



Free / Low Cost Meals

SMITHS FALLS

SEPT-DEC 2026

PROGRAM	DETAILS	ADDRESS / CONTACT
Lunch St. Francis de Sales	StFrancisdesales@archkingston.ca for more info Wednesday lunches at Hanley Hall will be dine-in starting Sept 9	Hanley Hall 4 McGill St. Smiths Falls 613-283-0220
Lunch Salvation Army	Dine-in lunch Fridays 11:30am - 1pm	251 Brockville St. Smiths Falls 613-283-3563
Lunch Smiths Falls Lions Club	Served on last Thursday of month 12pm - 1pm Doors open 11:30am	19 Abbott St. S. Smiths Falls (corner Elm & Abbott) smithsfallslions@gmail.com
Bagged lunch to go St. Luke's Leeds Anglican Church	Offering free brown bag lunch-to-go at the New Creation Thrift Shop. Available every day shop is open. Includes sandwich, juice, fruit and veg sticks. Hearty soups to go, frozen or dehydrated. Wed-Sat 10am-2pm	New Creation Thrift Shop 18 Main St. Elgin 613-540-2952
Food and Fellowship St. Luke's Leeds Anglican Church	Open Table Lunch everyone welcome 1st Tuesday of each month @ 12:30pm Men's Breakfast 2nd Tuesday of month @ 8:00am Women's Lunch, last Tuesday of month @ 12:30pm	The Junction Restaurant 295 HWY 15 North of Seeley's Bay 613-507-3311
Community Lunches St. Luke's Leeds Anglican Church	Offering a free community lunch from 11:30am - 1pm on last Friday of each month	Elgin Community Hall 47 Main St. Elgin 613-507-3311
What's Cooking Country Roads CHC	Learn how to prepare a free meal on the 1st Tuesday of the month from 10am-1pm. Contact Terri Howard, Community Health Worker: thoward@crchc.on.ca Phone 613-272-3302 x248	4319 Cove Rd. Portland 613-272-3302
Hot Lunch Falls Food Hub/The Table	Lunch available every Monday. Doors open at 11am and lunch is served 12-1pm	41 Chambers St. 613-267-6428 x 5

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Casserole Ministry Trinity United Church	Free take away casserole lunch on 2nd Tuesday of every month at 1pm (no program in July or August)	41 Market St. N. Smiths Falls 613-283-4444

Information subject to change without notice.
For more information contact foodbanksunited@gmail.com