



LOCAL FOOD MARKET STANDS

Local Food Market Stands (LFMS) offer local produce at no cost, with no questions asked... just take what you need! LFMS were created to provide a dignified approach to local food. LFMS are stocked with local food grown by Loving Spoonful, individual gardeners, and farm friends from across Kingston... You will only ever find produce that is local and seasonal!

One Roof (848 Albert St.)

Monday - Friday: 9:00am - 4:30pm

*Services are provided to youth aged 14 - 24.

Ontario Works (362 Montreal St.)

Monday - Friday: 8:30am - 4:30pm

Trellis HIV & Community Care (844-A Princess St.)

Monday - Friday: 9:00am - 12:00pm & 1:00pm - 5:00pm

Kingston East Community Centre (779 Highway 15)

Monday - Friday: 6:00am - 9:00pm

Rideau Heights Community Centre (85 Maccauley St.)

Monday - Sunday: 8:00am - 8:00pm

KEYS Employment & Newcomer Services (182 Sydenham St.)

Monday - Friday: 8:30am - 4:00pm

KEYS Employment & Newcomer Services (255-C Bagot St.)

Monday - Friday: 8:30am - 4:30pm

Kingston Community Health Centre (263 Weller Ave.)

Monday - Friday: 8:00am - 4:30pm