



Better health. Best in health care.

## Low-Cost and Free Food Programs in Abbotsford

"Updated as of: July 2017 These programs can change frequently-please call before attending to confirm details. Lists updated yearly by the Public Health Dietitians-send updated to Jane Wark: jane.wark@fraserhealth.ca

Name	Address	Contact	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Food Banks</b> Provide food and emergency hampers. To register bring: proof of address, proof of income source and care cards for every family member.												
Food Bank - Basics for Babies	Abbotsford Community Services 33914 Essendene Ave.	604-859-5749	<a href="http://abbotsfordfoodbank.com">http://abbotsfordfoodbank.com</a>	"Basics for Babies" is a Food Banks BC program to ensure that all babies in the Lower Mainland get the nutrition they need. This program supports purchasing baby food, formula, pabulum, diapers, and other baby supplies dependent on availability."	FREE	9:30 am - 12 pm	9:30 am - 12 pm	9:30 am - 12 pm	9:30 am - 12 pm			
Food Bank	Abbotsford Community Services 33914 Essendene Ave.	604-859-5749	<a href="http://abbotsfordfoodbank.com">http://abbotsfordfoodbank.com</a>	Available to residents in need of short-term assistance and can be accessed once a month per household.	FREE	Families, Pregnant women, Seniors over 60 9:30am - 12 pm Singles/Couples 1:30 pm - 3 pm	Families, Pregnant women, Seniors over 60 9:30am - 12 pm Singles/Couples 1:30 pm - 3 pm	Families, Pregnant women, Seniors over 60 9:30am - 12 pm Singles/Couples 1:30 pm - 3 pm	Families, Pregnant women, Seniors over 60 9:30am - 12 pm Singles/Couples 1:30 pm - 3 pm			
Food Bank - Starfish Backpack Program	Abbotsford Community Services 33914 Essendene Ave.	604-859-5749	<a href="http://abbotsfordfoodbank.com">http://abbotsfordfoodbank.com</a>	This program provides a backpack filled with 3 meals for 2 days over the weekend. It is for children in the Abbotsford School District, identified by the school as being in extreme need.	FREE					Offered on Fridays of the school year		
Food Bank - Farm to Foodbank	Abbotsford Community Services 33914 Essendene Ave.	604-859-5749	<a href="http://abbotsfordfoodbank.com">http://abbotsfordfoodbank.com</a>	Volunteers glean fresh produce from local farms to provide to clients at the food bank. During summer months and fall	FREE							
Food Bank	Muslim Food Bank Lower Mainland 101-13085 115 Ave. Surrey	1-866-824-2525	<a href="https://www.muslimfoodbank.com">https://www.muslimfoodbank.com</a>	Volunteers at the food bank distribute food hampers, baby supplies, used clothing, baby and other household items to our clients. Food hampers that are catered to specific dietary needs (vegan and religious dietary restrictions) for low-income residents of British Columbia. Clients call to register. Hampers to be pick up at the Surrey location. For those who don't have dietary restrictions, we refer them to the local food banks in their areas. Clients need to bring picture ID, proof of income & proof of address	FREE						1st and 3rd Saturday of each month 7:30 - 10:30 am	
Food Bank - Christmas Bureau	Abbotsford Community Services 33914 Essendene Ave.	604-859-5749	<a href="http://abbotsfordfoodbank.com">http://abbotsfordfoodbank.com</a>	Families and seniors in need are matched with group sponsors or the Christmas Bureau Food Bank and provided with a special food hampers intended to cover a Christmas dinner and help throughout the season, as well as gifts for their children. If you would like to apply to receive help this Christmas, please visit the Food Bank to pick up an application. Registration September to end of November Register prior to pick up hampers available in December.	FREE							
High Protein Food Hampers	Positive Living Fraser Valley Society 32883 South Fraser Way	604-854-1101	<a href="http://www.pifv.org/">http://www.pifv.org/</a>	A specialized program providing lunches and higher protein food hampers for those in a low income situation and living with HIV or AIDS. We work together with our clients to discuss their specific dietary requirements and do our best to meet those in need. To become a member call to book an intake appointment. Consult with Positive Living for times and dates	FREE							



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<b>Community Meals</b>												
Outreach in the Park	The 5 and 2 Community Church Service Jubilee Park (parking lot) 32315 S Fraser Way, Abbotsford, BC (McCallum Rd)	604-613-4432	<a href="http://the5and2.ca/schedule.html">http://the5and2.ca/schedule.html</a>	Many food services offered in the park. (drinks and snacks) and harm reduction services offered	FREE	Coffee Fellowship 10 am - 12 pm	Coffee Fellowship 10 am - 12 pm	Coffee Fellowship 10 am - 12 pm Street Outreach Dinner 6 pm	Coffee Fellowship 10 am - 12 pm	Coffee Fellowship 10 am - 12 pm 6:30 pm Bagged Lunch Patrol in downtown	Coffee Fellowship 10 am - 12 pm	
Outreach in the Park	The 5 and 2 Community Church Service Jubilee Park 32315 S Fraser Way, Abbotsford, BC (McCallum Rd)				FREE	8 pm Outreach Harm Reduction	8-9:30 pm		8-9:30 pm	Community Outreach	Dinner 5 pm	
Daily Bread Room	Salvation Army Centre of Hope 34081 Gladys Ave.	604-852-9305	<a href="http://www.careandshare.com">http://www.careandshare.com</a>	Each day, various businesses donate surplus baked goods and produce to The Salvation Army. Families can come once or twice a week to get food that will help stretch their grocery money.	FREE	12:15 pm -1:15 pm	12:15 pm -1:15 pm	12:15 pm -1:15 pm	12:15 pm -1:15 pm	12:15 pm -1:15 pm	12 pm - 1 pm	10 am
Pantry 34 - Student meals	Salvation Army Centre of Hope 34081 Gladys Ave.	604-852-9305	<a href="http://www.careandshare.com">http://www.careandshare.com</a>	Items provided include snacks: Cookies, Juice, unsweetened fruit puree, and snack bars. Monday to Friday	FREE	Delivered to schools as needed						
Community Breakfast	Salvation Army Centre of Hope 34081 Gladys Ave.	604-852-9305	<a href="http://www.careandshare.com">http://www.careandshare.com</a>	Provides a free breakfast in a safe, clean environment. The Café also provides facilities for laundry and shower for those who live in substandard accommodations.	FREE	Breakfast 8:30 - 9:30 am café open until 7 pm	Breakfast 8:30 - 9:30 am café open until 7 pm	Breakfast 8:30 - 9:30 am café open until 7 pm	Breakfast 8:30 - 9:30 am café open until 7 pm	Breakfast 8:30 - 9:30 am café open until 7 pm		
Community Hot Lunch	Salvation Army Centre of Hope 34081 Gladys Ave.	604-852-9305	<a href="http://www.careandshare.com">http://www.careandshare.com</a>	The Centre offers a "free lunch" which includes protein, starch, vegetables, beverage, and dessert. Free bread and produce available during meal centre hours	FREE	12:15 pm - 1:15 pm	12:15 pm - 1:15 pm	12:15 pm - 1:15 pm	12:15 pm - 1:15 pm	12:15 pm - 1:15 pm	12 pm - 1 pm	
Sunday Brunch	Salvation Army Centre of Hope 34081 Gladys Ave.	604-852-9305	<a href="http://www.careandshare.com">http://www.careandshare.com</a>		FREE							Brunch 10-10:30 am
Outreach Dinner	33933 Gladys Ave Abbotsford (back parking lot of MCC building)  27309 Fraser Highway Aldergrove Vineyard church parking lot	604-728-7551	<a href="http://www.lifelineoutreach.org">http://www.lifelineoutreach.org</a>	Mobile unit with Hot meals, groceries and free clothing. Closed for the month of August Schedule on website for alternating Sundays Abbotsford and Aldergrove under "Bus Schedule" Serves until food is gone	FREE							Drop-in Sundays: Dinner (alternate between Abbotsford & Aldergrove)3:30 - 5:30 pm



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Community Meals	Sara for Women 33264 Old Yale Rd Abbotsford	604-746-3301	<a href="http://Saraforwomen.ca">http://Saraforwomen.ca</a>	For street engaged women. Open kitchen stocked with drinks, coffee, bread, peanut butter and jam, all donated. Also available: clothing, laundry, internet, bathroom, locker, telephone (including long distance) and showers. Set up appointment with coordinator, Counselling services available Monday, Wednesday and Friday (call to speak)	FREE	Drop in 12- 6:45 pm Hot meal 4-4:30 pm	Drop in 12- 6:45 pm	Drop in 12- 6:45 pm	Drop in 12- 6:45 pm	Drop in 12- 6:45 pm Hot meal 4-4:30 pm	9am - 4pm Harm reduction supplies, HIV / Hep C, Swat team, and counselling services	
Bag Lunch	Positive Living Fraser Valley Society 108 A - 32883 South Fraser Way (back alley entrance)	604-854-1101	<a href="http://www.pifv.org/">http://www.pifv.org/</a>	Drop-in bag lunch offered daily to members. Complete intake with positive living. At Park drop in (Prevention assessment referral clinic)	FREE	Bag Lunch 12 pm	Bag Lunch 12 pm	Bag Lunch 12 pm	Bag Lunch 12 pm	Bag Lunch 12 pm	Bag Lunch 2 - 5:30 pm	Bag Lunch 2 - 5:30 pm
Youth Drop-In (emergency shelter)	Cyrus Centre - Drop In 2616 Ware Str	604-859-5773	<a href="http://www.cyruscentre.com/">http://www.cyruscentre.com/</a>	Helps to meet the basic needs of at-risk, homeless youth and their families. Services available include, showers, laundry, meals, clothing, life skills development, employment coaching, youth phone, one-to-one counselling, advocacy and return address for mail. Classes offered by the school board (require application). Drop in Lunch and Dinner. Also a satellite for food bank can pick up food hampers every 2 weeks. In July breakfast club 10 am for ages 16-24 for every youth (not just shelter youth)	FREE	Drop In 12 pm - 8 pm Lunch 12:30 pm Snack 3 pm Dinner 6 pm Emergency Shelter 8 pm - 8 am	Drop In 12 pm - 8 pm Lunch 12:30 pm Snack 3 pm Dinner 6 pm Emergency Shelter 8 pm - 8 am	Drop In 12 pm - 8 pm Lunch 12:30 pm Snack 3 pm Dinner 6 pm Emergency Shelter 8 pm - 8 am	Drop In 12 pm - 8 pm Lunch 12:30 pm Snack 3 pm Dinner 6 pm Emergency Shelter 8 pm - 8 am	Drop In 12 pm - 8 pm Lunch 12:30 pm Snack 3 pm Dinner 6 pm Emergency Shelter 8 pm - 8 am	Drop In 12 pm - 8 pm Lunch 12:30 pm Snack 3 pm Dinner 6 pm Emergency Shelter 8 pm - 8 am	Drop In 12 pm - 8 pm Lunch 12:30 pm Snack 3 pm Dinner 6 pm Emergency Shelter 8 pm - 8 am
<b>Programs with Food</b>												
Community Kitchen	Abbotsford Community Services Old Courthouse Bldg on Laurel Street	604-859-7681	<a href="http://abbotsfordfoodbank.com">http://abbotsfordfoodbank.com</a>	Abby Community Services has a fully equipped kitchen that can be rented by individuals, clubs or business. For more info on setting up a community kitchen, go to <a href="http://www.freshchoiceskitchens.ca">www.freshchoiceskitchens.ca</a>								
Food Skills for families program - Multicultural Unit	Abbotsford Community Services 2420 Montrose Ave Abbotsford	604-866-5970 Contact: Elise		A hands-on program that makes healthy eating, shopping and cooking easy, quick and fun. Multicultural Unit - offered to new immigrants to Canada Sessions will be held in the Fall and again late Fall (no specific dates yet) - break in the summertime Once per week for 6 weeks (3 hours sessions). Free Child care is offered. Registration required.	FREE							
Food Skills for families program - Family Centre	Abbotsford Community Services 2420 Montrose Ave Abbotsford	604-859-7681 Contact Cindy Reisig		A hands-on program that makes healthy eating, shopping and cooking easy, quick and fun. offered to young parents Sessions will be held in the Fall and again late Fall (no specific dates yet) Sept, Nov, January Once per week for 6 weeks (3 hours sessions). Free Child care is offered. Registration required.	FREE							

