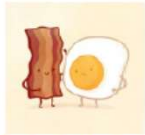


Low-Cost and Free Food Programs in Abbotsford



"Updated as of: April 2019 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



Food Resources in Abbotsford

General Food Resources

ABBOTSFORD FOOD BANK

ADDRESS: 33914 ESSENDENE AVE

CONTACT #: 604-859-5749 (CALL OR VISIT TO MAKE AN APPOINTMENT)

A. Families with children in their care; youths; seniors (60+), and pregnant/expecting mothers: Monday-Thursday (9:30-12:00pm)

B. Singles and couples: Monday-Thursday (1:30-3:00pm)

LIFELINE OUTREACH SOCIETY

ADDRESS: LOCATED BEHIND THE MCC STORE AT 33933 GLADYS AVENUE

CONTACT #: DAVE 604-728-7551

A. Blue Bus Program (Hot meal, groceries and clothing): Typically every second and last Sunday of each month (3:30pm until supplies run out)

**Call for current schedule

MCC CENTRE

ADDRESS: HELD IN REAR PARKING LOT BEHIND MCC AT 33933 GLADYS AVENUE

CONTACT #: JANE NJOGU 604-857-7726

A. Barbecue: Thursdays (5:00pm)

POSITIVE LIVING FRASER VALLEY

ADDRESS: 32883 SOUTH FRASER WAY, UNIT 108A

CONTACT #: 604-854-1101

A. Members only lunch/Positive Lunches: Tuesdays (12:00pm)

B. High Protein Food Bank: Every second and fourth Tuesday of each month

C. Bag Lunches from PARC (Prevention Assessment Referral Clinic): Monday-Tuesday (12:00-4:00pm), Wednesday (9:30-6:30 *Bag lunches held until 12:00pm), Thursday-Friday (12:00-6:30pm), and Saturday-

Sunday (2:00-5:30pm)

Bag lunches upon availability/first come, first serve basis

SALVATION ARMY (CENTRE OF HOPE)

ADDRESS: 3408 1 GLADYS AVENUE

CONTACT #: 604-852-9305

A. Brunch: Sundays (10-10:45am)

B. Redemption Cafe:

- Coffee: Monday-Saturday (6-11:15am), Sunday (8-11:00am)

- Snacks: Monday-Saturday (10:15-11:15am)

C. Meal Centre:

- Breakfast: Monday, Wednesday-Saturday (8:30-9:30am), Tuesday (9:00-9:30am)

- Lunch: Monday-Saturday (12:15-1:15pm)

- Free bread and produce available: Monday-Saturday (12:15-1:15pm)