

# Free/Low Cost Meals

## Perth

### July, August, September 2021

#### Community Meals

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

Program	Details	Address/Contact
<b>St. James Anglican Church</b>	Community Dinners – Second Saturday of each month. Take away only. Contact the office for more information.	54 Beckwith St., Perth (613) 267-1163
<b>St. John the Baptist Catholic Church</b>	Suspended until further notice due to COVID 19	54 Beckwith St. , Perth (613) 267-1163
<b>The Table Community Meals</b>	<p style="text-align: center;"><b>Take Out Dinners only</b> Monday, Wednesday, &amp; Friday 4:30pm to 6:00pm</p> <p>For those who are self isolating or otherwise not able to make it to The Table to pick up a meal, delivery service is available.</p> <p>For deliveries please call 613-267-6428 ext. 5 by 5pm the day before the meal. Please leave us a message with your address, the number of meals, whether any are vegetarian, and a phone number we can reach you at. Meals will be delivered between 4:30pm and 6pm, Monday, Wednesday and Friday.</p>	190 Gore St. E., Perth (613) 267-6428 x5
<b>The Table Cooking/Food Skills</b>	Suspended until further notice due to COVID 19	190 Gore St. E., Perth (613) 267-6428 x6
<b>YAK After School Program</b>	Snacks available weeknights 3:15pm – 7:00pm for youth ages 12 - 18 Dinner available weeknights 5:00pm for youth ages 12 - 18	1 Sherbrooke St. E., Perth (613)264-8381