

Free/Low Cost Meals Perth May to August 2026

Community Meals

Program	Details	Address/Contact
<p style="text-align: center;">St. James Anglican Church</p>	<p style="text-align: center;">Community Dinners – Second Saturday of each month 4:30pm - 5:30pm. No dinners in July and August. Dine-in meal at 54 Beckwith St. E, Perth. Contact the office for more information.</p>	<p style="text-align: center;">54 Beckwith St. E., Perth (613) 267-1163</p>
<p style="text-align: center;">The Table Community Meals</p>	<p style="text-align: center;">Dine-in Meals: Mondays, Wednesdays and Fridays 4:30pm - 6pm Transportation support is available to attend meals. Take-out meals no longer available. Call with any questions.</p>	<p style="text-align: center;">190 Gore St. E., Perth (613) 267-6428 x 105</p>
<p style="text-align: center;">YAK After School Program</p>	<p style="text-align: center;">Snacks available weeknights September to June 2:00pm - 6:00pm for grades 6-12. Dinner available weeknights between 3:30pm-4:30pm for grades 6-12</p>	<p style="text-align: center;">1881 Rogers Rd., Perth (613)264-8381</p>