

### 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	<b>Starfish Pack</b>	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)
		<b>Hamper Program – youth, seniors, families</b>	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
		<b>Hamper Program – adult singles, couples</b>	Nutritious perishable & non-perishable groceries	Archway Food Bank	Adults (singles & couples)	M – Th 1-3:30pm	By appointment, call 604-859-5749 Abbotsfordfoodbank.com
		<b>Hamper Program - Halal</b>	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
		<b>Hamper Program – Neighbourhood-Connected Food Banks</b>	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/
		<b>Hamper Program – Program-Connected Food Banks</b>	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
		<b>Pantry Program – Immediate need Pantry Food Banks</b>	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
		<b>Food Cart</b>	Self-selected groceries, pet food	Abbotsford Salvation Army	Everyone	M – Sat 12-1pm	34081 Gladys Avenue or call 604-853-9305
		<b>Blue Bus</b>	Hamper and self-selected groceries	Lifeline Outreach Society	Everyone	2 <sup>nd</sup> & 4 <sup>th</sup> Sunday 3:30-5:30pm	33933 Gladys, behind MCC thrift store; or call 604-728-7551
		<b>Cyrus Centre Youth Hampers</b>	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
		<b>Archway Bulk Buy</b>	\$15 for large <b>produce</b> hamper	Archway Community Services	Everyone	12-3pm 2 <sup>nd</sup> Sat 5:30-7pm 4 <sup>th</sup> Friday	33914 Essendene Ave – volunteering required. More information at <a href="http://www.foodjustice.ca">www.foodjustice.ca</a>
Prepared Food / Meals		<b>Lunch</b>	Daily Lunch	Abbotsford Salvation Army	Everyone	7 d/w, 12-1pm	34081 Gladys Avenue or call 604-852-9305
		<b>Lunch</b>	Prepared meal	Union Gospel Mission	Everyone	Saturday 12:30-3:30pm	Mobile – call 604-612-0527 or 604-833-1402
		<b>Lunch</b>	Prepared meal	Menonite Central Com	Everyone	Thurs 4:30-6:30pm	33933 Gladys Avenue or call 604-850-6639
		<b>Dinner</b>	Prepared meal	Ground Zero Ministries	Everyone	Wed 6-7:30pm Sun 2-3:30pm	Mobile – call 604-751-6458
		<b>Dinner</b>	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
		<b>Dinner</b>	Prepared meal	The Stream Ministry	Everyone	Fri 4pm, dinner 6pm	33550 S Fraser Way, unit 14 or call 604-556-1668
		<b>Dinner</b>	Prepared meal	Lifeline Outreach Society (Blue Bus)	Everyone	2 <sup>nd</sup> & 4 <sup>th</sup> Sunday 3:30-6:00pm	33933 Gladys, behind MCC thrift store; or call 604-728-7551
		<b>Youth meals: Breakfast, Lunch and Dinner</b>	Prepared meal	Cyrus Centre	Youth up to 24 years	<b>Breakfast</b> 8-9am M-F <b>Lunch</b> 12:30-1:30pm 7 d/w (12-18 y/o) <b>Dinner</b> 6-7pm 7d/w	2616 Ware St or call 604-859-5776
Deliver y	Hamper Meals	<b>Home Delivery Program</b>	Hamper delivery	Archway Food Bank	Mobility challenges	T-Th 9am-3pm	Application required, call 604-859-5749
		<b>Meals on Wheels</b>	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