|  |  |  |
| --- | --- | --- |
| **MISSION NO COST FOOD OPTIONS** |  | **MISSION NO COST FOOD OPTIONS** |
| **BREAKFAST**  **Hope Central**, 33129 Railway Avenue, 604-854-0780  Monday, Wednesday & Friday 8 – 9 am  Wednesday Drop in 8:00 – 10:30 am, Communication station (access to phone, postal)  games, snacks, ministry assistance on site, support in connecting to services  **Mission Community Service Emergency Shelter**,32646 Logan Avenue, 604-820-9008  Available 24/7 daily  **Mission Friendship Centre**, 33150 1st Avenue, 604-826-1281  Tuesdays and Thursdays 9 – 10 am |  | **BREAKFAST**  **Hope Central**, 33129 Railway Avenue, 604-854-0780  Monday, Wednesday & Friday 8 – 9 am  Wednesday Drop in 8:00 – 10:30 am, Communication station (access to phone, postal)  games, snacks, ministry assistance on site, support in connecting to services  **Mission Community Service Emergency Shelter**,32646 Logan Avenue,  604-820-9008 Available 24/7 daily  **Mission Friendship Centre**, 33150 1st Avenue, 604-826-1281  Tuesdays and Thursdays 9 – 10 am |
| **LUNCH**  **Mission Friendship Centre**, 33150 1st Avenue, 604-826-1281  Monday to Friday 12:00 – 1:00 pm  **Mission Youth House**, 7368 Proctor Avenue, 604-287-7200  Monday to Friday 11:00 am – 5:00 pm (Youth ages 12 – 24) Hours subject to change  **Mission Community Service Emergency Shelter**, 32646 Logan Avenue, 604-820-9008 Open 24/7 daily |  | **LUNCH**  **Mission Friendship Centre**, 33150 1st Avenue, 604-826-1281  Monday to Friday 12:00 – 1:00 pm  **Mission Youth House**, 7368 Proctor Avenue, 604-287-7200  Monday to Friday 11:00 am – 5:00 pm (Youth ages 12 – 24) Hours subject to change  **Mission Community Service Emergency Shelter**, 32646 Logan Avenue, 604-820-9008 Open 24/7 daily |
| **SUPPER**  **Hope Central**, 33129 Railway Avenue, 604-854-0780  Tuesday, Thursday & Sunday 6:00 – 7:00 pm  **Stone Soup Meals**  <https://www.stonesoupmission.org/> |  | **SUPPER**  **Hope Central**, 33129 Railway Avenue, 604-854-0780  Tuesday, Thursday & Sunday 6:00 – 7:00 pm  **Stone Soup Meals**  <https://www.stonesoupmission.org/> |
| **HAMPERS**  **Mission Youth House**, 7368 Proctor Avenue, 604-287-7200  Monday to Friday 11:00 – 5:00 pm, hampers for youth up to age 24 – hours subject to change  **St. Joseph Food Bank**, 32550 7th Avenue, 778-536-3663  Hamper Days – Every second Wednesday & Thursday of the month  **Mission Community Service Food Centre**,  #3, 32618 Logan Avenue, 604-814-3333  Mondays & Fridays 9:00 am – 12:00 pm – pickup of hampers  Wednesdays 2:30 pm – 4:30 pm – pickup of hampers  **Union Gospel Mission – Mobile Mission Outreach**  Tuesdays and Saturdays 8:00 am – 4:00 pm, meals, food, water, juice, cereal, clothing, hygiene items and toiletries, community lunch 1st Saturday of every month |  | **HAMPERS**  **Mission Youth House**, 7368 Proctor Avenue, 604-287-7200  Monday to Friday 11:00 – 5:00 pm, hampers for youth up to age 24 – hours subject to change  **St. Joseph Food Bank**, 32550 7th Avenue, 778-536-3663  Hamper Days – Every second Wednesday & Thursday of the month  **Mission Community Service Food Centre**,  #3, 32618 Logan Avenue, 604-814-3333  Mondays & Fridays 9:00 am – 12:00 pm – pickup of hampers  Wednesdays 2:30 pm – 4:30 pm – pickup of hampers  **Union Gospel Mission – Mobile Mission Outreach**  Tuesdays and Saturdays 8:00 am – 4:00 pm, meals, food, water, juice, cereal, clothing, hygiene items and toiletries, community lunch 1st Saturday of every month |

|  |  |  |
| --- | --- | --- |
| **MISSION NO COST FOOD OPTIONS** |  | **MISSION NO COST FOOD OPTIONS** |
| **MORE**  **Emma’s Acres**, 34890 Cemetery Avenue, 604-852-5514  Pick up Cobb’s Bread donations on Tuesday 10:00 am and seasonal donations of produce to people in need – call ahead or check Facebook to see availability  **SARA for Women**, 33070 – 5th Avenue, 604-820-8455  Support with diapers and baby formula – please call ahead  Doctors’ offices may also have formula samples  **Northview Church**, 33057 Dewdney Trunk Road, 604-826-3299  The Pantry - Drop in Sunday afternoons 1:00 – 3:00 pm to pick up groceries/necessities hamper and free lunch  Pick up fully prepared takeaway meals on Sunday  **Mission Community Service Food Centre**,  #3, 32618 Logan Avenue, 604-814-3333  Pickup of homeless daybags for those not in the shelter or hotel  **Mission Friendship Centre**, 33150 1st Avenue, 604-826-1281  Drop in open 8:30 am – 4:00 pm – access to services  **River Valley Church**, 32729 – 7th Avenue, 604-826-2315  Drop in non-perishable food pantry – please call ahead  **Snackpack Society** – in school support for children <https://snackpacksociety.com/>  Heritage & Hatzic Middle Schools, Cherry Hill, Albert McMahon & West Heights Elementary Schools  **Mission Rotary Sunrise Club – Starfish Packs** – weekly in school support for children <https://starfishpack.com/>  Albert McMahon, Cherry Hill, Christine Morrison, Ecole des Deux Rivers, Fraserview Learning Centre, Hatzic Elementary, Hatzic Middle, Mission Secondary, Silverdale, Stave Falls, Summit, Windebank  **Mid Day Rotary** – weekly in school support for children  West Heights Elementary  **Isthmus Canada** – weekly in school support for children <https://www.isthmus.ca/>  Deroche, Dewdney & Mission Central Elementary Schools  **Bulk Buy Collective** – for $15, you get 9 – 12 varieties of fruits and veggies once a month - <https://archway.ca/bulkbuy/> pick up every second Saturday of the month between 12:00 pm – 5:00 pm – 2539 Montvue Avenue, Abbotsford  **All Saints Anglican Church**, 33077 Second Avenue, 604-826-2814  Pancake breakfast crew – 1st Sunday of the month 8:15 am – 9:15 am  $4.00 ($3.50 Senior/Child) with coffee, tea, juice and fruit Bacon & Sausage .50 each or 2/.75 Scrambled Eggs 2/$1.75 New Item: French toast 2 slices $5.00  **Mission City Farmers Market**, <https://bcfarmersmarket.org/coupon-program/how-it-works/>  Nutrition Coupon Program – 7337 Welton Street May – October Saturdays 9:00 am – 1:00 pm |  | **MORE**  **Emma’s Acres**, 34890 Cemetery Avenue, 604-852-5514  Pick up Cobb’s Bread donations on Tuesday 10:00 am and seasonal donations of produce to people in need – call ahead or check Facebook to see availability  **SARA for Women**, 33070 – 5th Avenue, 604-820-8455  Support with diapers and baby formula – please call ahead  Doctors’ offices may also have formula samples  **Northview Church**, 33057 Dewdney Trunk Road, 604-826-3299  The Pantry - Drop in Sunday afternoons 1:00 – 3:00 pm to pick up groceries/necessities hamper and free lunch  Pick up fully prepared takeaway meals on Sunday  **Mission Community Service Food Centre**,  #3, 32618 Logan Avenue, 604-814-3333  Pickup of homeless daybags for those not in the shelter or hotel  **Mission Friendship Centre**, 33150 1st Avenue, 604-826-1281  Drop in open 8:30 am – 4:00 pm – access to services  **River Valley Church**, 32729 – 7th Avenue, 604-826-2315  Drop in non-perishable food pantry – please call ahead  **Snackpack Society** – in school support for children <https://snackpacksociety.com/>  Heritage & Hatzic Middle Schools, Cherry Hill, Albert McMahon & West Heights Elementary Schools  **Mission Rotary Sunrise Club – Starfish Packs** – weekly in school support for children <https://starfishpack.com/>  Albert McMahon, Cherry Hill, Christine Morrison, Ecole des Deux Rivers, Fraserview Learning Centre, Hatzic Elementary, Hatzic Middle, Mission Secondary, Silverdale, Stave Falls, Summit, Windebank  **Mid Day Rotary** – weekly in school support for children  West Heights Elementary  **Isthmus Canada** – weekly in school support for children <https://www.isthmus.ca/>  Deroche, Dewdney & Mission Central Elementary Schools  **Bulk Buy Collective** – for $15, you get 9 – 12 varieties of fruits and veggies once a month - <https://archway.ca/bulkbuy/> pick up every second Saturday of the month between 12:00 pm – 5:00 pm – 2539 Montvue Avenue, Abbotsford  **All Saints Anglican Church**, 33077 Second Avenue, 604-826-2814  Pancake breakfast crew – 1st Sunday of the month 8:15 am – 9:15 am  $4.00 ($3.50 Senior/Child) with coffee, tea, juice and fruit Bacon & Sausage .50 each or 2/.75 Scrambled Eggs 2/$1.75 New Item: French toast 2 slices $5.00  **Mission City Farmers Market**, <https://bcfarmersmarket.org/coupon-program/how-it-works/>  Nutrition Coupon Program – 7337 Welton Street May – October Saturdays 9:00 am – 1:00 pm |