









These are some of the services available in the Kingston and Frontenac area. Please be advised that all meal programs are take-away with no indoor service except as noted.

**The Food Sharing Project:** Healthy meals and snacks available at every school, for any student, every day! Contact your school.

HIV/AIDS HARS): 844 Princess St. Takeout Breakfast, Mon. - Thurs., 9:00 - 10:30 a.m. Sandwiches (based on availability, staff) from 1:00 - 4 p.m. Holiday closure: Dec. 24 - Jan. 3

**Lionhearts:** 218 Concession St. Daily Meals 6:00 - 7:00 p.m., Dec. 27- Jan. 3

**Lunch by George:** 129 Wellington St. **Hot takeout meals or bag lunches.** Mon. - Fri., 11:00 -11:30 p.m. Holiday closure: Dec 17 - Jan 4

Martha's Table: 629 Princess St.
Hot takeout meals, 7 days a week,
11:00 - 1:00 p.m. Meal delivery available,
email mealdelivery@marthastable.ca
or call 613 546 0320 ext 0. Holiday
closure: Dec. 25, 26, 27 & Jan 1, 2,3

## **North Frontenac Food Bank:**

14152 Road 38, Sharbot Lake. Call **613-279-8855** for appointment

## **Partners in Mission Food Bank:**

140 Hickson Ave. Please call 613-544-4100 for appointment.

No walk-in service. Mon. - Fri. 8:30 - 12:00 p.m. & 1:00 - 4:00 p.m. Holiday closure:

Dec 24., 12:00 p.m. - Jan 3

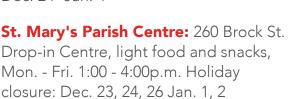
Rural Frontenac Community
Services: Meals on wheels 3 days
a week. North & Central Frontenac
& Bedford Twp. 613-279-3151.
Holiday closure Dec 23 - Jan 3

**Salvation Army:** 342 Patrick St, Open Mon., Wed., Fri. 1:00 - 4:00 p.m. by appointment, providing prebagged groceries. To make an appt call **613 548 4411 press 0** for reception. **Seniors' Food Box:** Offering food boxes for seniors including produce, non-perishables & staples. Call **613-530-2239** for more information

## Southern Frontenac Community Services and Food Bank:

Frozen meals available for delivery daily. Hot meals delivered 3 days a week for South Frontenac/rural Kingston residents. Call or book on-line. Food bank hampers also available. **613-376-6477** 

St. Vincent de Paul: 85 Stephen St. Hot takeout meals. Food Pantry Mon.-Fri. 9:00 - 1:00 p.m. Warehouse closed, but items available, call 613-766-8432 . Holiday closure: Dec. 24- Jan. 4



## **Kingston Street Mission:**

218 Concession St. Daily hot food, warm clothing, hygiene supplies and community, 7:00 p.m. - Midnight starting Dec. 27

**Christmas Meals:** All takeaway, unless otherwise noted

Lunch by George - Dec. 15, 12:00 p.m.

**HARS** - Breakfast Dec. 23, 9:00 - 10:30 a.m.

**St. Vincent de Paul -** Dec 23, 11:30 a.m. -1:00 p.m.

Martha's Table - Dec. 24, 1:00 - 3:00p.m

**St. Mary's Parish -** (turkey dinner) Dec. 25 11:30 a.m. - 2:00 p.m.











