

# Free/Low Cost Meals

## Smiths Falls

### July, August, September 2018

#### Community Meals

Drop into any program free of charge

Program	Details	Address/Contact
<b>Lunch</b> Lions Club	Wednesday 11:30am to 1:30pm	19 Abbott St. S., Smiths Falls 613-284-6756
<b>Lunch</b> The MISSION	Monday to Friday Lunch 12:00pm to 2:00pm	37 Beckwith St., Smiths Falls (613) 206-7272
<b>Dinner</b> St. John's Anglican Church	Sunday Dinner September 16 <sup>th</sup> Doors open 3:45pm Dinner 4pm	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) The Pantry, Resuming in September 3 <sup>rd</sup> Monday each month 4:30pm to 5:30pm	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	July and September only (closed in August) Lunch Program Every Friday 11:30am to 1:00pm	251 Brockville St., Smiths Falls (613) 283-3563
<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
<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

#### Food Banks

Agency	Details	Address/Contact
<b>Smiths Falls Community Food Bank</b>	Monday 5:00pm to 7:00pm July & August Tuesday, Wednesday & Friday 9:30am to 11:30am September 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 11:30am	31 Water St., Elgin (613) 359-6118
<b>Portland Food Bank</b> Portland Community Hall	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday 11:00am 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