

## Daily Meals

### Monday

9 - 11:30am ..... Lunch by George  
9am - 12:30pm ..... St. Vincent de Paul  
9:30 - noon ..... Martha's Table  
12 - 1pm ..... Peers of the Round Table (\$1)  
12 - 2pm ..... Kingston Alliance Church  
12 - 3pm ..... HARS (women's cooking group)  
3 - 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  
9:30am - noon ..... Martha's Table  
12 - 12:30pm ..... The Mess  
12 - 1pm ..... Peers of the Round Table (\$1)  
3 - 5:15pm ..... Martha's Table (supper \$1)  
4 - 5pm ..... Seventh Day Adventist Church  
5 - 7pm ..... Good Times Diner  
8 - 11:30pm ..... Kingston St. Mission (snacks)

### Wednesday

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

### Thursday

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

Continued →

## Daily Meals

### Friday

9 - 11:30am ..... Lunch by George  
9am - 12:30pm ..... St. Vincent de Paul  
9:30am - noon ..... Martha's Table  
11am - 3pm ..... Elizabeth Fry (women only)  
12 - 1pm ..... Peers of the Round Table (\$1)  
3 - 5:15pm ..... Martha's Table (supper \$1)  
8 - 11:30pm ..... Kingston St. 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 (3<sup>rd</sup> week of the month)  
4:30 - 5pm ..... Next Church  
4:45 - 5:45pm ..... Special Meals  
8 - 11:30pm ..... Kingston St. Mission (snacks)

### \* Last 7 days of the month

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

**Thank you to everyone working to  
bring good food to our community!**

### Questions?

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

# WHERE TO FIND GOOD FOOD IN KINGSTON & AREA



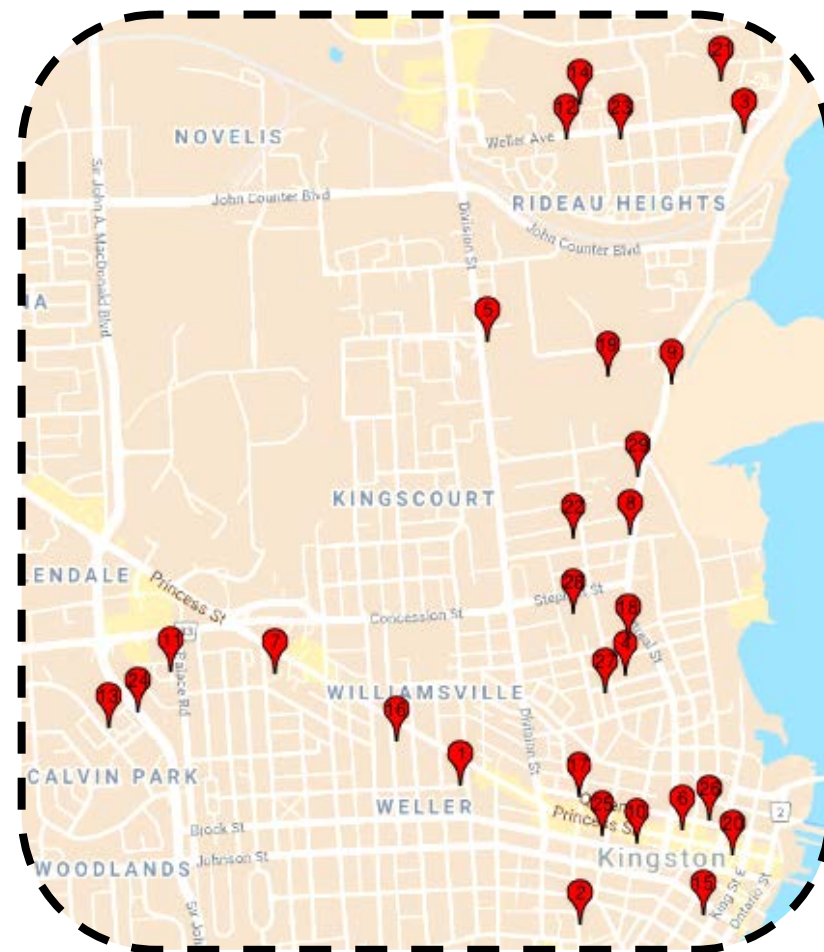
Updated December 2018



# 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
29. **Town Homes Kingston**  
610 Montreal St, 613- 542-0043



## 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](mailto:goodfoodbox@kchc.ca)
-  • **Good Food Markets**  
Monthly low-cost fresh produce markets located across the city. Contact [kathy@kchc.ca](mailto:kathy@kchc.ca).
-  • **Community Kitchens**  
Free cooking workshops on easy, affordable, and healthy meals. Visit [lovingspoonful.org](http://lovingspoonful.org)
-  • **The Food Sharing Project**  
Elementary & Secondary students can access free snacks and meals at school. Contact [fsp@kingston.net](mailto:fsp@kingston.net)

## Legend



**Fresh Food Market Stand**  
Free fresh produce to anyone who walks by, no questions asked. Found in front lobbies of agencies.



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



**Low-cost fresh produce**



**Meal program / community kitchen**



**Pet food**