

Free/Low Cost Meals Smiths Falls January - April 2024

Community Meals

| 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 | Suspended until further notice. | 2 George St. S., Smiths Falls 613-283-1261 |
| Lunch Salvation Army | Lunches will resume on January 12, 2024. Dine-in lunch Fridays at 11:30am - 1:00pm. | 251 Brockville St., Smiths Falls 613-283-3563 |
| Dinner Smiths Falls Lions Club | Served on the 4 th Wednesday of the month from 5pm-6:30 pm. Doors open at 4:30pm. | 19 Abbott St.S., Smiths Falls (corner of Elm St. and Abbott St.) smithsfallslions@gmail.com |
| 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 |
| Brown Bag Lunch to Go St. Luke's Leeds Anglican Church | Offering a free brown bag lunch-2-go at the New Creation Thrift Shop. Available every day that the Shop is open. Lunch includes a sandwich, juice box, fruit and veggie sticks. Also offering hearty soups to go, frozen or dehydrated. Thrift Shop open Wed-Sat 10am – 2pm. | New Creation Thrift Shop 18 Main St. Elgin 613-540-2952 |
| Food and Fellowship St. Luke's Leeds Anglican Church | Open Table Lunch everyone welcome, 1st Tuesday of each month starting at 12:30pm Men's Breakfast, 2nd Tuesday of each month at 8:00am Women's Lunch, last Tuesday of each month at 12:30pm | The Junction Restaurant 295 Hwy 15 North of Seeley's Bay 613-507-3311 |
| Brunch Newboro Community Hall | Served on the 3 rd Wednesday of each month 10:30am -12:30pm | Newboro Community Hall 15 Drummond St., Newboro 613-866-9810 |
| What's Cooking Country Roads CHC | Learn how to prepare a free meal on the first Tuesday of the month from 10:00am-1:00pm Contact Terri Howard, Community Health Worker Email: thoward@crchc.on.ca Phone: 613 272-3302 #248 | 4319 Cove Rd., Portland (613) 272-2799 |
| Hot Lunch The Table | Lunch available every Monday. Doors open at 11:00am and lunch is served between 12:00pm and 1:00pm. | Hanley Hall 30 McGill St. North (613) 267-6428 x5 |

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

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