

FOOD PROGRAMS KFLA



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

Trellis HIV & Community Care - formerly 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.

Lunch by George: 129 Wellington St. Hot takeout meals or bag lunches. Mon. - Fri., 11:00 - 11:30 p.m.

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.

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 - 12:00p.m. & 1:00 - 4:00p.m.

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

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 613-376-6477 or book online. Food bank hampers also available.



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.

St. Mary's Parish Centre: 260 Brock St. Drop-in Centre, light food and snacks, Mon. - Fri. 1:00 - 4:00 p.m.

LAST UPDATE JANUARY 11, 2022

SOURCE: [HTTPS://WWW.CITYOFKINGSTON.CA/RESIDENT/COVID-19](https://www.cityofkingston.ca/resident/covid-19)