

# Free/Low Cost Meals Smiths Falls January to April 2025

## Community Meals

Program	Details	Address/Contact
<b>Lunch</b> St. Francis de Sales	Please call or email StFrancisdeSales@archkingston.ca for more information	Hanley Hall 4 McGill St., Smiths Falls 613-283-0220
<b>Lunch</b> Salvation Army	Dine-in lunch Fridays at 11:30am - 1:00pm.	251 Brockville St., Smiths Falls 613-283-3563
<b>Dinner</b> Smiths Falls Lions Club	Served on the 4 <sup>th</sup> Wednesday of the month from 5pm-6:30 pm. Doors open at 4:30pm.	19 Abbott St.S., Smiths Falls (corner of Elm St. and Abbott St.) smithsfallslions@gmail.com
<b>Brown Bag Lunch to Go</b> 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
<b>Food and Fellowship</b> St. Luke's Leeds Anglican Church	Open Table Lunch everyone welcome, 1 <sup>st</sup> Tuesday of each month starting at 12:30pm Men's Breakfast, 2 <sup>nd</sup> 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
<b>Community Lunches</b> St. Luke's Leeds Anglican Church	Offering a free community lunch from 11:30am – 1:00pm on the last Friday of every month	Elgin Community Hall 47 Main St. Elgin 613-507-3311
<b>Brunch</b> Newboro Community Hall	Served on the 3 <sup>rd</sup> Wednesday of each month 10:30am -12:30pm	Newboro Community Hall 15 Drummond St., Newboro 613-866-9810
<b>What's Cooking</b> Country Roads CHC	Learn how to prepare a free meal on the 1 <sup>st</sup> 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) 272-3302
<b>Hot Lunch</b> 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.foodcorelgl.ca/inventories.html#Help](http://www.foodcorelgl.ca/inventories.html#Help) or call 1-800-660-5853