

Food Resources – Quick List

ABBOTSFORD FOOD BANK

604-859-5749 | [website](#)

CALL/VISIT TO MAKE AN APPOINTMENT

- Available to families with children in their care; youths; seniors and pregnant/expecting mothers from Monday -Thursday, 9:30AM-12:00PM
- Singles and couples: Monday -Thursday, 1:30PM-3:00PM

LIFELINE OUTREACH SOCIETY

604-728-7551 (Dave) | lifeline@uniserve.com | [website](#)

- Blue Bus Program (hot meal, groceries and clothing): typically, every second and last Sunday/month (3:30PM or until supplies last) **Call for current schedule**

MCC CENTRE

604-857-7726 (Jane) | [website](#)

- Barbecue on Thursdays @ 5:00PM

POSITIVE LIVING FRASER VALLEY

604-854-1101 | [website](#)

- **Members only lunch/Positive Lunches:** Tuesdays @ 12:00PM
- **High Protein Food Bank:** Every 2nd and 4th Tuesday/month
- **Bag Lunches from Prevention Assessment Referral Clinic:**
Monday -Tuesday (12- 4PM), Wednesday (9:30AM- 6:30PM) *bag lunches held until 12:00PM,
Thursday -Friday (12:00 -6:30PM), and Saturday -Sunday from 2:00 -5:30PM

SALVATION ARMY (CENTRE OF HOPE)

604-852-9305 | [website](#)

CALL FOR CURRENT SCHEDULE OF THE COMMUNITY OUTREACH DINNER

- Brunch on Sunday (10:00 -10:45AM)
- **Redemption Café**
Coffee: Monday -Saturday (6:00 -11:15AM), Sunday (8:00 -11:00AM)
Snacks: Monday -Saturday (10:15 -11:15AM)
- **Meal Centre**
Breakfast: Monday, Wednesday -Saturday (8:30 -9:30AM), Tuesday (9:00 -9:30AM)
Lunch: Monday-Saturday (12:15 -1:15PM)
Free bread/produce available: Monday -Saturday (12:15 -1:15PM)
- **Community Outreach Dinner:** 1 Monday/month @ 6:00PM, usually the 3rd Monday/month

THE RIVER COMMUNITY CHURCH

778-806-7946 | 14 - 33550 South Fraser Way

- The Stream: Evening service with dinner and live music, Friday 6:30 -8:30PM
Closed for the month of August

THE 5 AND 2 MINISTRIES

604-613-4432 (Ward Draper) | [website](#)

- **Community Outreach and Fellowship**
Beverages, snacks and non-perishables (distributed upon availability)
Monday -Saturday (10AM -12PM) and Monday, Tuesday and Thursday (8- 9PM)
- **Street Outreach Dinner:** Wednesdays @ 6:00PM
- **Sandwich Patrol:** Fridays @ 7:00PM (currently on hold)
- **Community Dinner and Outreach:** Saturdays @ 5:00PM
Bread and dairy distribution at various locations

WOMEN'S FOOD RESOURCES

SARA FOR WOMEN: THE WARM ZONE

604-746-3301 x 102 | [website](#)

- Dinner on Mondays @ 4:00PM
- Volunteer directed lunch Wednesdays @ 12:00PM
- Meal cooked by staff, Fridays (upon availability)
- Snacks (upon availability), tea and coffee:
Monday -Friday from 9AM -10PM, Saturday from 9AM -4PM

YOUTH FOOD RESOURCES

CYRUS CENTRE

604-859-5773 | [website](#)

- **Drop-in meals**
Lunch: Monday -Sunday @ 12:30PM | Dinner: Monday -Sunday @ 6PM
- **Breakfast Club** (open to anyone aged 16 -24)
Monday, Tuesday and Thursday from 10AM -12PM



FREE DIETITIAN SERVICES

HealthLink BC

Dial 8-1-1 | [website](#)

- Free dietitian services with specialists in allergies, oncology and pediatric nutrition
- Registered Dietitians can answer your healthy eating and nutrition questions
- Translation services available in over 130 languages
- Registered Dietitian hours Monday to Friday (9AM– 5PM)