

Free/Low Cost Meals

Smiths Falls

July, August, September 2018

Community Meals

Drop into any program free of charge

Program	Details	Address/Contact
Lunch Lions Club	Wednesday 11:30am to 1:30pm	19 Abbott St. S., Smiths Falls 613-284-6756
Lunch The MISSION	Monday to Friday Lunch 12:00pm to 2:00pm	37 Beckwith St., Smiths Falls (613) 206-7272
Dinner St. John's Anglican Church	Sunday Dinner September 16 th Doors open 3:45pm Dinner 4pm	2 George St., Smiths Falls (613) 283-1261
Dinner Westminster Presbyterian Church	Dinner 4 th Sunday each month 12:00pm to 1:30pm (No dinners July, August or December) The Pantry, Resuming in September 3 rd Monday each month 4:30pm to 5:30pm	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	July and September only (closed in August) Lunch Program Every Friday 11:30am to 1:00pm	251 Brockville St., Smiths Falls (613) 283-3563
What's Cooking Free Methodist Church	1 st Tuesday of the month 10:00am to 1:00pm	85 Bedford St., Westport (613) 272-2799
What's Cooking Country Roads CHC	3 rd Tuesday each month 1:00pm to 3:00pm	4319 Cove Rd., Portland (613) 272-2799

Food Banks

Agency	Details	Address/Contact
Smiths Falls Community Food Bank	Monday 5:00pm to 7:00pm July & August Tuesday, Wednesday & Friday 9:30am to 11:30am September Tuesday, Wednesday & Friday, 1:00pm to 3:00pm	93 Russell St. E., Smiths Falls (613) 283-6695
Delta Food Bank Delta United Church	2 nd & 4 th Tuesday 9:00am to 10:00am	36 King St., Delta (613) 803-3549
Elgin Food Bank Bethel Pentecostal Tabernacle	2 nd & 4 th Thursday 9:30am to 11:30am	31 Water St., Elgin (613) 359-6118
Portland Food Bank Portland Community Hall	1 st & 3 rd Tuesday 11:00am to 12:00pm	24 Water St., Portland (613) 205-1340
Westport Food Bank Westport United Church	2 nd & 4 th Thursday 9:00am to 11:30am	27 Water St., Westport (613) 273-5289
Salvation Army Food Bank Smiths Falls	Monday, Wednesday, & Friday, 9:00am to 4:30pm 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


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