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).


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!
**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:

- **Self-rated health**
- **Positive Mental Health**
- **Life Expectancy**
- **Mood/Anxiety Disorders**
- **Chronic Conditions**
- **Diabetes**

* Poor childhood nutrition is linked to lower IQ, wages and non-communicable disease. Chronic Stress is related to asthma, depression, heart disease & suicide idealization in youth.

**Who’s most affected?**

Food Security equity efforts should focus on:

- **Female Lone Parents**
- **Newcomers**
- **Income Assistance**
- **Indigenous Peoples**

*65% of Food Insecure Households are working poor.*

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

**Cyrus 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) 2rd 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)**

**Outreach**

- **Lifeline Outreach “Blue Bus”:** Alternating Sundays 5:30pm @ 33933 Gladys Ave (MCC)
  - MCC BBQ: Thurs 5:30pm @ 33933 Gladys Ave
  - 5&2 Ministry Sat: 5pm @ 1661 McCallum

**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**
  - gardens@gatewaycrc.org

**Production:**

**Archway Food Hub**
- Commercial kitchen using high-grade produce to cook nutritious meals! M-F 10-5
  - 1 800-863-6582

**FV Artisans Food Hub**
- Commercial Kitchen for rent to start your Culinary Business!
  - 2570 Cyril St

**Advocacy**

**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