

## MISSION NO & LOW-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 Community Service Emergency Shelter**, 32646 Logan Avenue, 604-820-9008  
 Available 24/7 daily  
**Mission Friendship Centre**, 33150 1<sup>st</sup> Avenue, 604-826-1281  
 Tuesdays and Thursdays 9 – 10 am

### LUNCH

**Mission Friendship Centre**, 33150 1<sup>st</sup> 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  
**Mission Community Service Emergency Shelter**, 32646 Logan Avenue, 604-820-9008  
 Open 24/7 daily

### SUPPER

**Hope Central**, 33129 Railway Avenue, 604-854-0780  
 Tuesday, Thursday & Sunday 6:00 – 7:00 pm  
**Stone Soup Meals**  
<https://www.stonesoupmission.org/>

### 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 7<sup>th</sup> 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 1<sup>st</sup> Saturday of every month

### 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 – 5<sup>th</sup> 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 1<sup>st</sup> Avenue, 604-826-1281  
 Drop in open 8:30 am – 4:00 pm – access to services  
**River Valley Church**, 32729 – 7<sup>th</sup> 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 – 1<sup>st</sup> 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

