

SEP

FOOD ACTION NETWORK OF SPRYFIELD

CATEGORIES

PICK-UP DAYS -
GREEN

REGISTRATION DAYS -
GREY

PROGRAMS - RED

FREE MEALS - BLUE

MARKETS - PURPLE

MONDAY

SALVATION ARMY
BREAKFAST: 9:30 AM

SEPT 15, 22, 29:
STREET CONNECTION
VAN, LYNNETT DR, 7
PM

TUESDAY

SALVATION ARMY
BREAKFAST 9:30 AM

ST. PAUL'S SOUP'S ON!
12 PM

EMMANUEL FOOD BANK:
CALL TO REGISTER
BEFORE 10 AM

WEDNESDAY

SEPT 3RD & 17TH:
CHEBUCTO
CONNECTIONS PRODUCE
PACK REGISTRATION
DAY
SEPT 10TH & 24TH:
PRODUCE PACK PICK-UP
DAYS

ST. PAUL'S FOOD BANK
PICK-UP 10-12

EMMANUEL FOOD BANK
PICK-UP 9-10

THURSDAY

SALVATION ARMY
BREAKFAST 9:30AM

SEPT 12, 19, 26:
STREET CONNECTION
VAN, GREYSTONE DR
7PM

FRIDAY

SALVATION ARMY
BREAKFAST 9:30AM

FAMILY SOS MARKET
12PM TO 1PM

STELLA MARIS 12
BASKETS: FREE MEAL
5:30-6:30PM

SATURDAY

SEPT 6, 20:
SQUARE ROOTS MARKET
CHEBUCTO
CONNECTIONS:
9AM TO 3PM

COMMUNITY RESOURCE LIST

CHEBUCTO
CONNECTIONS
531 HERRING COVE RD,
902-477-0964 EXT. 24

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

FAMILY SOS
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