

Free/Low Cost Meals

Perth

July, August, September 2018

Community Meals

Drop into any program free of charge

Program	Details	Address/Contact
St. James Anglican Church	No Dinners	12 Harvey St., Perth (613) 267-1163
St. John's Catholic Church	September 22 nd at St. James Anglican Church 4:30 to 6:00pm	12 Harvey St. , Perth (613) 267-1163
The Table Community Meals	Dinner Monday, Wednesday, & Friday 4:30pm to 6:00	190 Gore St. E., Perth (613) 267-6428 x5
The Table Cooking/Food Skills	Programs available Call Aisha Toor for Information	190 Gore St. E., Perth (613) 267-6428 x6
YAK After School Program	Monday to Friday 2:00pm to 7:00pm Youth Action Kommittee for youth ages 12 to 18 (special projects for youth ages 10 to 24)	1 Sherbrooke St. E., Perth (613)264-8381
	Free healthy supper offered every weeknight.	

Food Banks

Agency	Details	Address/Contact
Salvation Army Food Bank Perth	Tuesday & Thursday 9:00am to 4:30pm Closed August 27 th to 31 st Call for an appointment Emergency Food Supplies determined upon interview	95 Wilson St. W., Perth (613) 267-6260
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
The Table Good Food Bank	Monday 2:00pm - 5:00pm Tuesday 12:00pm - 3:30pm Wednesday 3:30pm - 6:00pm Friday 2:00pm -5:00pm (3-5 day supply of food once per month) For delivery call Tuesday between 9:30am to 11:30am	190 Gore St. E., Perth (613) 267-6428

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