

Free and Low-Cost Food Programs in Abbotsford

| | | Program Name | Program Description | Hosting Organization(s) | Who This Is For? | When Is This Available? | How To Access/Contact |
|---|-------------------------------|--|---|---|--|---|---|
| Pick Up / Go to Location | Hamper / Groceries | Starfish Pack | Weekly food hampers for families through the schools | Archway Food Bank | Families of school aged children in the Abbotsford School District (elementary to high school) | Friday afternoons – for weekends | Call Archway at 604-859-5749 |
| | | Pantry 34 | Healthy snack | Abbotsford Salvation Army | SD34 schools | During school hours | Call 604-852-9305 ext 104 for more information |
| | | Hamper Program – youth, seniors, families | Nutritious perishable & non-perishable groceries | Archway Food Bank | Youth, Seniors, Families | M – Th 9:30am-12:00pm | By appointment, call 604-859-5749 |
| | | Hamper Program – adult singles, couples | Nutritious perishable & non-perishable groceries | Archway Food Bank | Adults (singles & couples) | M – Th 1-3pm | By appointment, call 604-859-5749 |
| | | Hamper Program - Halal | Nutritious perishable & non-perishable diverse groceries | Archway Food Bank | Those who follow a Halal diet | F 9am-12pm | By appointment, call 604-859-5749 |
| | | Hamper Program – Neighbourhood-Connected Food Banks | Satellite Food Banks (Churches: Hill City, Ross Road, Seven Oaks) | Archway Food Bank and partners | Residents of neighbourhood satellite food banks | Varies according to location | By appointment, call 604-859-5749 |
| | | Hamper Program – Program-Connected Food Banks | Satellite Food Banks (5 program locations) | Archway Food Bank and partners | Participants of programs | Varies according to program | Call 604-859-5749 for more information |
| | | Pantry Program – Immediate need Pantry Food Banks | Satellite Self-selected groceries for immediate needs | Archway Food Bank and partners | Participants of programs | Varies according to location / program | Call 604-859-5749 for more information |
| | | Food Cart | Self-selected groceries, pet food | Abbotsford Salvation Army | Everyone | M – Sat 12-1pm | 34081 Gladys Avenue or call 604-853-9305 |
| | | Blue Bus | Hamper and self-selected groceries | Lifeline Outreach Society | Everyone | 2 nd & 4 th Sunday 3:30-5:30pm | 33933 Gladys, behind MCC thrift store; or call 604-728-7551 |
| | | Cyrus Centre Youth Hampers | Food hampers for youth | Abbotsford Cyrus Centre | Youth ages 16 to 24 | 7d/w 12:30-7:30pm | 2616 Ware St or call 604-859-5776 |
| Archway Bulk Buy | \$15 for large produce hamper | Archway Community Services | Everyone | 12-5pm 2 nd Sat | 2539 Montvue Ave – must volunteer 10am-12pm | | |
| Pick Up / Go to Location | Prepared Food / Meals | Lunch | Daily Lunch | Abbotsford Salvation Army | Everyone | 7 d/w, 12-1pm | 34081 Gladys Avenue or call 604-852-9305 |
| | | Lunch | Prepared meal | Union Gospel Mission | Everyone | W & Th 12:30-3:30pm | Mobile – call 604-612-0527 or 604-833-1402 |
| | | Lunch | Prepared meal | Mennonite Central Com | Everyone | Th 4:30-6:30pm | 33933 Gladys Avenue or call 604-850-6639 |
| | | Dinner | Prepared meal | Ground Zero Ministries | Everyone | W 6-7:30pm Sun 2-3:30pm | Mobile – call 604-751-6458 |
| | | Dinner | Prepared meal | The 5 & 2 Ministries | Everyone | W 6-7 pm Sat 5-6 pm | Laurel & Montrose Ave or call 604-226-4004 |
| | | Dinner | Prepared meal | The Stream Ministry | Everyone | F 4pm, dinner 6pm | 33550 S Fraser Way, unit 14 or call 604-556-1668 |
| | | Dinner | Prepared meal | The 5 & 2 Ministries | Everyone | F 6-6:30pm | 33933 Gladys Avenue or call 604-309-1534 |
| | | Dinner | Prepared meal | 5&2 Ministries and Lotus Humanitarian Soc. | Everyone | Sat 5:45pm The Hub 32883 SFW 6:15pm Countess St and SFW | Call 604-226-1163 |
| | | Dinner | Prepared meal | Lifeline Outreach Society (Blue Bus) | Everyone | 2 nd & 4 th Sunday 3:30-6:00pm | 33933 Gladys, behind MCC thrift store; or call 604-728-7551 |
| Youth meals: Breakfast, Lunch and Dinner | Prepared meal | Cyrus Centre | Youth up to 24 years | Breakfast 8-9am M-F Lunch 12:30-1:30pm 7 d/w (12-18 y/o) Dinner 6-7pm 7d/w | 2616 Ware St or call 604-859-5776 | | |
| Deliver y | Hamper | Home Delivery Program | Hamper delivery | Archway Food Bank | Mobility challenges | T-Th 9am-3pm | By appointment, call 604-859-5749 |
| | Meals | Meals on Wheels | Prepared meal for \$8 per meal | Archway Community Services | Anyone | M-Th Fresh Meals Th Frozen Meals | Agency or self referral Call 604-824-0939 |