

You Are Invited

Breakfast Dinner 3 Meals Hampers
Snacks * By Appointment

	M	T	W	T	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 Kal- gidhar Darbar	9am 7pm						
Khalsa Diwan Society	9am 7pm						
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. Michalski, 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/

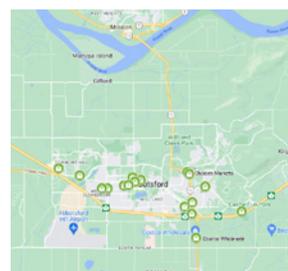
Make: A Dinner for places like the Cyrus Centre. They would love it!
www.mealtrain.com/trains/6wzv4q

Volunteer: At the Salvation army or local Food Hub

Donate: At any community organization making an effort in Abbotsford

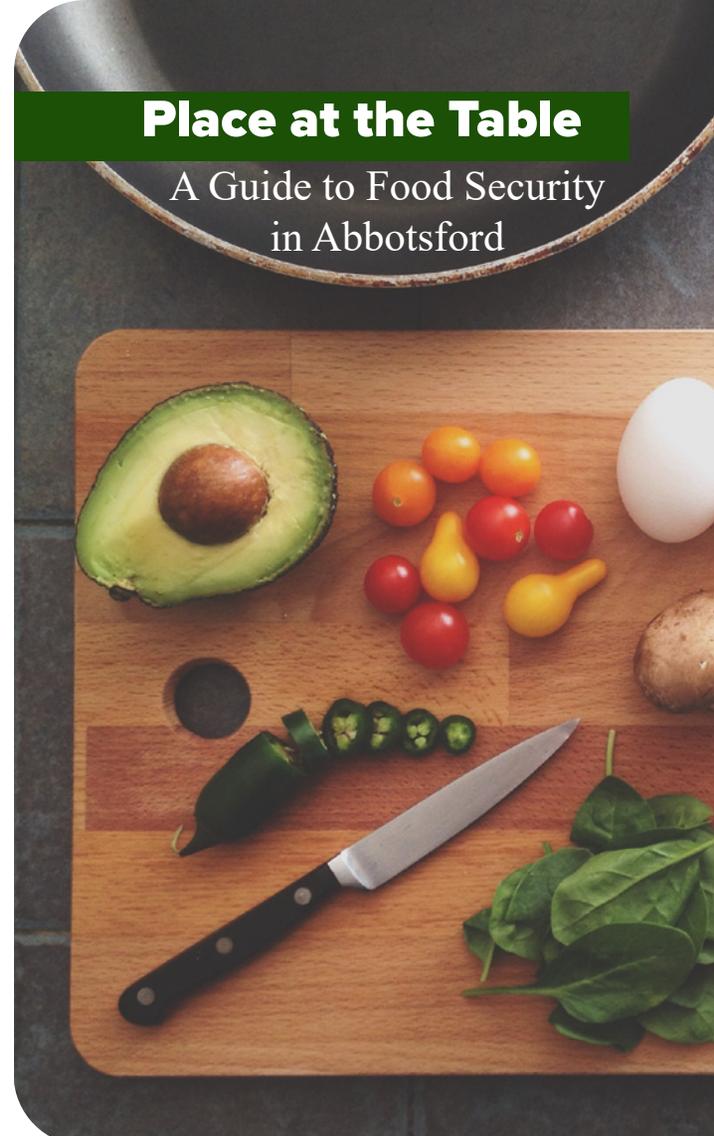
Grow: Community gardens are a great place to get your hands dirty, meet new friends if you don't have a big backyard!

Map Locations



Place at the Table

A Guide to Food Security
in Abbotsford



Archway | Food Bank
Community Services Abbotsford

THE SALVATION ARMY

The 5 and 2 Ministries

gathering market

Lookout Housing + Health Society

EST. 2004 CYRUS CENTRE SERVICES FOR YOUTH & FAMILIES

United Way

The Pantry at Gateway Community Church

SARA FOR WOMEN

ABBOTSFORD LOCAL IMMIGRATION PARTNERSHIP

Abbotsford Community Garden

