

Free/Low Cost Meals

Almonte, Carleton Place, Lanark

September to December 2024

Community Meals

Program	Details	Address/Contact
Hungry Lunch Zion Memorial United Church	Hot, nutritious meals served every Tuesday at 12:00pm. Dine-in or take-out, all welcome.	37 Franklin St., Carleton Place (613) 257-2133
Mississippi Mills Youth Centre Community Meals Program	Serving free meals and snacks 2:30pm -7:30pm Monday - Friday 11:00am - 5:00pm - Saturdays	134 Main St., Almonte (613) 256-5959
St. James Breakfast Table St. James Anglican Church	Breakfast every Wednesday 8:30am - 10:30am	225 Edmund St., Carleton Place (613)-257-3178
Community Food Programs Lanark Highlands Youth Centre	School year hours: open Tuesdays 2pm-8pm, Thursdays 2pm-6pm and Fridays 2pm-8pm. A snack will be provided on Tuesdays, Thursdays and Fridays. Dinner is served on Tuesday and Friday nights at 5 pm. *Takeout Community Dinners: Provided on a bi-monthly basis to any community members. Donations are accepted, but there is no cost to order. Call Youth Centre for specific dates. *Community Dinners will be suspended during July and August, but fresh produce from the community garden will be available.	61 Princess St., Lanark (613)-259-2012
A Meal for All Community Presbyterian Church	Free hot nutritious breakfast served every Thursday from 8:30am - 10:30am. All are welcome.	111 Church Street, Almonte hello@amealforall.ca
Frozen Meals Carebridge Community Support	A variety of healthy frozen meals available, ready to heat and eat. Call ahead to place a pick-up order (or just walk in during office hours). For more information or to order a menu, please call Home Support at 613-256-4700.	67 Industrial Drive, P.O. Box 610 Almonte, ON K0A 1A0 (613) 256-1031 ext. 215
Social and Congregate Dining Carebridge Community Support	Social meals for delicious food, fun and company are served by volunteers and accompanied by a range of entertainment. Transportation can be provided to these social dining events via accessible vehicles. A nominal fee applies. For more information, please call Home Support at 613-256-1031 x.216.	67 Industrial Drive, P.O. Box 610 Almonte, ON K0A 1A0 (613) 256-1031 ext. 216

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