

Free/Low Cost Meals Smiths Falls October - December 2023

Community Meals

Please note that due to COVID-19, information may change without notice.

Program	Details	Address/Contact
Lunch St. Francis de Sales	Bags will be premade and can be picked up Wednesdays 12:00pm - 1:00pm. Call ahead if delivery is needed	Hanley Hall 4 McGill St., Smiths Falls 613-283-0220
Dinner St. Johns Anglican Church	Suspended until further notice.	2 George St South Smiths Falls 613-283-1261
Lunch Salvation Army	Last lunch of the year will be November 17 th which will be a Turkey dinner, lunches to resume in January. Dine-in lunch Fridays at 11:30am - 1:00pm.	251 Brockville St., Smiths Falls 613-283-3563
Lunch Westminster Presbyterian Church	On the 3 rd Wednesday of each month a group called the "Merry Lunch Bunch" gathers for a home cooked meal. Please call agency for program availability.	11 Church St. W., Smiths Falls (613) 283-7527
Lunch Portland United Church	Lunch available on the fourth Tuesday of every month at 12:00pm until 1:00pm. Goodwill offerings accepted, proceeds go to the Flex Plan Group to subsidize dental care for those on low or fixed incomes.	10 Colborne St., Portland (613) 272-2002
Brown Bag Lunch to Go St. Luke's Leeds Anglican Church	Offering a free brown bag lunch-2-go at the New Creation Thrift Shop. Available every day that the Shop is open. Lunch includes a sandwich, juice box, fruit and veggie sticks. Also offering hearty soups to go, frozen or dehydrated. Thrift Shop open Wed-Sat 10am - 2pm.	New Creation Thrift Shop 18 Main St. Elgin 613-540-2952
Food and Fellowship St. Luke's Leeds Anglican Church	Open Table Lunch (will resume in November) everyone welcome, 1 st Tuesday of each month starting at 12:30pm Men's Breakfast, 2 nd Tuesday of each month at 8:00am Women's Lunch, last Tuesday of each month at 12:30pm	The Junction Restaurant 295 Hwy 15 North of Seeley's Bay 613-507-3311
Brunch Newboro Community Hall	Served on the 3 rd Wednesday of each month 10:30am -12:30pm	Newboro Community Hall 15 Drummond St., Newboro 613-866-9810
What's Cooking Country Roads CHC	Learn how to prepare a free meal on the first Tuesday of the month from 10:00am-1:00pm Contact Terri Howard, Community Health Worker Email: thoward@crhc.on.ca Phone: 613 272-3302 #248	4319 Cove Rd., Portland (613) 272-2799
Hot Lunch The Table	Lunch available every Monday. Doors open at 11:00am and lunch is served between 12:00pm and 1:00pm.	Hanley Hall 30 McGill St. North (613) 267-6428 x5

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