October 2024 Spryfield Food Support Network

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 **Emmanuel Food Bank:** Registration day Call before 10am **Salvation Army Breakfast:** 930-10:30am **St Paul's Soup's on!:** 12-130	**2** **Chebucto Connections:** Produce Pack Registration **Emmanuel Food Bank:** Pick up: 9am - 10am **St. Paul's Food Bank:** Pick up: 10am -12pm	**3**	**4** **Family SOS Market:** 12pm-1pm **Stella Maris 12 Baskets** Free Meal: 5:30pm-6:30pm **Salvation Army Breakfast:** 930-1030am	**5**
6	**7** **Street Connection Van:** McIntosh St. 7pm **Salvation Army Breakfast:** 930-1030am	**8** **Emmanuel Food Bank:** Registration day Call before 10am **Salvation Army Breakfast:** 930-10:30am **St Paul's Soup's on!:** 12-130	**9** **Chebucto Connections:** Produce Pack Pick-up 12-3pm **Emmanuel Food Bank:** Pick up: 9am - 10am **St. Paul's Food Bank:** Pick up: 10am -12pm	**10** **Street Connection Van:** Greystone Dr. 7pm	**11** **Family SOS Market:** 12pm-1pm **Stella Maris 12 Baskets** Free Meal: 5:30pm-6:30pm **Salvation Army Breakfast:** 930-1030am	**12**
13	**14** **Street Connection Van:** McIntosh St. 7pm **Salvation Army Breakfast:** 930-1030am **Thanksgiving**	**15** **Emmanuel Food Bank:** Registration day Call before 10am **Salvation Army Breakfast:** 930-10:30am **St Paul's Soup's on!:** 12-130	**16** **Chebucto Connections:** Produce Pack Registration **Emmanuel Food Bank:** Pick up: 9am - 10am **St. Paul's Food Bank:** Pick up: 10am -12pm	**17** **Street Connection Van:** Greystone Dr. 7pm	**18** **Chebucto Family Centre** Coffee & Chat 10-1130 **Family SOS Market:** 12-1pm **Stella Maris:** 5:30pm-6:30pm **Salvation Army Breakfast:** 930-1030am	**19**
20	**21** **Street Connection Van:** McIntosh St. 7pm **Salvation Army Breakfast:** 930-1030am	**22** **Emmanuel Food Bank:** Registration day **Chebucto Family Centre/CHT:** Meal Planning & Recipes, 10-11 **Salvation Army:** 930-10:30am **St Paul's Soup's on!:** 12-130	**23** **Chebucto Connections:** Produce Pack Pick-up 12-3pm **Emmanuel Food Bank:** Pick up: 9am - 10am **St. Paul's Food Bank:** Pick up: 10am -12pm	**24** **Street Connection Van:** Greystone Dr. 7pm	**25** **Family SOS Market:** 12pm-1pm **Stella Maris 12 Baskets** Free Meal: 5:30pm-6:30pm **Salvation Army Breakfast:** 930-1030am	**26**
27	**28** **Salvation Army Breakfast:** 930-1030am	**29** **Emmanuel Food Bank:** Registration day Call before 10am **Salvation Army Breakfast:** 930-10:30am **St Paul's Soup's on!:** 12-130	**30** **Chebucto Connections:** Produce Pack Registration **Emmanuel Food Bank:** Pick up: 9am - 10am **St. Paul's Food Bank:** Pick up: 10am -12pm	**31** **Chebucto Family Centre:** Halloween Bash 10am-12 **Halloween**		
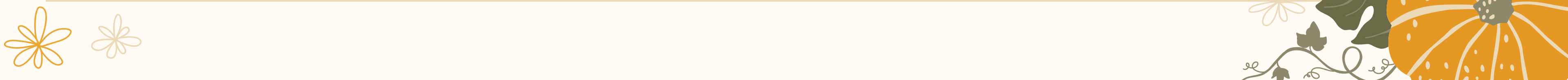
Spryfield
Community Food Network Resource List

Chebucto Connections
Produce pack registration days: Oct 2nd, 16th & 30th
Pick-up days: Oct 9th and 23rd
12:00-3:00 pm - 531 Herring Cove Rd.
Call 902-477-0964 ex. 10 to register & for more information

Chebucto Family Centre
Coffee & Chat: October 18th 10-1130
Halloween Bash: October 31st, 10am-12 pm
Basic needs service available(food/hygiene support)
Call to find out about programs requiring pre-registration
3 Sylvia Ave. 902-479-3031 ext. 302

Community Health Team
Making peace with food - 2 week program: October 16th & 23rd from 2pm to 4pm
Meal Planning & Recipe Inspiration *(at Chebucto Family Centre)* Oct. 18th 10-12pm
Prediabietes: Oct. 30th 6-830pm
Spryfield Wellness Centre
Call to register 902-460-4560 Ext. 2 16 Dentith Rd.

Emmanuel Food Bank
Call anytime before 10:00 am on Tuesday
Wednesday Pick up from 9 am to 10 am (registration required)
322 Herring Cove Rd. 902-477-1954

FamilySOS
Community food market every Friday from 12 pm to 1 pm
Registration is required; bring valid ID
Greystone Centre: 4 Cranberry Court
902-455-5515 ext. 350

Salvation Army Breakfast Program
Monday, Tuesday, and Friday from 9:30 am to 10:30 am
328 Herring Cove Rd. 902-477-5393

Stella Maris 12 Baskets
Every Friday, volunteers offer a free meal from the hall to anyone in need
5:30 pm to 6:30 pm at 14 St Michael's Ave.

Street Connection Van
Mobile kitchen providing free food including prepared meals.
Corner of McIntosh St. and 500 Block of Herring Cove Rd. on Mondays at 7 p.m.
Greystone Drive on Thursdays at 7 p.m.

St. Pauls Family Resource Centre
Food Bank: Monday/Tuesday are Registration Days
Wednesday is Pick-up Day: 10 am to 12 pm
Soup's On! Tuesday, 12 pm to 1:30 pm offers free lunch with soup and a sandwich. Dine-in or take-out available.
73 Old Sambro Rd. 902-479-5090