

Free/Low Cost Meals Smiths Falls May to August 2026

Community Meals

Program	Details	Address/Contact
Lunch St. Francis de Sales	Please call or email StFrancisdeSales@archkingston.ca for more information	Hanley Hall 4 McGill St., Smiths Falls 613-283-0220
Lunch Salvation Army	Dine-in lunch Fridays at 11:30am - 1:00pm.	251 Brockville St., Smiths Falls 613-283-3563
Lunch Smiths Falls Lions Club	Served on the last Thursday of the month from 12pm-1pm. Doors open at 11:30am.	19 Abbott St.S., Smiths Falls (corner of Elm St. and Abbott St.) smithsfallslions@gmail.com
Brown Bag Lunch to Go 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
Food and Fellowship St. Luke's Leeds Anglican Church	Open Table Lunch everyone welcome, 1 st Tuesday of each month starting at 12:30pm Men's Breakfast, 2 nd 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
Community Lunches 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
Brunch Newboro Community Hall	Served on the 3 rd Wednesday of each month 10:30am -12:30pm	Newboro Community Hall 15 Drummond St., Newboro 613-866-9810
What's Cooking Country Roads CHC	Learn how to prepare a free meal on the 1 st 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
Hot Lunch Falls Food Hub/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
Casserole Ministry Trinity United Church	Free take away casserole lunch on 2 nd Tuesday of every month at 1pm (no program in July or August)	41 Market St North, Smiths Falls 613-283-4444

Information subject to change without notice. For more information, visit www.foodcorelgl.ca/inventories.html#Help or call 1-800-660-5853