

# You Are Invited

Breakfast Dinner 3 Meals Hampers  
Snacks \* By Appointment

	M	T	W	T	F	S	S
BetterMeals.ca (order)	8:30 3pm	8:30 3pm	8:30 3pm	8:30 3pm	8:30 3pm		
Emma's Acres		10					
Gurdwara	9am 8pm	9am 8pm	9am 8pm	9am 8pm	9am 8pm	9am 8pm	9am 8pm
Hope Central Church	8am	6pm	8am	6pm	8am		6pm
Meals on Wheels							
Farmer's Market						9-1	
Mission Community Services Food Centre	9-12		2:30 to 4:30		9-12		
Mission Friendship Centre Breakfast entry off Railway		9-10		9-10			
Mission Friendship Centre lunch: Upstairs	12-1	12-1	12-1	12-1	12-1		
Mission Youth House	11 to 5pm	11 to 5pm	11 to 5pm	11 to 5pm	11 to 5pm		
Muslim Food Bank 1 <sup>st</sup> &3 <sup>rd</sup> Sat/mo						7-11	
Northview Church Pantry- meal & hamper							1-3
SARA Best for Babies 2 <sup>nd</sup> Wed/mo				11-2			
MCS Emergency Shelter	8am	8am	8am	8am	8am	8am	8am
SARA For Women Fleeing Domestic Abuse 2 <sup>nd</sup> & 4 <sup>th</sup> Thurs/mo				12 to 2pm			
St Joseph's Food Bank Every 2 <sup>nd</sup> Wed/Thurs 9am-12 noon			9am 12	9am 12			
Union Gospel Mission		8-4					8-4

School meals programs are in Mission! Please check school for local availability:  
 Rotary Starfish Backpack Program, Isthmus Canada, Midday Rotary, SnackPack Society



**Grow: Your own**  
**Share: Eat Together**  
**Enjoy: Eat Local**

Mission is one of Canada's fastest growing communities as the Fraser Valley is one of the most welcoming places regarding finding jobs, policy and public health.

It is important to help new coming families feel welcome and aware of available supports as perceptions of social support is associated with recovery, coping with stress and better self-reported health.

## How Can I Help?

**Prepare:** A Food hamper for St Joseph's Food Bank, MCS Food Centre or the Pantry etc.

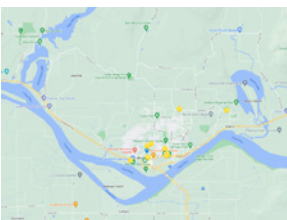
**Volunteer:** At Mission Community Services or other non-profits in Mission! 33179 2<sup>nd</sup> Ave., Mission

**Donate:** At any community organization making an effort in Mission. For example the Mission Starfish Backpack program provides weekend meals for school aged children. [www.starfishpack.com/Mission](http://www.starfishpack.com/Mission)

**Grow:** Community gardens are a great place to get your hands dirty, meet new friends if you don't have a big backyard!

#WeAreMissionBC

## Map Locations



# Place at the Table

## A Mission Guide to Food Security



# What's Food Security?

When "all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life." (FAO 2001)

## Why it matters

- Higher Food Security is associated with:
- ↓ Self-rated health<sup>1</sup>
  - ↓ Life Expectancy<sup>2</sup>
  - ↑ Chronic Conditions<sup>3</sup>
  - ↓ Positive Mental Health<sup>1</sup> (↓14%)
  - ↑ Mood/Anxiety Disorders<sup>1</sup> (↓15%)
  - ↑ Diabetes<sup>4</sup> (↓24%)<sup>PHR-2,40.95%CI - 1.17-4.94</sup>

\* Poor childhood nutrition is linked to lower IQ, wages and non-communicable disease<sup>11</sup>. Chronic Stress is related to asthma, depression, heart disease & suicide idealization in youth<sup>10</sup>

# Who's most affected?

15% of Mission Struggles with Food Security  
 Security equity efforts should focus on;



25% Increase in BC Food Bank Visits Over Last Year

Female Lone Parents<sup>9</sup>



163,000 Food Bank Visits in BC alone (Food Banks Canada 2023)

Income Assistance<sup>9</sup>

Food Security equity efforts should be targeted to single parents, and those on EI and social support. Targeted responses are essential to insulate children from the compounding effects of stress and poor nutrition which can permanently and adversely affect brain development.

# Access: Short Term Relief

**Mission Food Centre** Free. No Stigma  
 Food Hampers **M&F 9-12, W 2:30-4:30pm**

📍 **Unit 3-32618 Logan Ave**

**St Joseph's Food Bank**

Free Food Hampers **Every 2<sup>nd</sup> Wed-Thu 9am-12**  
 📍 **33600 7th Ave**

**Northview Church Pantry**

Free Meal & Food Hampers **Sun 1-3pm**  
 📍 **33507 Dewdney Trunk Rd**

**Mission Youth House**

Free youth drop-in meals **M-F 11-5pm**  
 📍 **7368 Proctor St**

**Mission Friendship Centre**

Free drop-in meals **M-F 9-10 & 12-1pm**  
 📍 **33150 1<sup>st</sup> Ave**

**Hope Central Church** Free meals  
**M,W,F 8-9am T,Th,Sun 6-7pm**

📍 **33129 Railway Ave** ☎️ **604 8540780**

**Emergency Shelter(MCSS)** Free meals **24/7**

📍 **32646 Logan Ave** ☎️ **604 820 9008**

**Emma's Acres**

Free Cobs Bread & Produce **Tues 10am**  
 📍 **34890 Cemetery Ave**

**Union Gospel Mission** (Outreach)

Meals, clothes, hygiene items etc  
**Tues-Sat 8-4pm** ☎️ **604-837-7339**

**Gudwara Meals (Langar)**

South Asian Meals **32086 Lougheed Hwy**

**Muslimfoodbank.com** (Surrey)

[muslimfoodbank.com](http://muslimfoodbank.com) **104-12941 115Ave Surrey**

**River Valley Church** (Please call ahead)

Free Food Pantry  
 📍 **32729 7th Ave** ☎️ **604-826-2814**

**SARA for Women** (Please call ahead)

Baby Formula, diapers, prenatal lunch **2nd Wed/mo**  
 📍 **33070 5th Ave** ☎️ **604-820-8455**

# Low Cost Options

**Mission City Farmer's Market**

Coupons for New Comers Please Apply! **2nd Sat 9am-1pm**  
**Centennial Park 11<sup>th</sup> Ave** ☎️ **604-302-5561**  
[www.bcfarmersmarket.org/coupon-program/how-it-works/](http://www.bcfarmersmarket.org/coupon-program/how-it-works/)

**Meals on Wheels**

Non-Profit Meals Delivered ~\$6 **Fri Delivery**  
 ☎️ **604-826-3634** [missioncommunityservices.com](http://missioncommunityservices.com)

**BetterMeals.ca**

Non-Profit Grocery Shopping **M-F 8:30-3**  
 ☎️ **604-826-3634** 🌐 [www.bettermeals.ca](http://www.bettermeals.ca)

**All Saints Anglican Church** (\$4Breakfast)

Non-Profit Breakfast **1st Sat/mo 8:15-9:15am**  
 📍 **633077 2nd Ave** ☎️ **604-826-2814**

# Community Gardens

**Northview Church Community Garden**

✉️ [mission@northview.org](mailto:mission@northview.org)  
 📍 **33507 Dewdney Trunk Rd**

**Soapbox Community Garden**

**604 852-5514** ✉️ [seflett@telus.net](mailto:seflett@telus.net)

**The Growth Project: Garden Plots**

✉️ [kentfarq@gmail.com](mailto:kentfarq@gmail.com) **32715 Cherry Ave**  
 @missiongrowthproject

**Emma's Acres**

📍 **34890 Cemetery Ave**

# Production: Food Skills

**FV Artisans Food Hub**

Commercial Kitchen to rent for your Culinary Business!  
**2570 Cyril St** [fraservalleyartisansfoodhub.com](http://fraservalleyartisansfoodhub.com)

# Advocacy

**Mission Food Coalition:** City, Mission Food Skills, Mis-

sion Community Skills Centre, St Joseph's Food Bank, UGM, Northview, LINC, FH, UFV, UGM, Rotary, Starfish Backpack, Mission City Farmers Market, Food Hub, Community Farm.

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 4) Eilat CA, L'Abbe MR, Smith PM, Boudia LC. The association between food insecurity and incident type 2 diabetes in Canada: A population-based cohort study. PLoS One. 2018 May 23;13(5):e0195982.  
 5) Statistics Canada. (2020). Food insecurity during the COVID-19 pandemic. May 2020. <https://www150.statcan.gc.ca/n1/pub/45-28-0001/2020051/article/00209-eng.htm>  
 6) Tarasuk V. Vign J. Household food insecurity in Ontario. Can J Public Health. 2009;100(3):184-188. Available at: <http://www.cjph.org/doi/10.1007/s12199-009-9124-31>.  
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 12) Niyaradi M, Dunstan C, Rocha C, Montoya EC. Food insecurity among Latin American recent immigrants in Toronto. J Immigr Minor Heal. 2011;13(5):929-939. doi:10.1007/s10903-010-9384-y.  
 13) Niyaradi A, Li J, Hickling S, Foster J, Oddy WH. The role of nutrition in children's neurocognitive development, from pregnancy through childhood. Front Hum Neurosci. 2013;7:97. (Camilla A. Michalski, et al. 2020)