### You Are Invited

Iou Ale Illviteu								
Breakfast Dinn		ner	3 Mea		als	Hampe		ers
Snacks			* By Appointment				nt	
		M	Т	W	Т	F	S	S
5&2 Ministries		9:15	9:15	9:15			5pm	
5&2 with Lotus							7pm	
Abby House		9am	9am	9am	9am	9am		
Archway Bulk Buy 2nd Sat/mo							12 -5pm	
Archway Food Bank			8:30	8:30	8:30	8:30		
Hill City Church* 1st Thus/mo					5:30- 7PM			
Ross Road Church* 2nd Sat/mo							9:30 to 11	
Seven Oaks Alliance* 3rd Mon/mo		5:30 7pm						
South Abby Church		8:30	8:30	8:30	8:30	8:30		
Central Heights		9am	9am	9am	9am			9am
Bakerview Church		8:30	8:30	8:30	8:30			
Best for Babies (Bread)								
Christine Lamb		9am 4:30	9am 4:30	9am 4:30	9am 4:30	9am 4:30	9am 4:30	
Cyrus Centre (Youth)		8am 12 6pm						
Farmer's Market							9-12	
Gathering Mar-KIT					10-4	10-4	10-4	
Lifeline Outreach: Blue Bus 2nd Sunday								
Salvation Army		8am						
SARA For Women		9am 4:30	9am 4:30	9am 4:30	9am 4:30	9am 4:30		
Youth Unlimited		9am 4:30	9am 4:30	9am 4:30	9am 4:30	9am 4:30		
Gateway Church Pantry		10:30 4:30		10:30 4:30		10:30 4:30		
Gurdwara Baba Banda Singh Bahadar		9am 8pm						
Gurdwara Sahib Kalgidhar Darbar		9am 7pm						
Khalsa Diwan Society		9am 7pm	9am 7pm	9am 7pm	9am 7pm	9am 7pm	9am 7pm	9an 7pn
Look Out Society								
MCC Store BBQ					4:30			
The Life Centre						5pm		

Grow: Your own
Share: Eat Together
Enjoy: Eat Local

Abbotsford is one of Canada's most diverse cities, with the Fraser Valley being one of the most welcoming places regarding finding jobs, policy and public health.

It is important to help new coming families feel welcome and aware of available supports as perceptions of social support is associated with recovery, coping with stress and increased self-reported health metrics (Cohen S. 2004 &Camilla A. Michaldél, et al. 2020)

### **Getting Involved**

**Prepare:** A backpack full of food for the Starfish-backpack program: Meals for school aged children. www.starfishpack.com/abbotsford/

Make: A Dinner for places like the Cyrus Centre.
They would love it!
www.mealtrain.com/trains/6wzv4q

Volunteer: At the Salvation army or local Food Hub

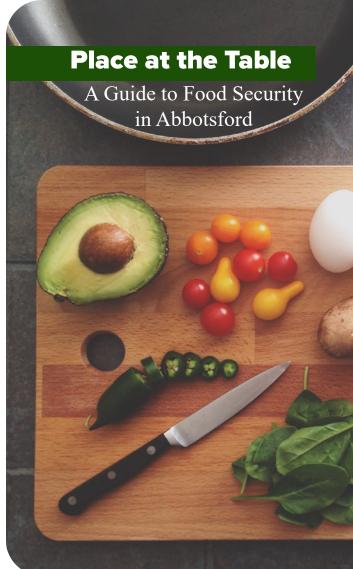
**Donate:** At any community organization making an effort in Abbotsford

Grow: Community gardens are a great place to get your hands dirty, meet new friends if you don't have a big backyard!

## **Map Locations**











Abbotsford Community Garden



# What's Food Security?

When "all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life." (FAO 2001)

### Why it matters

Higher Food Security is associated with:

- J Self-rated health1
- ↓ Positive Mental Health<sup>1</sup> (↓14%) ↑ Mood/Anxiety Disorders<sup>1</sup> (↓15%) - Life Expectancy<sup>2</sup>
- ↑ Chronic Conditions<sup>3</sup> - ↑ Diabetes<sup>4</sup> (1240%)HR-2.40,95%CI - 1.17-4.94]
- \* Poor childhood nutrition is linked to lower IQ, wages and non-communicable disease<sup>11</sup>. Chronic Stress is related to asthma, depression, heart disease & suicide idealization in youth 10



## Who's most affected?

Food Security equity efforts should focus on;



Female Lone Parents<sup>9</sup>







Newcomers<sup>12</sup> with limited English Proficiency<sup>6</sup>





Indigenous Peoples9

\*65% of Food Insecure Households are working poor.8 Food Security equity efforts should be targeted to single parents, indigenous people, and those on EI and social support. Targeted responses are essential to insulate children from the compounding effects of stress and poor nutrition which can permanently and adversely affect brain development.

### **Access:** Short Term Relief

Food Bank: Multi-Site. Free. No Stigma Archway, UFV, Cyrus Centre, Hill City Church, Ross Rd Church, Seven Oaks Church, SARA, Gateway Pantry

#### Salvation Army

Free Daily Meals 7days/w 8am-6pm

• 34081 Gladys Ave

#### Cvrus Centre (Youth)

Free youth drop-in meals 7days/w 8am-6pm

**2616 Ware St** 

#### The 5and2 Ministries

Free Breakfasts MTW Sat, Dinner Sat 6pm

• 1661 McCallum St

#### Group Buy Food Baskets

Archway Hamper (\$14/mo) 2<sup>nd</sup> Sat 12-5pm

#### Gudwara Meals (Langar)

South Asian Meals 7days/w 9am-7pm

31631 South Fraser Way

Farmer's Market Coupons (Archway)

New Comers Please Apply! Sat 9am-12pm

• Jubilee Park 2552 MacCallum rd

#### **Gateway Church Pantry**

Hampers Available M,W,F 10:30 - 4:30

2884 Gladys Ave

#### Gathering Markit.com

Non-Profit Grocery Shopping. Wed-Sat 10-4

**35190** Delair Rd

#### Meals on Wheels

Non-Profit Meals Delivered \$8

604-870-3764

#### Muslimfoodbank.com (Surrey)

muslimfoodbank.com

104-12941 115Ave Surrey



Lifeline Outreach "Blue Bus": Alternating Sundays 5:30pm @ 33933 Gladys Ave (MCC)

MCC BBO: Thurs 5:30pm @ 33933 Gladys Ave 5&2 Ministry Sat: 5pm @ 1661 McCallum

UGM Bus: Thurs 6pm @ 33933 Gladys Ave

The Life Centre Thurs: 5pm @ 32027 Peardonville



# **Community Gardens**

Abbotsford Community Garden

abbotsfordcommunitygarden.com

• 1786 Angus Campbell Rd

Highlands Community Garden

highlandscommunitygarden@outlook.com

Central Heights Garden

garden@centralheights.ca

**Edenvale Community Garden** 

4479 Bradner Rd

Gateway Community Garden



## Production: Food Skills

#### Archway Food Hub

Commercial kitchen using high-grade produce to cook nutritious meals! M-F 10-5

**1** 800-863-6582 2203 South Fraser way

#### FV Artisans Food Hub

Commercial Kitchen for rent to start your Culi-**2570 Cyril St** nary Business!

fraservalleyartisansfoodhub.com



Food Justice Table: Archway, Fraser Health, UFV Local Immigration Partnership: Archway, UFV, Inasmuch, MCC, FVRL, IAT, SWIS, AIM, Chamber of Commerce, Vancity, Fraser Health, etc