



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 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. Holiday closure: Dec 24th at noon until Jan. 3rd, 2022

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

