

Free/Low Cost Meals

Almonte, Carleton Place, Lanark

July, August, September 2018

Community Meals

Drop into any program free of charge

Program	Details	Address/Contact
Hungry Lunch Zion Memorial United Church	Tuesday 12:00pm	37 Franklin St., Carleton Place (613) 257-2133
Plan B Community Dinner Lanark Civitan Club	3 rd Monday of the month 4:00pm to 6:00pm	2144 Pine Grove Rd., Lanark (613) 259-5495
Healthy Snacks Mississippi Mills Youth Centre	Friday's 5:00pm to 8:00 pm	134 Main St., Almonte (613) 256-5959
Community Supper Seventh-day Adventist Church	Last Monday of each month 5:30pm (Building is not barrier free)	117 Victoria St., Carleton Place Call Barbara (613) 898-0215
Cooking Classes Carleton Place Core Youth Services	2 nd Wednesday each month 7:00pm to 9:00pm Open to all Ages	360 Edmond St., Carleton Place (613) 257-8546 lcfb.thehungerstop@gmail.com

Food Banks

Agency	Details	Address/Contact
The Hunger Stop Lanark County Food Bank	Monday & Wednesday 7:00pm to 9:00pm, Tuesday 9:00am to 1:00pm Thursday & Friday 9:00am to 12:00pm	5 Allan St., Carleton Place (613) 257-8546 lcfb.thehungerstop@gmail.com
Lanark Highlands Food Pantry	Tuesday 1:00pm - 4:00pm Thursday 10:00am - 1:00pm	49B George St., Lanark Village (613) 259-3285 lhfp3285@bellnet.ca
Salvation Army Food Bank Smiths Falls	Monday, Wednesday, & Friday, 9:00am to 4:30pm EMERGENCY FOOD CUPBOARD, Call for Appointment	251 Brockville St., Smiths Falls (613) 283-3563
Salvation Army Food Bank Perth	Tuesday & Thursday 9:00am to 4:30pm	95 Wilson St. W., Perth (613) 267-6260
Satellite Food Cupboard St Paul's Anglican Church	Tuesdays 2:00pm to 3:00pm Fellowship Room Please call ahead	70B Clyde St., Almonte (613) 257-8546 lcfb.thehungerstop@gmail.com

Information subject to change without notice. For more information, visit www.foodcoregl.ca/inventories.html#Help or call 1-800-660-5853


 Leeds . Grenville . Lanark