

MISSION NO COST FOOD OPTIONS**BREAKFAST**

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

LUNCH

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

SUPPER

Hope Central, 33129 Railway Avenue, 604-854-0780
 Tuesday, Thursday & Sunday 6:00 – 7:00 pm

HAMPERS

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, 32550 7th Avenue, 778-536-3663
 Hamper Days – Every second Wednesday & Thursday of the month
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

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MISSION NO COST FOOD OPTIONS**MORE****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 McMahon & West Heights

Elementary Schools

Mission Rotary Sunrise Club – Starfish Packs – weekly in school support for children<https://starfishpack.com/>

Albert McMahon, 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 amonth - <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, 604-826-2814Pancake 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

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