

MARCH 2025

FOOD ACTION NETWORK OF SPRYFIELD CALENDAR

Community Resource List

- **Chebucto Connections**
📍 531 Herring Cove Rd,
☎ 902-477-0964 ext. 10
- **Chebucto Family Centre (CFC)**
📍 3 Sylvia Ave.
☎ 902-479-3031 ext. 302.
- **Community Health Team (CHT)**
📍 16 Dentith Rd
☎ 902-460-4560 ext. 2
- **Emmanuel Food Bank**
📍 322 Herring Cove Rd
☎ 902-477-1954
- **FamilySOS**
📍 4 Cranberry Crt.
☎ 902-455-5515
- **Salvation Army**
📍 328 Herring Cove Rd
☎ 902-477-5393
- **Stella Maris 12 Baskets**
📍 6 St Michael's Ave
☎ (902) 477-3530
- **St. Paul's Family Resource Centre**
📍 173 Old Sambro Rd
☎ 902-479-1015

Legend

- Pick-up Days
- Registration
- Programs
- Free Meals
- Markets
- Holidays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Square Roots Market 🛒 9:00 AM - 3:00 PM @ Chebucto Connections
2	3 Salvation Army Breakfast 📍 9:30 AM - 10:30 AM	4 Emmanuel Food Call before 10am Salvation Army Breakfast 📍 9:30 AM St. Paul's Soup's On! 📍 12:00 PM CFC: Basic Needs Pick-up	5 Chebucto Connections Registration 📍 St. Paul's Food Bank 10AM - 12 PM Emmanuel Food Bank 9 AM - 10 AM 📍	6 Salvation Army Breakfast 9:30 AM 10:30 AM CHT: Food & Mood @ Chebucto Connections, 11am CFC: Iftar Dinner, 630pm	7 Family SOS Market 12:00 PM - 1:00 PM Stella Maris 12 Baskets 📍 Free Meal: 5:30PM-6:30 Salvation Army Breakfast 📍 9:30 AM - 10:30 AM	8
9	10 Salvation Army Breakfast 📍 9:30 AM - 10:30 AM	11 Emmanuel Food Call before 10am Salvation Army Breakfast 📍 9:30 AM - 10:30 AM St. Paul's Soup's On! 📍 12:00 PM - 1:30 PM	12 Chebucto Connections Pick-up 12p St. Paul's 10AM - 12 PM Emmanuel 9 AM - 10 AM 📍 CFC Spry Cafe: 5:30pm	13 Salvation Army Breakfast 📍 9:30 AM - 10:30 AM	14 Family SOS Market 12:00 PM - 1:00 PM Stella Maris 12 Baskets 📍 Free Meal: 5:30PM-6:30 Salvation Army Breakfast 📍 9:30 AM - 10:30 AM	15 Square Roots Market 🛒 9:00 AM - 3:00 PM @ Chebucto Connections
16	17 Salvation Army Breakfast 📍 9:30 AM - 10:30 AM	18 Emmanuel Food Call before 10am Salvation Army Breakfast 📍 9:30 AM St. Paul's Soup's On! 📍 12:00 PM CFC: Basic Needs Pick-up	19 Chebucto Connections Registration 📍 St. Paul's Food Bank 10AM - 12 PM Emmanuel Food Bank 9 AM - 10 AM 📍	20 Salvation Army Breakfast 📍 9:30 AM - 10:30 AM	21 Family SOS Market 12:00 PM - 1:00 PM Stella Maris 12 Baskets 📍 Free Meal: 5:30PM-6:30 Salvation Army Breakfast 📍 9:30 AM - 10:30 AM	22
23	24 Salvation Army Breakfast 📍 9:30 AM - 10:30 AM	25 Emmanuel Food Call before 10am Salvation Army Breakfast 📍 9:30 AM - 10:30 AM St. Paul's Soup's On! 📍 12:00 PM - 1:30 PM	26 Chebucto Connections Pick-up day 12p St. Paul's Food Bank 10A-12 PM Emmanuel Food Bank 9 AM - 10 AM 📍	27 Salvation Army Breakfast 📍 9:30 AM - 10:30 AM	28 Family SOS Market 12:00 PM - 1:00 PM Stella Maris 12 Baskets 📍 Free Meal: 5:30PM-6:30 Salvation Army Breakfast 📍 9:30 AM - 10:30 AM	29 Square Roots Market 🛒 9:00 AM - 3:00 PM @ Chebucto Connections
30	31 Salvation Army Breakfast 📍 9:30 AM - 10:30 AM					