

# Free/Low Cost Meals

## Almonte, Carleton Place, Lanark

### October - December 2022

#### Community Meals

*Please note that due to COVID-19, information may change without notice.*

| Program  | Details  | Address/Contact  |
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| <b>Hungry Lunch</b><br>Zion Memorial United Church                         | Hot, nutritious meals served every Tuesday at 12:00pm. Dine-in or take-out, all welcome.   | 37 Franklin St., Carleton Place<br>(613) 257-2133                            |
| <b>Plan B Community Dinner</b><br>Lanark Civitan Club                      | Please call agency for program availability  | 2144 Pine Grove Rd., Lanark<br>(613) 259-5495                                |
| <b>Mississippi Mills Youth Centre</b><br>Community Meals Program           | Free healthy snacks and meals for youth<br>2:30pm - 7:30pm Monday – Friday,<br>Saturdays 1:00pm - 9:00pm   | 134 Main St., Almonte<br>(613) 256-5959                                      |
| <b>Complementary Cooking Classes</b><br>Hosted by Lanark Country Food Bank | Suspended until further notice   | 84 Mill St. Carleton Place<br>(613) 257-8546<br>Lcfb.thehungerstop@gmail.com |
| <b>St. James Breakfast Table</b><br>St. James Anglican Church              | Breakfast every Wednesday 8:30am - 10:30am   | 225 Edmund St.,<br>Carleton Place<br>(613)-257-3178                          |
| <b>Community Food Programs</b><br>Lanark Highlands Youth Centre            | <p style="text-align: center;"><b>School Year Food Programs:</b><br/>           Open 2:00pm – 8:00pm Tuesdays &amp; Fridays<br/>           serving dinner for youth members aged 10-18 at 5:30 pm.</p> <p style="text-align: center;"><b>Takeout Community Dinners:</b><br/>           Provided on a bi-monthly basis to any community members. Donations are accepted, but there is no cost to order. Call Youth Centre for specific dates.</p> | 61 Princess St., Lanark<br>(613)-259-2012                                    |

Information subject to change without notice. For more information, visit [www.foodcorelgl.ca/inventories.html#Help](http://www.foodcorelgl.ca/inventories.html#Help) or call 1-800-660-5853