

Daily Meals

Monday

9 - 11:30am Lunch by George
 9am - 12:30pm St. Vincent de Paul
 9:30 - 11am Martha's Table
 12 - 1pm Peers of the Round Table (\$1)
 12 - 2pm Kingston Alliance Church
 12 - 2pm Martha's Table
 12 - 3pm HARS (women's cooking group)
 3:30 - 5:15pm Martha's Table (supper \$1)
 6 - 8pm Night Light (snacks)

Tuesday

9 - 11:30am Lunch by George
 9am - 12:30pm St. Vincent de Paul
 9:30 - 10:30am HIV/AIDS Regional Services
 9:30 - 11am Martha's Table
 12 - 12:30pm The Mess
 12 - 1pm Peers of the Round Table (\$1)
 12 - 2pm Martha's Table
 3:30 - 5:15pm Martha's Table (supper \$1)
 4 - 5pm Seventh Day Adventist Church
 5 - 7pm Good Times Diner
 8 - 11:30pm Kingston Street Mission (snacks)

Wednesday

9 - 11:30am Lunch by George
 9am - 12:30pm St. Vincent de Paul
 9:30 - 11am Martha's Table
 12 - 12:30pm The Mess
 12 - 1pm Peers of the Round Table (\$1)
 12 - 2pm Martha's Table
 3:30 - 5:15pm Martha's Table (supper \$1)
 8 - 11:30pm Kingston Street Mission (snacks)

Thursday

9 - 11:30am Lunch by George
 9am - 12:30pm St. Vincent de Paul
 9:30 - 11am Martha's Table
 12 - 12:30pm The Mess
 12 - 1pm Peers of the Round Table (\$1)
 12 - 2pm Martha's Table
 1 - 2:30pm HIV/AIDS Regional Services
 3:30 - 5:15pm Martha's Table (supper \$1)
 5 - 7pm Good Times Diner
 6 - 8pm Night Light (snacks)

Friday

9 - 11:30am Lunch by George
 9am - 12:30pm St. Vincent de Paul
 9:30 - 11am Martha's Table
 11am - 3pm Elizabeth Fry (women only)
 12 - 1pm Peers of the Round Table (\$1)
 12 - 2pm Martha's Table
 3:30 - 5:15pm Martha's Table (supper \$1)
 8 - 11:30pm Kingston Street Mission (snacks)

Saturday

11:30am St. John the Apostle Church
 10am - 2pm Martha's Table (Dec. - March)
 12 - 1pm Peers of the Round Table (\$1)

Sunday

Noon Next Church (3rd week of month)
 4:30 - 5pm Next Church
 4:45 - 6pm Special Meals
 8 - 11:30pm Kingston Street Mission (snacks)

* Last 7 days of the month

3:30 - 5pm Bread of Life Club, Salvation
 Army Rideau Heights Corps

WHERE TO FIND GOOD FOOD IN KINGSTON & AREA



Updated August 2019

Questions?

Please contact any agency listed or get in touch with
 Loving Spoonful at 613-507-8848
food@lovingspoonful.org

Continued →





Agency Location & Services

1. **Addiction & Mental Health Services**
552 Princess St, 613-544-1356
2. **Chalmers United Church**
212 Barrie St, 613-546-9305
Grocery cards and Martha's Table tickets
Tuesdays, 9:30-11:30am
3. **Community Harvest Market**
31 Weller St, 613-544-4525 x113
Runs June – Oct
4. **Elizabeth Fry Society**
127 Charles St, 613-544-1744
Women only
5. **Family and Children's Services**
817 Division St, 613-545-3227
6. **Good Times Diner**
St. Paul's Anglican Church
137 Queen St, 613-542-5870
7. **HIV/AIDS Regional Services**
844A Princess St, 613-545-3698
8. **Home Base Housing**
540 Montreal St, 613-542-6672
9. **John Howard Society**
771 Montreal St, 613- 542-7373
10. **KEYS Job Centre**
182 Sydenham St, 613-546-5559
11. **Kingston Alliance Church**
540 Palace Rd, 613-546-2143
Runs Sept – June
12. **Kingston Community Health Centres**
263 Weller Ave, 613-542-2949
13. **Kingston & Frontenac Housing
Calvin Park**
119 Van Order Dr, 613-546-5591
14. **Kingston & Frontenac Housing
Rideau Heights**
94 Compton St, 613-546-5591
15. **Lunch by George**
129 Wellington St, 613-548-4617 x30

16. **Martha's Table**
629 Princess St, 613-546-0320
17. **Next Church**
89 Colburne St, 613-777-8562
17. **Night Light (temporary location)**
89 Colburne St, 613-888-0927
18. **Ontario Works**
362 Montreal St, 613- 546-2695
19. **Partners in Mission Food Bank**
140 Hickson Ave, 613-544-4534
20. **Peers of the Round Table**
60 Queen St, 613-549-4964
Sign up for lunch by 11:15am
21. **Rideau Heights Community Centre**
85 MacCauley St, 613-546-4291 x1900
22. **Salvation Army Community &
Family Services**
342 Patrick St, 613-548-4411
23. **Salvation Army Rideau Heights**
183 Weller Ave, 613-541-3947
Bread of Life Club runs Jan – Nov
24. **Seventh Day Adventist Church**
66 Wright Cr, 613-548-7765
Runs Sept – June
25. **Special Meals, St. Andrew's Presbyterian
Church**, 130 Clergy St, 613-546-6316
Runs Sept – June
25. **The Mess**
130 Clergy St, 613-484-3886
25. **Kingston Street Mission**
130 Clergy St, 613-449-0916
Runs Nov – April
26. **Street Health**
115 Barrack St, 613-549-1440
27. **St. John the Apostle Church**
94 Patrick St, 613-353-7948
28. **St. Vincent de Paul Society**
85 Stephen St, 613-766-8432




Multiple locations:

-  • **Good Food Box**
Produce at wholesale cost. Place order second Thursday of the month and pick up third Thursday. Contact goodfoodbox@kchc.ca
-  • **Good Food Stands**
Monthly low-cost fresh produce markets located across the city. Contact kathy@kchc.ca or visit unitedwaykfla.ca/good-food-stand
-  • **Community Kitchens**
Free cooking workshops on easy, affordable, and healthy meals. Visit lovingspoonful.org
-  • **The Food Sharing Project**
Elementary & Secondary students can access free snacks and meals at school. Contact fsp@kingston.net

Legend

 **Fresh Food Market Stand**
Free fresh produce. Found in front lobby of agencies.

 **Food pantry**
Free food assistance program. Requirements vary, contact agency for details.

 **Low-cost fresh produce**

 **Meal program / community kitchen**

 **Pet food**