

# Free/Low Cost Meals

## Smiths Falls

### January, February, March 2019

#### Community Meals

Program	Details	Address/Contact
<b>Lunch</b> St. Vincent de Paul Society	Wednesdays 11:30am to 12:30pm	Hanley Hall (downstairs) 30 McGills St. N. Smiths Falls
<b>Dinner</b> St. Vincent de Paul Society	1 <sup>st</sup> Friday of the month, Dinner 5:30pm to 6:30pm, social to follow until 8:00pm	Hanley Hall (downstairs) 30 McGills St. N. Smiths Falls
<b>Lunch</b> The Lions Club	Alternating Mondays and Wednesdays every other week beginning on January 7 <sup>th</sup> (Jan. 16, 21, 30) 11:30am -1:00pm	19 Abbott St. Smiths Falls 613-285-6561
<b>Lunch</b> The MISSION	Monday to Friday Lunch 12:00pm to 2:00pm	37 Beckwith St., Smiths Falls (613) 206-7272
<b>Lunch</b> St. John's Anglican Church	3 <sup>rd</sup> Sunday of the month Doors open 12:45pm	2 George St., Smiths Falls (613) 283-1261
<b>Dinner</b> Westminster Presbyterian Church	Dinner 4 <sup>th</sup> Sunday each month 12:00pm to 1:30pm (No dinners July, August or December)	11 Church St. W., Smiths Falls (613) 283-7527
<b>Lunch</b> Portland United Church	Lunch 4 <sup>th</sup> Tuesday each month 12:00pm	10 Colborne St., Portland (613) 272-2002
<b>Lunch</b> Salvation Army	Lunch Program Every Friday 11:30am to 1:00pm	251 Brockville St., Smiths Falls (613) 283-3563
<b>Community Drop In Lunch</b> South Crosby	3 <sup>rd</sup> Friday of the month 11:30am to 1:00pm	Elgin Municipal Complex 47 Main St., Elgin, (613) 272-2227
<b>Cooking Group</b> Westminster Presbyterian Church	The Pantry - 3 <sup>rd</sup> Monday each month 4:30pm to 5:30pm	11 Church St. W. Smiths Falls (613) 283-7527
<b>What's Cooking</b> Country Roads CHC	3 <sup>rd</sup> Tuesday each month 1:00pm to 3:00pm	4319 Cove Rd., Portland (613) 272-2799
<b>What's Cooking</b> Free Methodist Church	1 <sup>st</sup> Tuesday of the month 10:00am to 1:00pm	85 Bedford St. Westport (613) 272-2799

#### Food Banks

Agency	Details	Address/Contact
<b>Smiths Falls Community Food Bank</b>	Monday 5:00pm to 7:00pm Tuesday, Wednesday & Friday, 1:00pm to 3:00pm	93 Russell St. E., Smiths Falls (613) 283-6695
<b>Delta Food Bank</b> Delta United Church	2 <sup>nd</sup> Tuesday of the month 9:00am to 10:00am	36 King St., Delta (613) 213-4828
<b>Elgin Food Bank</b> Bethel Pentecostal Tabernacle	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday 9:30am to 11:30pm	31 Water St., Elgin (613) 359-6118
<b>Portland Food Bank</b> Portland Community Hall	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday 10:30am to 12:00pm	24 Water St., Portland (613) 205-1340
<b>Westport Food Bank</b> Westport United Church	2 <sup>nd</sup> & 4 <sup>th</sup> Thursday 9:00am to 11:30am	27 Water St., Westport (613) 273-5289
<b>Salvation Army Food Bank</b> Smiths Falls	Monday, Wednesday, & Friday, 9:00am to 4:30pm EMERGENCY FOOD CUPBOARD, Call for Appointment	251 Brockville St., Smiths Falls (613) 283-3563

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

  
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