

# Free/Low Cost Meals

## Almonte, Carleton Place, Lanark

### April, May, June 2019

### Community Meals

Program	Details	Address/Contact
<b>Hungry Lunch</b> Zion Memorial United Church	Tuesday 12:00pm	37 Franklin St., Carleton Place (613) 257-2133
<b>Plan B Community Dinner</b> Lanark Civitan Club	3 <sup>rd</sup> Monday of the month 4:00pm to 6:00pm	2144 Pine Grove Rd., Lanark (613) 259-5495
<b>Mississippi Mills Youth Centre</b>	Healthy Snacks Tuesday, Wednesday & Thursday 2:30pm – 6:00pm	134 Main St., Almonte (613) 256-5959
	Supper Thursdays 4:00pm 6:00pm Fridays 6:15pm - 7:00pm	
<b>Cooking Classes</b> Carleton Place Core Youth Services	2 <sup>nd</sup> Wednesday each month 7:00pm to 9:00pm Adults and Kids - Children under 16 to be accompanied by an adult.	360 Edmond St., Carleton Place (613) 257-8546 lcfb.thehungerstop@gmail.com

### Food Banks

Agency	Details	Address/Contact
<b>The Hunger Stop</b> Lanark County Food Bank	Monday & Wednesday 5:00pm to 7:00pm, Tuesday 9:00am to 1:00pm Thursday & Friday 9:00am to 12:00pm	5 Allan St., Carleton Place (613) 257-8546 lcfb.thehungerstop@gmail.com
<b>Lanark Highlands Food Pantry</b>	Tuesday 10:00am - 1:00pm Thursday 1:00pm – 4:00pm	49B George St.. Lanark Village (613) 259-3285 lhfp3285@bellnet.ca
<b>Salvation Army Food Bank</b> Smiths Falls	Lunch Program, Fridays 11:30am – 1:00pm	251 Brockville St., Smiths Falls (613) 283-3563
	Monday, Wednesday, & Friday, 9:00am to 4:30pm EMERGENCY FOOD CUPBOARD Call for Appointment	
<b>Salvation Army Food Bank</b> Perth	Tuesday & Thursday, 9:00am to 4:30pm	95 Wilson St. W., Perth (613) 267-6260
<b>Satellite Food Cupboard</b> St Paul's Anglican Church	Tuesdays 2:00pm to 3:00pm Fellowship Room, please call ahead	70B Clyde St., Almonte (613) 257-8546 lcfb.thehungerstop@gmail.com

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