

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	Please request access to program within the enrolled school of student. (K-12)
		Hamper Program – youth, seniors, families	Nutritious perishable & non-perishable groceries	Archway Food Bank	Youth, Seniors, Families	M – Th 9:00am-12:30pm	By appointment, call 604-859-5749 Abbotsfordfoodbank.com
		Hamper Program – adult singles, couples	Nutritious perishable & non-perishable groceries	Archway Food Bank	Adults (singles & couples)	M – Th 1-3:30pm	By appointment, call 604-859-5749 Abbotsfordfoodbank.com
		Hamper Program - Halal	Nutritious perishable & non-perishable diverse groceries	Archway Food Bank	Those who follow a Halal diet	Thurs 9am-12:30pm, 1-3:30	By appointment, call 604-859-5749 Abbotsfordfoodbank.com
		Hamper Program – Neighbourhood-Connected Food Banks	Satellite Food Banks (Churches: APA, Ross Road, Seven Oaks, Central Heights) Cultural foods available	Archway Food Bank and partners	Residents of neighbourhood satellite food banks	Varies according to location	By appointment, call 604-859-5749 abbotsfordfoodbank.com/satellites/
		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	12-3pm 2 nd Sat 5:30-7pm 4 th Friday	33914 Essendene Ave – volunteering required. More information at www.foodjustice.ca
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	Saturday 12:30-3:30pm	Mobile – call 604-612-0527 or 604-833-1402	
	Lunch	Prepared meal	Menonite Central Com	Everyone	Thurs 4:30-6:30pm	33933 Gladys Avenue or call 604-850-6639	
	Dinner	Prepared meal	Ground Zero Ministries	Everyone	Wed 6-7:30pm Sun 2-3:30pm	Mobile – call 604-751-6458	
	Dinner	Prepared meal	The 5 & 2 Ministries and Lotus Humanitarian Society	Everyone	Wed 6-7 pm Laurel & Montrose Sat 5:00-5:45pm Laurel & Montrose, then 6:30-6:45pm Countess	Laurel & Montrose Ave or call 604-855-5562	
	Dinner	Prepared meal	The Stream Ministry	Everyone	Fri 4pm, dinner 6pm	33550 S Fraser Way, unit 14 or call 604-556-1668	
	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		
Delivery	Hamper Meals	Home Delivery Program	Hamper delivery	Archway Food Bank	Mobility challenges	T-Th 9am-3pm	Application required, call 604-859-5749
		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