MISSION NO & LOW-COST FOOD OPTIONS

BREAKFAST

Hope Central, 33129 Railway Avenue, https://www.hougenblockproject.com/hope-central-mission multi-service hub
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 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, 604-826- 2229
Monday to Friday 1:00 – 5:00 pm (Youth ages 12 – 24) Hours subject to change

SUPPER

Hope Central, 33129 Railway Avenue, 604-854-0780
Tuesday, Thursday & Sunday 6:00 – 7:00 pm

HAMPERS

Mission Youth House, 7368 Proctor Avenue, 604-826 - 2229
Monday to Friday 11:00 – 5:00 pm, hampers for youth up to age 24 – hours subject to change
St. Joseph Food Bank, 32600 7th Avenue, 778-536-3663
Hamper Days – Every second Wednesday and Thursday 9 am to 12 noon and every second Wednesday afternoon 430pm to 6pm opposite distribution week. (pre-approved working clients only)
Mission Community Service Food Centre,
#3, 32618 Logan Avenue, 604-814-3333
Mondays 10:00 am – 3:00pm

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

MORE

***Nourish* Mission – choice-based food program**
33179 2nd Ave, Mission 604-826-3634
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 – weekend food support for children. To apply, contact the school administrator. https://starfishpack.com/

North Fraser 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 - https://archway.ca/bulkbuy/ pick up 12pm – 3pm on the 2nd Saturday 5pm – 7pm on the 4th Friday Every month at 33914 Essendene Ave bulkbuy@archway.ca 236-380-4301

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
Meals on Wheels for seniors
For more information **Phone:** (604) 826-3634 **Email:** seniors@missionmcss.com
Cedar Valley Church 32860 Cherry Ave : offers barrier-free community cupboard available 24 hrs / 7 days.