

# Free/Low Cost Meals Almonte, Carleton Place, Lanark July, August, September 2021

## Community Meals

*Please note that due to COVID-19, information may change without notice.*

Program	Details	Address/Contact
<b>Hungry Lunch</b> Zion Memorial United Church	Please call agency for program availability	37 Franklin St., Carleton Place (613) 257-2133
<b>Plan B Community Dinner</b> Lanark Civitan Club	Please call agency for program availability	2144 Pine Grove Rd., Lanark (613) 259-5495
<b>Mississippi Mills Youth Centre Community Meals Program</b>	To register to receive free frozen prepared meals you email <a href="mailto:nutritioncoordinator@mmyc.ca">nutritioncoordinator@mmyc.ca</a>	134 Main St., Almonte (613) 256-5959
<b>Complementary Cooking Classes</b> Hosted by Lanark County Food Bank	Suspended until further notice due to COVID -19	84 Mill St., Carleton Place (613) 257-8546 <a href="mailto:lcfb.thehungerstop@gmail.com">lcfb.thehungerstop@gmail.com</a>
<b>St. James Breakfast Table</b> St. James Anglican Church	Suspended until further notice due to COVID -19	225 Edmund St., Carleton Place (613)-257-3178

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