

Free/Low Cost Meals

Perth

July, August, September 2019

Community Meals

| Program | Details | Address/Contact |
|--------------------------------------|--|---|
| St. James Anglican Church | No Dinners in July or August next dinner September 28 th | 12 Harvey St., Perth (613) 267-1163 |
| St. John's Catholic Church | No Dinners in July or August next dinner September 28 th at St. James Anglican Church 4:30pm - 6:00pm | 12 Harvey St. , Perth (613) 267-1163 |
| The Table Community Meals | Dinner Monday, Wednesday, & Friday 4:30pm - 6:00pm | 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 | No programs in July, August or September | 1 Sherbrooke St. E., Perth (613)264-8381 |

Food Banks

| Agency | Details | Address/Contact |
|-------------------------------------|--|---|
| Salvation Army Food Bank | Tuesday & Thursday 9:00am - 4:00pm 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 |