

# Free/Low Cost Meals

## Rural Leeds Grenville

### July, August, September 2019

#### Community Meals

Program	Details	Address/Contact
<b>Community Simple Fare Luncheon</b>	3 <sup>rd</sup> Thursday each month 11:30am - 12:30pm	Addison United Church 9007 County Rd #29, Addison (613) 924-9816
<b>Coffee Break</b>	Thursday 8:00am - 10:30am	
<b>Manna Café</b> Salvation Army	Monday to Thursday 11:30am - 1:30pm	120 Garden St., Gananoque (613) 382-3105
<b>Friendship Luncheon</b> St. John's Church Hall	<b>No lunches in June, July or August</b> Fridays 11:00am - 1:00pm	400 Prescott St., Kemptville (613) 258-3259
<b>Lunch</b> <b>Portland United Church</b>	4 <sup>th</sup> Tuesday each month 12:00pm	10 Colborne St., Portland (613) 272-2002
<b>King's Kitchen</b> South Grenville High School	<b>Closed for July and August</b> reopens September 11 <sup>th</sup> 4:30pm to 6:30pm	1000 Edward St., Prescott (613) 340-3070 or (613) 349-9811
<b>Community Drop In Lunch</b> South Crosby	4 <sup>th</sup> Friday of the month 11:30am - 1:00pm	Elgin Municipal Complex 47 Main St., Elgin, (613) 272-2227
<b>Family Cooking Night</b> Country Roads CHC	July 9 <sup>th</sup> and August 13 <sup>th</sup> 4:00pm - 7:00pm	4319 Cove Rd., Portland (613) 272-2799
<b>What's Cooking</b> Country Roads CHC	3 <sup>rd</sup> Tuesday each month 1:00pm - 3:00pm	4319 Cove Rd., Portland (613) 272-2799
<b>What's Cooking</b> Free Methodist Church	1 <sup>st</sup> Tuesday of the month 10:00am - 1:00pm	85 Bedford St. Westport (613) 272-2799

#### Food Banks

Agency	Details	Address/Contact
<b>Roll Aid Centre</b> Seeley's Bay Legion	Tuesday 10:00am - 12:00pm	116 Bay St., Seeley's Bay (613) 770-2935
<b>Delta Food Bank</b> Delta United Church	2 <sup>nd</sup> Tuesday of the month 9:00am - 10:00am	36 King St., Delta (613) 213-4828
<b>Elgin Food Bank</b> Bethel Pentecostal Tabernacle	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday 10:00am - 12:00pm	31 Water St., Elgin (613) 359-6118
<b>Portland Food Bank</b> Portland Community Hall	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday 10:30am - 12:00pm	24 Water St., Portland (613) 205-1340
<b>Westport Food Bank</b> Westport United Church	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday 9:00am - 11:30am	27 Church St., Westport (613) 273-5289
<b>South Grenville Food Bank</b> Cardinal Public Library	Wednesday 10:00am - 2:00pm	618 King's Hwy. #2, Cardinal (613) 657-1967
<b>South Grenville Food Bank</b> Spencerville United Church	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday 11:00am - 1:00pm Pre-order perishable food items by calling 613-925-2444 ext. 2	16 Centre St., Spencerville (613) 925-2444
<b>South Grenville Food Bank</b> Prescott	<b>Closed Fridays in July and August</b> Tuesday, Wednesday, Thursday and Friday 10:00am - 1:30pm	136 Henry St., Prescott (613) 925-2444
<b>Athens Food Bank</b> Free Methodist Church	Mondays 10:00am - 12:00pm (except holidays)	58 Elgin St. N., Athens (613) 924-9112
<b>Kemptville Salvation Army</b>	Tuesday & Thursday 12:30pm - 3:30pm	2 Oxford St. W., Kemptville (613) 258-3583
<b>Gananoque Food Bank</b>	Wednesdays and Fridays 12:30pm - 2:45pm	55 King St E. Lower Level of Legion, Gananoque, (613)382-4434
<b>The Salvation Army</b> Emergency Food Bank Gananoque	Monday to Thursday 10:00am - 2:30pm	120 Garden St. Gananoque 613-382-3105
<b>House of Lazarus</b> Mountain	<b>Closed July 1<sup>st</sup> and August 5<sup>th</sup> and September 2<sup>nd</sup></b> Monday to Friday 9:00am - 12:00pm Tuesday & Wednesday 1:00pm - 4:00pm Thursday 1:00pm - 8:00pm	2245 Simms St. Mountain (613) 989-3830

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