

# Free/Low Cost Meals

## Brockville

### January, February, March 2019

#### Community Meals

Program	Details	Address/Contact
<b>Loaves &amp; Fishes Dinner</b>	Monday to Friday 4:00pm to 6:00pm (Tickets are \$2.00) Children under ten eat for free	25 Front Ave. W., Brockville (613) 345-6498
<b>Common Ground Lunch</b> LL&G Mental Health	Monday to Friday 10:00am to 12:30pm	25 Front Ave. W., Brockville (613) 498-7729
	The Pier Community Outreach Program	
<b>Sunday Dinner</b> LL&G Mental Health	3 <sup>rd</sup> Sunday of month 3:30pm to 5:00pm	
<b>Sunday Dinner</b> St. Lawrence Anglican Church	1 <sup>st</sup> Sunday of month 3:30pm to 5:30pm	80 Pine St., Brockville (613) 345-5717
<b>Sunday Dinner</b> Wall Street United Church	2 <sup>nd</sup> & 5 <sup>th</sup> Sunday of month 3:00pm to 5:00pm	5 Wall St., Brockville (613) 342-5401
<b>Soup for the Souls</b> 1000 Island Baptist Church	4 <sup>th</sup> Sunday of month 3:00pm to 5:00pm	229 Park St., Brockville (613) 342-9552
<b>Saturday Breakfast</b> Brockville Wesleyan Church	3 <sup>rd</sup> Saturday of month 8:30am to 10:30am	33 Central Ave. W., Brockville (613) 342-4566

#### Food Banks

Agency	Details	Address/Contact
<b>Brockville Food Bank</b> Operation Harvest Sharing	2 <sup>nd</sup> Monday of the month 6:00pm to 7:30pm Every Tuesday to Friday 10:00am to 3:00pm	58 Buell St., Brockville (613) 342-0605
<b>South Grenville Food Bank Cardinal</b> Cardinal Public Library	Wednesdays 10:00am to 2:00pm	618 King's Hwy. #2, Cardinal (613) 657-1967
<b>South Grenville Food Bank Spencerville</b> Spencerville United Church	2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of the month 11:00am to 1:00pm	16 Centre St., Spencerville (613) 925-2444
<b>South Grenville Food Bank Prescott</b>	Tuesday, Wednesday, Thursday and Friday 10:00am – 1:30pm	136 Henry St., Prescott (613) 925-2444
<b>Athens Food Bank</b> Free Methodist Church	Mondays 10:00am to 12:00pm	58 Elgin St. N, Athens (613) 924-9112
<b>Salvation Army Food Bank</b> Brockville Community Church	Tuesday & Thursday 9:00am to 3:00pm By Appointment only	175 First Ave. Brockville (613) 342-5211

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