



# Emergency Food/Meal Programs

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](mailto: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

**St. Mary's Parish Centre:** 260 Brock St. Drop-in Centre, light food and snacks, Mon. - Fri. 1:00 - 4:00p.m. Holiday closure: Dec. 23, 24, 26 Jan. 1, 2

**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.



**United Way**  
Kingston, Frontenac,  
Lennox and Addington