

Community Food Programs



PERTH - January, February, March 2018

PLEASE CALL TO CONFIRM TIMES AND DATES

Drop into any program free of charge

AGENCY	WHERE & WHEN
St. James Anglican Church	2 nd Saturday of the month, at St. James Anglican Church, 12 Harvey St., (613) 267-1163
St. John's Catholic Church	4 th Saturday of the month, 4:30pm to 6:00pm, at St. James Anglican Church, 12 Harvey St., (613) 267-1163
Salvation Army	Tuesday 9:00am to 4:30pm & Thursday 1:30pm to 4:30pm ONLY Please call for an appointment Salvation Army Emergency Food supplies determined upon interview 95 Wilson St. W. (613) 267-6260
The Table Good Food Bank	Monday 2:00pm-5:00pm, Tuesday 12:00pm to 3:30pm, Wednesday 3:30pm to 6:00pm & Friday 2:00pm to 5:00pm 190 Gore St. E., (613) 267-6428 (3-5 day supply of food once per month) For delivery call Tuesday between 9:30am & 11:30 am
The Table Community Meals	Dinner Monday, Wednesday & Friday 4:30pm to 6:00pm 190 Gore St. E., (613) 267-6428 Note: Wed. Dec. 20th Turkey Dinner FREE Cooking/Food Skills Programs Available Call Aisha Toor for Information (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) Daily Meals & Snack Program, Emergency Food Cupboard <i>Closed Holidays & Field Trip Days</i> FULLY STOCKED KITCHEN ALWAYS AVAILABLE TO YOUTH CLIENTELE 1 Sherbrooke St E., (613) 264-8381
Code's Mill Banquet Hall	Free Christmas Dinner December 25 th , 2017 Dinner at 12:00 Code's Mill Banquet Hall 17 Wilson St. E, Perth *To register, or if delivery or ride is needed. Call 613 326-8365

NOTE: ALL INFO MAY NOT HAVE BEEN AVAILABLE AT PRINT TIME

For more information, call 1-800-660-5853 or visit www.healthunit.org/nutrition