

Emergency Food Assets/Hampers:

1. Archway Abbotsford Food Hampers, <https://www.abbotsfordfoodbank.com/need-food/>
2. Positive Living Fraser Valley, High Protein Food Bank <http://phoenixsociety.com/about/what-we-offer/>
3. Starfish Backpacks, Emergency Essential Pantry Boxes, <https://starfishpack.com/abbotsford/>
4. Salvation Army Centre of Hope Christmas Food Hampers, <http://www.centreofhope.net/what-we-do/christmas/>
5. Seva Food Pantry, <https://www.abbotsfordfoodbank.com/seva/>
6. Northview Community Church, The Pantry, <https://northview.org/the-pantry-visit/>
7. UFV-SUS Food Bank, <https://www.ufv.ca/student-services/support/food-bank/>
8. Central Heights Church Food Bank, <https://www.centralheights.ca/givingopportunities>
9. Cyrus Center Youth Food Bank, <https://cyruscentre.com/services/>
10. Muslim Food Bank (<https://chilliwack-fraserhealthrural.pathwaysbc.ca/programs/43>)
<https://muslimfoodbank.com/food-bank/>

Community Meals Programs:

1. The Meal Centre and The Daily Bread Room, Salvation Army Centre of Hope, <http://www.centreofhope.net/what-we-do/the-meal-centre/>
2. The Redemption Cafe, Salvation Army Centre of Hope, <http://www.centreofhope.net/what-we-do/redemption-cafe/> *Currently not running due to COVID
3. Meals On Wheels, <https://archway.ca/program/meals-on-wheels/>
4. Gurdwara Baba Banda Singh Bahadar Sikh Society Free Meal,
 - a. *31631 South Fraser Way, 604 746 1700, *No Need to Call First, *Bring your own container,*
 - b. **Take Out Only (Will feed you if you have no home to go to), Vegetarian Food, No Drugs/Must be sober, 9am - 8pm Everyday.*
5. Gurdwara Kalgidhar Darbar Sahib Free Meal, *30640 Blueridge Dr, * No Drugs/Must be Sober, 9am - 7am Everyday, Vegetarian food, Unless hosting an Event, call first, 604 504 5033.*
6. Khalsa Diwan Society Free Meal, *Bhagan Toor: 604 832 7777 * Please call ahead, Must keep numbers under 50, * No Drugs/Must be sober, 9am - 7am Everyday, Unless hosting an Event, call first, Vegetarian food.*
7. Lifeline Outreach Society (Blue Bus), <https://lifelineoutreach.org/>
8. 5 and 2 Ministries Meals, <http://the5and2.ca/schedule.html>
9. MCC Centre Thursday BBQ, <https://www.comunitascare.com/stories/songs-of-hope/>
10. Positive Living Fraser Valley PARC Bagged Lunches & Tuesdays Positives Lunch, <http://phoenixsociety.com/about/what-we-offer/>
11. Abbotsford Youth Commission, Nutrition Program, Healthy Mind, Healthy Body, <https://www.abbyyouth.com/programs/youth-centres/nutrition-program>,
<https://www.abbyyouth.com/calendar>
12. Cyrus Centre Youth Resource Centre, <https://cyruscentre.com/services/>

Abbotsford Food Supports – Hampers, Free Meals, Affordable food options

Low-cost Food options

13. Gathering Market- Non profit Grocery market, fresh produce/groceries and meal kits *requires membership – can be referred through agency or alone [Not for profit grocery store | Gathering Mar-KIT | British Columbia \(gatheringmarket.com\)](#)
14. Rad deals – 31713 South Fraser Way open M-F 9am-9Pm, Sat 10-0, Sun 10-6pm *dietary restrictions friendly, lots of GF, vegan, etc options, do delivery* [Real Rad Deals. Inc - Fresh & Affordable Produce Delivery Service in Abbotsford, Mission, Chilliwack, Agassiz, Aldergrove, Langley, Harrison, Deroche & Hope BC \(business.site\)](#)
15. SKT – affordable produce, 3 for \$5 produce bunches, 2369 McCallum Rd, Abbotsford, BC V2S 3N7 <http://sktfarmmarket.com/>
16. Bulk Barn 32465 South Fraser Way Unit #11, Abbotsford, BC V2T 1X4, www.bulkbarn.ca, +1 604-755-2305
17. Ray's No Frills 34249 Marshall Rd, Abbotsford, BC V2S 1L8, nofrills.ca +1 866-987-6453
18. Archway Community Services – Meals on Wheels program offers \$8 fresh and frozen meals for those who difficulty preparing or shopping. Delivery included in price. To order, please call 604-870-3764. <https://archway.ca/program/meals-on-wheels/>
19. Chalo , 32500 S Fraser Highway, #100, Abbotsford, BC V2T 4W1, freshco.com, +1 604-850-2316
20. Bulk Buy - Full tote bags of produce for only \$15, every second Saturday of the month. Volunteer run program, delivery available. <https://foodjustice.ca/shop/>

Culturally Appropriate Low-Cost Food Options

21. Sabzi Mandi Supermarket - 2777 Gladwin Rd #115, Abbotsford, BC V2T 3S3 <http://sabzimandicanada.com/>
22. Vinh Tan Oriental Grocery store -- 2618 Cedar Park Pl, Abbotsford, BC V2T 3S5, +1 604-859-2618
23. Sunfarm Produce - 3670 Townline Rd #108, Abbotsford, BC V2T 5W8, +1 778-757-0601
24. Dashmesh Foods - 2622 Cedar Park Pl, Abbotsford, BC V2T 3S5 (+1 604-852-9690)
25. Fruiticana - Ellwood Centre, 31205 Maclure Rd, Abbotsford, BC V2T 5E5 (+1 604-504-5877)
26. Fruiticana - 2785 Bourquin Crescent W Unit#2, Abbotsford, BC V2S 5X6 (+1 604-744-0328)
27. Abbotsford Supermarket - 31970 South Fraser Way #102, Abbotsford, BC V2T 1V6 (+1 604-760-2611)
28. Chalo FreshCo - 31970 South Fraser Way #102, Abbotsford, BC V2T 1V6 (+1 604-760-2611)
29. Pan Asia 32288 South Fraser Way, Abbotsford, BC V2T 1W9 (+1 604-746-3229)