



Good Shepherd Centre's

## Meal Program



Every single day of the year, Good Shepherd Centre serves meals free of charge and without distinction to anyone in need. The Centre serves more than 1,000 meals and snacks daily.

Guests include:

- homeless individuals;
- people who live in single rooms with only a hot-plate for cooking;
- travellers in distress;
- recently arrived refugees;
- seniors, the disabled, and other people on fixed incomes. When the cost of living rises faster than their income, they can be forced to choose between housing and food.

Any individual in need can attend the drop-in and main meal service (see right).

In addition, the Centre's 91 overnight guests receive a hot breakfast and an evening snack. Overnight guests who are working are offered a bagged lunch.

Good Shepherd Centre is able to serve more than 1,000 meals and snacks a day thanks to:

- regular food gifts from businesses in the food industry and charities;
- charities like Daily Bread Food Bank and Second Harvest;
- volunteers who cook casseroles for the Provide-A-Meal Program;
- two annual food drives held by schools, parishes and other community groups.

The Centre has a refrigerated cube van which can make scheduled weekly or bi-weekly pick-ups from businesses or groups.

To inquire about making donations of food or funds, please call Good Shepherd Centre at (416) 869-3619, ext. 223.

### Good Shepherd Centre Daily Meal Serving Schedule

#### Drop-In

9:00 to 11:00 a.m.

*Baked goods, breakfast foods  
and hot drinks.*

#### Meal Service

2:00 to 4:00 p.m.

*Full hot meal: soup, main  
course, bread, drinks, dessert.*

Guests enter the dining room through the door on Tracy Street, just north of Queen Street. Nearest major intersection: Queen St. East & Parliament Street.

Meal service is provided every day of the year except Easter Sunday, Thanksgiving, and Boxing Day. On these three days, one special restaurant-style meal is served from noon to 2:30 p.m. Special meals serve 1,000 guests or more.

## What kind of food donations can we accept?

Thank you for considering a donation of food to Good Shepherd Centre's meal program.

### **Good Shepherd Centre gratefully accepts:**

- fresh, frozen, prepared and raw foods (meat, produce, dairy, juice and fresh or frozen meals);
- non-perishable foods, canned or packaged;
- food products that are surplus, close to code, damaged, mislabelled and discontinued.

### **Good Shepherd Centre cannot accept:**

- leftover food that has been 'plated' and served;
- prepared food with meat, egg or milk products that has been sitting at room temperature for over 2 hours;
- expired dairy and expired refrigerated meat;
- food or drinks with alcohol and/or medicinal ingredients;
- open packaged food or broken sealed food.\*

**You can make food donations with confidence.** Food donors are protected by Ontario's Donation of Food Act, 1994. This legislation protects those who, in good faith, donate or distribute food.

\*Thank you to Second Harvest's [Food Donation Guide](#) for these lists.

## Getting food to Good Shepherd Centre

You can **drop off food** at Good Shepherd Centre (412 Queen Street East) any day of the week. For drop-offs after 5:00 p.m., please call (416) 869-3619 ahead of time so that evening staff will know to expect you.

**Pick-ups for larger amounts** of food can be arranged by phoning Good Shepherd Centre at (416) 869-3619 ext. 277 during regular work hours (8:30 a.m. to 5:00 p.m.). Our two cube vans operate between 9:00 a.m. and 4:00 p.m., Monday to Friday. We appreciate 24 to 48 hours notice. Same-day pick-up is available only when the drivers' schedules permit.

If you want to **donate food on a regular basis**, we can arrange daily, weekly or monthly pick-ups. Please call at (416) 869-3619 ext. 277.