



Better health. Best in health care.

Low-Cost and Free Food Programs in Abbotsford

"Updated as of: July 2016 These programs can change frequently-please call before attending to confirm details. Lists updated yearly by the Public Health Dietitians-send updated to Carole Chang: carole.chang@fraserhealth.ca

Name	Address	Contact	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Food Banks 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	http://abbotsfordfoodbank.com	"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	http://abbotsfordfoodbank.com	Available to residents in need of short-term assistance and can be accessed twice 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 - High Protein	Abbotsford Community Services 33914 Essendene Ave.	604-859-5749	http://www.abbotsfordfoodbank.com/files/6713/0600/6601/HP_Brochure_2011.pdf	A specialized program providing 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 apply, pick up a Health Care Referral form from the Food Bank and bring the completed form back to the Abbotsford Food Bank Consult with Positive Living for times and dates	FREE							
Food Bank - Starfish Backpack Program	Abbotsford Community Services 33914 Essendene Ave.	604-859-5749	http://abbotsfordfoodbank.com	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	http://abbotsfordfoodbank.com	Volunteers glean fresh produce from local farms to provide to clients at the food bank	FREE							
Food Bank	Muslim Food Bank Lower Mainland 101-13085 115 Ave. Surrey	1-866-824-2525	https://www.muslimfoodbank.com	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	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	http://abbotsfordfoodbank.com	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							



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Community Meals												
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		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 Alternate Fridays: Sandwich (bag lunch) Patrol in downtown Abbotsford Alternate Fridays	Coffee Fellowship 10 am - 12 pm	
Community Dinner	Location of Dinner Peace Lutheran Church 2029 Ware Str	The 5 and 2 Community Church Service - Community Dinner 604-613-4432		Community Dinner 2nd Sunday of each month	FREE							6 pm second Sunday of each month
Daily Bread Room	Salvation Army Centre of Hope 34081 Gladys Ave.	604-852-9305	http://www.careandshare.com	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	http://www.careandshare.com	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	http://www.careandshare.com	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	http://www.careandshare.com	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	http://www.careandshare.com		FREE							Brunch 10-10:30 am
Outreach Dinner	Lifeline Outreach Society Montvue Ave at McDougall Ave	604-728-7551	http://www.lifelineoutreach.org	Hot meals, groceries and free clothing. Closed for the month of August	FREE							Drop-in Sundays: Dinner (alternate between Abbotsford & Aldergrove)



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Community Meals	Women's Resource Society of the Fraser Valley The Warm Zone 2481 McCallum Rd	604-746-3301	http://www.wrsfv.ca/programs/warmzone/warmzone.html	For street engaged women. Open kitchen stocked with drinks and snacks, all donated. Also available: clothing, laundry, internet, bathroom, locker, telephone (including long distance) and showers.	FREE	Drop in 12- 6:45 pm Hot meal 4pm	Drop in 12- 6:45 pm	Drop in 12- 6:45 pm Hot meal 4pm	Drop in 12- 6:45 pm	Drop in 12- 6:45 pm	Harm reduction supplies, HIV / Hep C, Swat team, and counselling services available.	
Bag Lunch	Positive Living Fraser Valley Society 32883 South Fraser Way	604-854-1101	http://www.pifv.org/	Drop-in bag lunch offered daily	FREE	Drop in Bag Lunch 12 pm	Drop in Bag Lunch 12 pm Lunch offered to clients of the program	Drop in Bag Lunch 12 pm	Drop in Bag Lunch 12 pm	Drop in Bag Lunch 12 pm	Drop in Bag Lunch 12 pm	Drop in Bag Lunch 12 pm
Christmas Dinner	Seven Oaks Alliance Church 2575 Gladwin Rd	604-853-0757	http://www.sevenoaks.org/	Free Christmas Dinner offered every year on the second week of December. Tickets available	FREE							
Youth Drop-In (emergency shelter)	Cyrus Centre - Drop In 2616 Ware Str	604-859-5773	http://www.cyruscentre.com/	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). Breakfast for shelter youth only. Drop in Lunch and Dinner	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
Programs with Food												
Community Kitchen	Abbotsford Community Services Old Courthouse Bldg on Laurel Street	604-859-7681 ext 770	http://abbotsfordfoodbank.com	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 www.freshchoiceskitchens.ca								
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) Once per week for 6 weeks (3 hours sessions). Free Child care is offered. Registration required.	FREE							



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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) Once per week for 6 weeks (3 hours sessions). Free Child care is offered. Registration required.	FREE							
Best for Babies	Abbotsford Community Services 2420 Montrose Ave Abbotsford	604-859-7681 288 Liz, Coordinator and Outreach Cell 778-808-1280 BestforBabies@abbotsfordcommunityservices.com Monica, South Asian Outreach cell 604-308-8216 Monica.Grover@abbotsfordcommunityservices.com		Best for Babies is a free Pregnancy Outreach Program funded by the Public Health Agency of Canada. This Prenatal Nutrition Program, which assists pregnant women who do not typically access traditional prenatal services, offers support during pregnancy and for 6 months post-partum. Particular attention is paid to promoting a healthy diet and lifestyle. Weekly Registered Group Drop-ins with food, guest speakers, health education, and childcare provided for free- registration is required.	FREE			Expectant Mom's Group "The Gallery Room" Group # 1 1 - 2:30 pm Group # 2 3 - 4:30 pm	Best for Babies New Parent's Group "The Gallery Room" 3 - 4:30 pm	Best for Babies South Asian Group "Sikh Temple South Fraser Way" 10 - 12 pm		
Grocery and Meal Delivery												
Better Meals	5742 Beresford Str, Burnaby	604-299-1877 1-888-838-1888	www.bettermeals.ca	Fully cooked and frozen meals, including soup, entrée & dessert, with Regular and diet items available: diabetic, low salt and pureed entrees and a la carte items are available. No MSG or preservatives added. Order online or by phone. Ordering by 2 pm 2 business days before delivery day	Prices Varies see website Regular entrée \$6.75 Free delivery for all areas with \$30 minimum order	Office Hours 8:30am- 3 pm	Office Hours 8:30am- 3pm Delivery Day depending on address	Office Hours 8:30am- 3 pm	Office Hours 8:30am- 3 pm	Office Hours 8:30am- 3pm Delivery Day depending on address		
Dairyland Home Delivery	1-800-667-1228 ---- (toll free) 604-421-4663		http://www.morethanmilk.ca	Serves all Fraser Health Communities except Mission, Agassiz, Boston Bar. Free Weekly delivery of products including dairy, soy drinks, eggs, prepared meals, groceries, and deli products (full product list online). 10 % senior's discount by request. Place order online, via telephone, or complete order form and leave it outside for the driver on delivery day. Order by 4 PM the day before your delivery day	FREE delivery 10% Seniors discount by request							
Meals on Wheels	Abbotsford Community Services 33914 Essendene Ave.	604-870-3764 Mealsonwheels@abbotsfordcommunityservices.com	http://www.abbotsfordcommunityservices.com/programs/seniors/meals-wheels	Volunteer delivery of hot and frozen meals to those who are unable to obtain or prepare meals for themselves. Monthly menus available on website. All meals are low sodium, MSG free, and nutritionally balanced.	Hot meals \$7.50 Frozen Meals \$7.00	Hot Meal Delivery 9:45am - 12:15pm	Hot Meal Delivery 9:45am - 12:15pm	Hot Meal Delivery 9:45am - 12:15pm Frozen Meal Delivery or pick-up is available	Hot Meal Delivery 9:45am - 12:15pm	Hot Meal Delivery 9:45am - 12:15pm		