

Free/Low Cost Meals Smiths Falls October - December 2022

Community Meals

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

Program	Details	Address/Contact
Lunch St. Francis de Sales	Bags will be premade and can be picked up Wednesdays 12:00pm - 1:00pm. Call ahead if delivery is needed	Hanley Hall 4 McGill St., Smiths Falls 613-283-0220
Dinner St. Johns Anglican Church	Dinner available for delivery on the 3 rd Sunday of the month for November and December. Please call church office by Friday afternoon, and leave name, phone number and address, if the phone is not answered. October dinner on Thanksgiving weekend. Please call for dates.	2 George St South Smiths Falls 613-283-1261
Lunch Salvation Army	Dine-in lunch Fridays at 12:00pm - 1:00pm. Please call on Thursdays before 4:00pm to place your order. Thanksgiving Turkey Dinner, Friday October 14 th at 12:00pm. Please call ahead if you have a large group	251 Brockville St., Smiths Falls 613-283-3563
Lunch The Lions Club	Suspended until further notice	19 Abbott St. Smiths Falls (613) 285-6561
Lunch Westminster Presbyterian Church	Please call agency for program availability	11 Church St. W., Smiths Falls (613) 283-7527
Lunch Portland United Church	Lunch available on the fourth Tuesday of every month at 12:00pm until 1:00pm. Goodwill offerings accepted, proceeds go to the Flex Plan Group to subsidize dental care for those on low or fixed incomes.	10 Colborne St., Portland (613) 272-2002
Community Drop In Lunch South Crosby	Please call agency for program availability	Elgin Municipal Complex 47 Main St., Elgin (613) 272-2227
Cooking Group Westminster Presbyterian Church	Please call agency for program availability	11 Church St. W. Smiths Falls (613) 283-7527
What's Cooking Country Roads CHC	What's Cooking is offered from 10:00am – 1:00pm at Country Roads Community Health Centre in Portland on the 1 st Tuesday of the month. Contact Kate to register at 613-272-2799 ext. 237, kearl@crhc.on.ca	4319 Cove Rd., Portland (613) 272-2799

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