

Free Daily Meals in Kingston (except Martha's Table) DAY BY DAY	
Monday:	
• 9 - 5 snacks	HIV/AIDS
• 9:30 – 11	Martha's Table
• 9 - 11:30	St. George's Cathedral
• 11:30 - 12:30	St. Vincent de Paul
• 11 - 1	Kingston Alliance
• 3:30 - 5:15	Martha's Table \$1
• 8 - 12 midnight	St. Andrew's
Tuesday	
• 9:30 – 11	Martha's Table
• 9 - 5 snacks	HIV/AIDS HARS
• 9 - 11:30	St. George's Cathedral
• 9 - 10:30	HIV/AIDS HARS
• 11:30 - 12:30	St. Vincent de Paul
• 3:30 - 5:15	Martha's Table \$1
• 4 - 5	Seventh Day Adventist
• 5 - 7	St. Paul's Anglican
• 8 - 12 midnight	St. Andrew's
Wednesday	
• 9:30 – 11	Martha's Table \$1
• 9 – 5 snacks	HIV/AIDS HARS
• 9 - 11:30	St. George's
• 11:30 - 12:30	St. Vincent de Paul
• 3:30 - 5:15	Martha's Table
• 8 - 12 midnight	St. Andrew's
• 1 - 3 chili	HIV/AIDS HARS
Thursday	
• 9:30 – 11	Martha's Table
• 9 - 5 snacks	HIV/AIDS HARS
• 9 - 11:30	St. George's
• 11:30 - 12:30	St. Vincent de Paul
• 1 - 2:30	HIV/AIDS HARS
• 2:30 - 7:30	St. Andrew's
• 3:30 - 5:15	Martha's Table \$1
• 5 - 7	St. Paul's
• 8 - 12 midnight	St. Andrew's
Friday	
• 9:30 – 11	Martha's Table \$1
• 9 - 5 snacks	HIV/AIDS HARS
• 9 - 11:30	St. George's
• 11:30 - 12:30	St. Vincent de Paul
• 3:30 - 5:15	Martha's Table \$1
• 8 - 12 midnight	St. Andrew's
Saturday	
• 11	St. John's the Apostle
• 8 - midnight	St. Andrew's
Sunday	
• 12:30	Rustle St. Church
• 4:45 - 5:45	St. Andrew's
• 8 - midnight	St. Andrew's
Last 7 Days of the Month	
• 3:30 - 5	Salvation Army (Weller Ave)

Food & Meals in Kingston LOCATIONS ALPHABETICALLY	
Chalmers United Church 212 Barrie St. – Church House ✓ Tuesdays 9:30-11:30am (closed for Aug. 2017) grocery cards and Martha's Table meal tickets	613-546-3263 ext. 221
HIV/AIDS Regional Services 844A Princess St. ✓ M-F light snacks, coffee & tea 9-5 ✓ Wed. Chili 1-3 on a 'as need basis' Call first	613-545-3698
Kingston Alliance Church Bath Rd & Palace Rd ✓ Mon 11 – 1 pm free lunch	613-546-2143
Lunch by George, St. George's Cathedral 129 Wellington St (at Johnson) Mon - Fri 9 - 11:30am ✓ 9am Coffee & munchies ✓ 10am soup and 11am free hot lunch	613-548-4617 ext. 30
Martha's Table 629 Princess St Mon - Fri 3:30 - 5:15pm ✓ Restaurant-style meal \$1 ✓ Kids under 10 free with adult ✓ M-S 10-3 sandwiches, coffee	613-546-0320
Rustle St. Church 65 Russel St. ✓ 12:30pm Sundays	613-767-1397
Salvation Army Bread of Life Club 183 Weller Ave. ✓ 3:30 - 5pm free hot meal Last 7 days for the months Jan through Nov	613-541-3947
Senior's Association 56 Frances St. ✓ Open M-F 8:30-4:30 frozen meals – \$6.50 for available to all ages	613-548-7810
St. Andrew's Presbyterian Church 130 Clergy St East (at Princess St) Gill Church Hall, use Clergy St entrance programs run from Sept. to June ✓ Sunday dinners 4:45 – 5:45pm in Gill Hall, church basement Mon to Sun 8pm to midnight, warm beverages-Kingston St Mission	613-546-6316
St John's the Apostle Catholic Church (meals supported by St. Mary's Cathedral) St John's Parish Hall, 88 Patrick St ✓ Sat 11:15am (doors open 11am) Free hot meal	613-548-3869
St. Paul's Anglican Church 137 Queen St (at Montreal St) ✓ 5 - 7pm Tue & Thu (Good Time Diner) free meal & sandwiches	613-542-5870
St. Vincent de Paul Society, Loretta Hospitality Centre 85A Stephen St (kitchen) 613-544-9967 Sep - Jun: Mon - Fri 9am - 1pm ✓ 11:30am -12:30pm free hot meal served	
Seventh Day Adventist Church 66 Wright Cres, Basement ✓ Sep - Dec, Feb - Jun: Tue 4 - 5pm (doors open at 3:30pm) free hot vegetarian meal	613-548-7765
Sydenham Street United Church 82 Sydenham St. ✓ Tues 10.30 – 11.30 am (closed for August 2016) food voucher, 1 time per year; no references required	613-542-9616
as of March 4, 2020	
List provided by: Chalmers United Church (as of March 4, 2020) 212 Barrie St. Kingston, K7L 3K3 613-546-3263 ext. 221 www.chalmersunitedchurch.org (link: <i>Where to Turn</i>)	