

Free/Low Cost Meals

Perth

January, February, March 2019

Community Meals

Program	Details	Address/Contact
St. James Anglican Church	Dinners 2 nd Saturday of each month	12 Harvey St., Perth (613) 267-1163
St. John's Catholic Church	4 th Saturday of each month at St. James Anglican Church 4:30 to 6:00pm	12 Harvey St. , Perth (613) 267-1163
The Table Community Meals	Dinner Monday, Wednesday, & Friday 4:30pm to 6:00pm	190 Gore St. E., Perth (613) 267-6428 x5
The Table Cooking/Food Skills	Programs available Call Aisha Toor for Information	190 Gore St. E., Perth (613) 267-6428 x6
YAK After School Program	Monday to Friday 2:00pm to 7:00pm Youth Action Committee for youth ages 12 to 18 (special projects for youth ages 10 to 24) Free healthy supper offered every weeknight.	1 Sherbrooke St. E., Perth (613)264-8381

Food Banks

Agency	Details	Address/Contact
Salvation Army Food Bank	Tuesday & Thursday 9:00am - 4:30pm Call for an appointment Emergency Food Supplies determined upon interview	95 Wilson St. W., Perth (613) 267-6260
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
The Table Good Food Bank	Monday 2:00pm - 5:00pm Tuesday 12:00pm - 3:30pm Wednesday 3:30pm - 6:00pm Friday 2:00pm -5:00pm (3-5 day supply of food once per month) For delivery call Tuesday between 9:30am to 11:30am	190 Gore St. E., Perth (613) 267-6428