakfast Tuesdays to Fridays
- Fa.m.ily breakfast Saturday 10:00 to 11:00 a.m..
- Soup and Bannock available Wednesdays 11:00 a.m.. to 1:00 p.m.

Newo Yotina Friendship Centre

- 1635 11th Avenue
- 306-525-5042
- Breakfast available daily
- Suppers Monday to Friday at 3:30 p.m. and on weekends at 1:45 p.m.

Carmichael Outreach

- 1510 12th Avenue
- 306-757-2235
- Lunch service Monday to Friday 12:00 p.m. until food runs out

Chili for Children

- 1264 Athol Street
- 306-359-7919
- Lunch for school children Mondays, Wednesdays and Fridays
- Free community lunch (soup and Bannock) Thursdays at the Mâmawêyatitân Centre

CityKidz

- City Centre
- 306-529-8656
- Lunch available at Saturday progra.m. (religious) for ages 5 to 12. Children must be pre-registered and transportation is provided

Guru Nanak Free Kitchen

- Intersection of Dewdney Avenue and Angus Street
- 306-571-0900
- Sundays 12:30 to 3:00 p.m.

Marion Centre

- 1835 Halifax Street
- 306-757-0073
- Lunch available Mondays, Wednesdays, Fridays and Saturdays from 12:00 to 1:00 p.m.





First Baptist Church

- 2241 Victoria Avenue
- 306-359-1450
- Bagged lunches every Saturday

Salvation Army (Haven of Hope Ministries)

- 2240 13th Avenue
- 306-757-4600
- Lunch Thursdays 11:30 a.m.. to 12:30 p.m..
- Tuesdays at 1 p.m. and Thursdays at 1:30 p.m. food line up (donations from grocery stores)
- Saturdays at 5:30 p.m., food truck serving hot supper starting at Mobile Crises and heads to North Central until food runs out

St.Paul's Cathedral

- 1861 McIntvre Street
- 306-522-6439
- Bagged lunch on 2nd and 4th Saturdays of the month, from 10:30 a.m.. to 12:30 p.m.

Street Culture Project—Youth Emergency Project

- 1314 11th Avenue (Tuhk Sih Nowin Youth Shelter)
- 306-545-3445
- Bagged lunch until 9:00 p.m.

TLC Pantry

- 1909 Ottawa Street (Trinity Lutheran Church)
- 306-757-7729
- Bagged lunch Monday to Friday, 1:00 to 1:30 p.m.

Visitation House

- 900 11th Avenue
- 306-352-0016
- Women only. Monday to Thursday, 10:30 a.m. to 2:30 p.m.

Gerri Carroll Hope Centre

- 1836 Halifax Street
- 306-543-0011
- Suppers Monday to Friday at 5:00 p.m.

Rainbow Youth Centre

- 977 McTavish Street
- 306-757-9743
- Monday to Friday at 5:00 p.m., supper for 11 to 19 year olds

Souls Harbour Rescue Mission

- 1632 Angus Street
- 306-543-0011
- Supper Monday to Friday, 4:00 to 6:00 p.m.

