

Free/Low Cost Meals

Smiths Falls

July, August, September 2019

Community Meals

Program	Details	Address/Contact
Lunch St. Vincent de Paul Society	Wednesdays 11:30am - 12:30pm	Hanley Hall (downstairs) 30 McGills St. N. Smiths Falls
Dinner St. Vincent de Paul Society	1 st Friday of the month, Dinner 5:30pm - 6:30pm, social to follow until 8:00pm	Hanley Hall (downstairs) 30 McGills St. N. Smiths Falls
Lunch The Lions Club	No lunches in July, August or September	19 Abbott St. Smiths Falls 613-285-6561
Lunch The MISSION	Mondays every other week, except holidays 11:30am - 1:30pm Tuesday and Friday 11:30am - 2:00pm Closed Wednesday, Thursday 11:30am - 1:00pm	37 Beckwith St., Smiths Falls (613) 206-7272
Lunch St. John's Anglican Church	No lunches in July or August Sunday September 15 th - Doors open at 3:45pm, dinner at 4:00pm	2 George St., Smiths Falls (613) 283-1261
Dinner Westminster Presbyterian Church	No dinners in July or August Dinners resume September 22 nd 12:00pm - 1:30pm	11 Church St. W., Smiths Falls (613) 283-7527
Lunch Portland United Church	Lunch 4 th Tuesday each month 12:00pm	10 Colborne St., Portland (613) 272-2002
Lunch Salvation Army	Lunch Program Every Friday 11:30am - 1:00pm July 19th and 26th and August 2nd and 9th lunches are cancelled	251 Brockville St., Smiths Falls (613) 283-3563
Community Drop In Lunch South Crosby	4 th Friday of the month 11:30am - 1:00pm	Elgin Municipal Complex 47 Main St., Elgin, (613) 272-2227
Cooking Group Westminster Presbyterian Church	No classes in July or August Classes resume September 16 th , 4:30pm- 5:30pm	11 Church St. W. Smiths Falls (613) 283-7527
What's Cooking Country Roads CHC	3 rd Tuesday each month 1:00pm to 3:00pm	4319 Cove Rd., Portland (613) 272-2799
Family Cooking Night Country Roads CHC	July 9 th and August 13 th from 4:00pm - 7:00pm	
What's Cooking Free Methodist Church	1 st Tuesday of the month 10:00am - 1:00pm	85 Bedford St. Westport (613) 272-2799

Food Banks

Agency	Details	Address/Contact
Smiths Falls Community Food Bank	Regular Hours: Monday 5:00pm - 7:00pm (Closed all Stat. Holidays) Summer Hours until August 31st: Tuesday, Wednesday & Friday, 9:30am - 11:30am September: Tuesday, Wednesday & Friday, 1:00pm - 3:00pm	93 Russell St. E., Smiths Falls (613) 283-6695
Delta Food Bank Delta United Church	2 nd Tuesday of the month 9:00am - 10:00am	36 King St., Delta (613) 213-4828
Elgin Food Bank Bethel Pentecostal Tabernacle	2 nd & 4 th Thursday 10:00am - 12:00pm	31 Water St., Elgin (613) 359-6118
Portland Food Bank Portland Community Hall	1 st & 3 rd Tuesday 10:30am - 12:00pm	24 Water St., Portland (613) 205-1340
Westport Food Bank Westport United Church	2 nd & 4 th Thursday 9:00am - 11:30am	27 Water St., Westport (613) 273-5289
Salvation Army Food Bank Smiths Falls	Monday, Wednesday, & Friday, 9:00am - 4:00pm EMERGENCY FOOD CUPBOARD, Call for Appointment	251 Brockville St., Smiths Falls (613) 283-3563

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