

Free/Low Cost Meals

Almonte, Carleton Place, Lanark

January, February, March 2019

Community Meals

Program	Details	Address/Contact
Hungry Lunch Zion Memorial United Church	Tuesday 12:00pm	37 Franklin St., Carleton Place (613) 257-2133
Plan B Community Dinner Lanark Civitan Club	3 rd Monday of the month 4:00pm to 6:00pm	2144 Pine Grove Rd., Lanark (613) 259-5495
Mississippi Mills Youth Centre	Healthy Snacks Tuesday, Wednesday & Thursday 2:30pm – 6:00pm	134 Main St., Almonte (613) 256-5959
	Supper Thursdays 4:00pm 6:00pm	
Community Supper Seventh-day Adventist Church	Last Monday of each month 5:30pm (Building is not barrier free)	117 Victoria St., Carleton Place Call Barbara (613) 898-0215
Cooking Classes Carleton Place Core Youth Services	2 nd Wednesday each month 7:00pm to 9:00pm Open to all Ages - children under 16 to be accompanied by an adult	360 Edmond St., Carleton Place (613) 257-8546 lcfb.thehungerstop@gmail.com

Food Banks

Agency	Details	Address/Contact
The Hunger Stop Lanark County Food Bank	Monday & Wednesday 5:00pm to 7:00pm, Tuesday 9:00am to 1:00pm Thursday & Friday 9:00am to 12:00pm	5 Allan St., Carleton Place (613) 257-8546 lcfb.thehungerstop@gmail.com
Lanark Highlands Food Pantry	Tuesday 10:00am - 1:00pm Thursday 1:00pm – 4:00pm	49B George St., Lanark Village (613) 259-3285 lhfp3285@bellnet.ca
Salvation Army Food Bank Smiths Falls	Lunch Program, Fridays 11:30am – 1:00pm	251 Brockville St., Smiths Falls (613) 283-3563
	Monday, Wednesday, & Friday, 9:00am to 4:30pm EMERGENCY FOOD CUPBOARD Call for Appointment	
Salvation Army Food Bank Perth	Tuesday & Thursday, 9:00am to 4:30pm	95 Wilson St. W., Perth (613) 267-6260
Satellite Food Cupboard St Paul's Anglican Church	Tuesdays 2:00pm to 3:00pm Fellowship Room, please call ahead	70B Clyde St., Almonte (613) 257-8546 lcfb.thehungerstop@gmail.com

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