

# Free/Low Cost Meals Perth

## April, May, June 2019

### Community Meals

Program	Details	Address/Contact
<b>St. James Anglican Church</b>	Dinners 2 <sup>nd</sup> Saturday of each month for April and May only and June 1 <sup>st</sup>	12 Harvey St., Perth (613) 267-1163
<b>St. John's Catholic Church</b>	4 <sup>th</sup> Saturday of April and May at St. James Anglican Church 4:30 to 6:00pm (no dinner in June)	12 Harvey St. , Perth (613) 267-1163
<b>The Table Community Meals</b>	Dinner Monday, Wednesday, & Friday 4:30pm to 6:00pm	190 Gore St. E., Perth (613) 267-6428 x5
<b>The Table Cooking/Food Skills</b>	Programs available Call Aisha Toor for Information	190 Gore St. E., Perth (613) 267-6428 x6
<b>YAK After School Program</b>	Monday to Friday 2:00pm to 7:00pm Youth Action Committee for youth ages 10 to 18 (special projects for youth ages 10 to 24) Free healthy supper offered every weeknight.	1 Sherbrooke St. E., Perth (613)264-8381

### Food Banks

Agency	Details	Address/Contact
<b>Salvation Army Food Bank</b>	Tuesday & Thursday 9:00am - 4:30pm Call for an appointment Emergency Food Supplies determined upon interview	95 Wilson St. W., Perth (613) 267-6260
<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>The Table Good Food Bank</b>	Monday 2:00pm - 5:00pm Tuesday 12:00pm - 3:30pm Wednesday 3:30pm - 6:00pm Friday 2:00pm -5:00pm (3-5 day supply of food once per month) For delivery call Tuesday between 9:30am to 11:30am	190 Gore St. E., Perth (613) 267-6428