

# Free/Low Cost Meals

## Perth

### October - December 2022

#### Community Meals

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

Program	Details	Address/Contact
<b>St. James Anglican Church</b>	Community Dinners – Second Saturday of each month 4:30pm - 6:00pm. Dine-in meal at 54 Beckwith St. E, Perth. Contact the office for more information.	54 Beckwith St.E., Perth (613) 267-1163
<b>St. John the Baptist Catholic Church</b>	Suspended until further notice due to COVID-19.	
<b>The Table Community Meals</b>	<p style="text-align: center;">Take-Out Meal Times: Mondays 4:30pm - 6pm</p> <p style="text-align: center;">In Person / Dine-in Meals: Wednesdays and Fridays 4:30pm - 6pm</p> <p style="text-align: center;">For people in Perth and surrounding areas who are not able to make it to The Table to pick up a meal, delivery service is available on Mondays only.</p> <p>For deliveries call 613-267-6428 ext.105 by 5:00pm the day before the meal. Please leave us a message with your address, the number of meals, whether any are vegetarian, and a phone number we can reach you at.</p>	190 Gore St. E., Perth (613) 267-6428 x5
<b>YAK After School Program</b>	<p style="text-align: center;">Snacks available weeknights 3:15pm – 7:00pm for youth ages 12 - 18</p> <p style="text-align: center;">Dinner available weeknights between 4pm and 5pm for youth ages 12 - 18</p>	1 Sherbrooke St. E., Perth (613)264-8381
<b>YAK and The Table Free Food Kiosk</b>	This is an anonymous food pick up program, and can be accessed Monday to Friday 11:00am - 5:00pm.	1881 Rogers Rd. Perth