

MISSION NO & LOW-COST FOOD OPTIONS

BREAKFAST	MORE
<p>Hope Central, 33129 Railway Avenue, 604-854-0780 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</p>	<p>Emma’s Acres, 34890 Cemetery Avenue, 604-852-5514 Pick up Cobb’s Bread donations on Tuesday 10:00 am and seasonal donations of produce to people in need – call ahead or check Facebook to see availability SARA for Women, 33070 – 5th Avenue, 604-820-8455 Support with diapers and baby formula – please call ahead Doctors’ offices may also have formula samples Northview Church, 33057 Dewdney Trunk Road, 604-826-3299 The Pantry - Drop in Sunday afternoons 1:00 – 3:00 pm to pick up groceries/necessities hamper and free lunch Pick up fully prepared takeaway meals on Sunday Mission Community Service Food Centre, #3, 32618 Logan Avenue, 604-814-3333 Pickup of homeless daybags for those not in the shelter or hotel 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 McMahan & West Heights Elementary Schools Mission Rotary Sunrise Club – Starfish Packs – weekly in school support for children https://starfishpack.com/ Albert McMahan, Cherry Hill, Christine Morrison, Ecole des Deux Rivers, Fraserview Learning Centre, Hatzic Elementary, Hatzic Middle, Mission Secondary, Silverdale, Stave Falls, Summit, Windebank Mid Day 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 once a month - https://archway.ca/bulkbuy/ pick up every second Saturday of the month between 12:00 pm – 5:00 pm – 2539 Montvue Avenue, Abbotsford 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</p>
<p align="center">LUNCH</p> <p>Mission Friendship Centre, 33150 1st Avenue, 604-826-1281 Monday to Friday 12:00 – 1:00 pm Mission Youth House, 7368 Proctor Avenue, 604-287-7200 Monday to Friday 11:00 am – 5:00 pm (Youth ages 12 – 24) Hours subject to change</p>	
<p align="center">SUPPER</p> <p>Hope Central, 33129 Railway Avenue, 604-854-0780 Tuesday, Thursday & Sunday 6:00 – 7:00 pm</p>	
<p align="center">HAMPERS</p> <p>Mission Youth House, 7368 Proctor Avenue, 604-287-7200 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 & Thursday of the month 9 am – 12 noon Mission Community Service Food Centre, #3, 32618 Logan Avenue, 604-814-3333 Mondays & Fridays 9:00 am – 12:00 pm – pickup of hampers Wednesdays 2:30 pm – 4:30 pm – pickup of hampers 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</p>	

