

The following food assistance programs are currently delivered by community organizations in Regina to assist those in need. Situations are changing rapidly, and the City continues to coordinate regular conversations with our community partners. Regular updates can be found on Regina.ca/community or by calling 306-777-7000.

Children and youth in need of food assistance		
Downtown Browne's Youth Shelter For Youth age 16 to 18	Bagged meals, water Pick up only	Monday to Friday 8 a.m. to 9 p.m. 1314 11th Avenue
North Central Family Center For families with children and seniors	Food hamper with staples (milk, bread, canned goods) Delivery to identified clients. Call (306) 347-2552	Monday to Friday 2 to 3 p.m.
Seniors in need of food assistance		
Convenience Meal Program (REACH) For seniors, individuals with limited mobility or who are health compromised	Frozen meals, fresh fruit Delivery on Wednesday and Thursday. Orders received by noon on Friday are delivered the following week.	For assistance in placing orders, call 306-347-3224 or visit Reachinregina.ca for more details. <i>No registration required</i>
Senior Mobile Stores (REACH) For seniors living in Regina Housing Complexes only	Frozen meals, fresh fruit Delivery only, orders must be placed in advance	Delivery days/hours posted in each building. Orders must be placed one day before delivery; call 306-347-3224 for assistance.
Family Service Regina Senior Groceries Program	Groceries Delivery only	Monday to Friday Call 306-757-6675 to register for the program or for more information.
Anyone in need of food assistance		
Salvation Army	Various donated baked goods Pick up only	Monday to Friday 1 p.m. until supplies last 2240 13th Avenue
Good Food Box (REACH)	Fresh fruits, vegetables Pick up only	Wednesday 1 to 4 p.m. 1308 Winnipeg Street
Cornerstone Support Shack (John Howard Society of Saskatchewan)	Snacks and coffee	Monday to Friday 10 a.m. to 4 p.m. 1801 Toronto Street – next to Pepsi Park
Newo Yotina	Light breakfast, coffee, water Pick up only	Monday to Friday 9 to 10 a.m. 1635 11th Avenue (front doors)
All Nations Hope Network	Breakfast to go Pick up only	Monday to Friday 9 to 11 a.m. 2735 5 th Avenue
Aids Program South Saskatchewan	Light breakfast, snack Pick up only	Tuesday to Friday 9:30 a.m. to 11 a.m. 1325 Albert Street

The following food assistance programs are currently delivered by community organizations in Regina to assist those in need. Situations are changing rapidly, and the City continues to coordinate regular conversations with our community partners. Regular updates can be found on Regina.ca/community or by calling 306-777-7000.

Aids Program South Saskatchewan	Light breakfast, snack Pick up only	Saturday and Sunday 11 a.m. to 3 p.m. 1325 Albert Street
Indigenous Christian Fellowship	Coffee and snacks Pick up only	Tuesday to Saturday 10 a.m. to 4 p.m. 3131 Dewdney Avenue (parking lot entrance)
Indigenous Christian Fellowship	Soup & Bannock Pick up only	Wednesday 12 to 1 p.m. 3131 Dewdney Avenue (parking lot entrance)
Indigenous Christian Fellowship	Breakfast sandwiches Pick up only	Saturday 10 a.m. to 12 p.m. 3131 Dewdney Avenue (parking lot entrance)
Aids Program South Saskatchewan	Bagged lunch Pick up only	Tuesday to Friday 1 to 3 p.m. 1325 Albert Street
All Nations Hope Network	Bagged lunch Pick up only	Monday to Friday 1 to 3:00 p.m. 2735 5 th Avenue
Marion Centre	Bagged lunch Pick up only	Monday, Tuesday, Wednesday, Friday and Saturday 11:45 a.m. to 1 p.m. 1835 Halifax Street
Carmichael Outreach Centre	Bagged hot lunch Pick up only	Monday to Friday 1 to 3 p.m. (or while supplies last) 1510 12th Avenue
Lunch with Sally (Salvation Army)	Bagged lunch Pick up only	Thursday 11 to 11:30 a.m. Salvation Army Haven of Hope 2240 13th Avenue
Student Energy in Action for Regina Community	Bagged lunch Pick up only	Saturday 1 to 3 p.m. Albert Street and Dewdney (Four Directions entrance)
Souls Harbour	Supper – meal easy to reheat at home Pick up only	Monday to Friday 3:30 to 5:30 p.m. 1631 Angus Street
Trinity Evangelical Lutheran Church Pantry	Food bag with all meals for day Pick up only	Monday to Friday 1 to 2 p.m. (as long as supplied last) 1909 Ottawa Street
Regina Food Bank	Food hamper Delivery, call 306-791-6533	Monday to Friday
Salvation Army	Emergency Food Assistance	Call 306-757-4600 to book an appointment

The following food assistance programs are currently delivered by community organizations in Regina to assist those in need. Situations are changing rapidly, and the City continues to coordinate regular conversations with our community partners. Regular updates can be found on [Regina.ca/community](https://regina.ca/community) or by calling 306-777-7000.