

MISSION NO COST FOOD OPTIONS
<p style="text-align: center;"><b>BREAKFAST</b></p> <p><b>Hope Central</b>, 33129 Railway Avenue, 604-854-0780  Monday, Wednesday &amp; 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  <b>Mission Community Service Emergency Shelter</b>, 32646 Logan Avenue, 604-820-9008  Available 24/7 daily  <b>Mission Friendship Centre</b>, 33150 1<sup>st</sup> Avenue, 604-826-1281  Tuesdays and Thursdays 9 – 10 am</p>
<p style="text-align: center;"><b>LUNCH</b></p> <p><b>Mission Friendship Centre</b>, 33150 1<sup>st</sup> Avenue, 604-826-1281  Monday to Friday 12:00 – 1:00 pm  <b>Mission Youth House</b>, 7368 Proctor Avenue, 604-287-7200  Monday to Friday 11:00 am – 5:00 pm (Youth ages 12 – 24) Hours subject to change  <b>Mission Community Service Emergency Shelter</b>, 32646 Logan Avenue, 604-820-9008 Open 24/7 daily</p>
<p style="text-align: center;"><b>SUPPER</b></p> <p><b>Hope Central</b>, 33129 Railway Avenue, 604-854-0780  Tuesday, Thursday &amp; Sunday 6:00 – 7:00 pm  <b>Stone Soup Meals</b>  <a href="https://www.stonesoupmission.org/">https://www.stonesoupmission.org/</a></p>
<p style="text-align: center;"><b>HAMPERS</b></p> <p><b>Mission Youth House</b>, 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  <b>St. Joseph Food Bank</b>, 32550 7<sup>th</sup> Avenue, 778-536-3663  Hamper Days – Every second Wednesday &amp; Thursday of the month  <b>Mission Community Service Food Centre</b>,  #3, 32618 Logan Avenue, 604-814-3333  Mondays &amp; Fridays 9:00 am – 12:00 pm – pickup of hampers  Wednesdays 2:30 pm – 4:30 pm – pickup of hampers  <b>Union Gospel Mission – Mobile Mission Outreach</b>  Tuesdays and Saturdays 8:00 am – 4:00 pm, meals, food, water, juice, cereal,  clothing, hygiene items and toiletries, community lunch 1<sup>st</sup> Saturday of every month</p>

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**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 – 5<sup>th</sup> 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 1<sup>st</sup> Avenue, 604-826-1281

Drop in open 8:30 am – 4:00 pm – access to services

**River Valley Church**, 32729 – 7<sup>th</sup> 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 McMahan & West Heights Elementary Schools

**Mission Rotary Sunrise Club – Starfish Packs** – weekly in school support for children <https://starfishpack.com/>

Albert McMahan, 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 – 1<sup>st</sup> 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

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