

# NOVEMBER 2024

## SPRYFIELD FOOD SUPPORT NETWORK

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1 Family SOS Market:</b> 12pm-1pm <b>Stella Maris 12 Baskets</b> Free Meal: 5:30pm-6:30pm <b>Salvation Army Breakfast:</b> 930-1030am	<b>2 Chebucto Connections:</b> Square Roots Market 9am-2pm
	<b>4 Street Connection Van:</b> McIntosh St. 7pm <b>Salvation Army Breakfast:</b> 930-1030am	<b>5 Emmanuel Food Bank:</b> Registration day Call before 10am <b>Salvation Army Breakfast:</b> 930-10:30am <b>St Paul's Soup's on!:</b> 12-130	<b>6 Chebucto Connections:</b> Produce Pack Pick-up 12-3pm <b>Emmanuel Food Bank:</b> Pick up: 9am - 10am <b>St. Paul's Food Bank:</b> Pick up: 10am -12pm <b>Chebucto Family Centre:</b> Food for Thought	<b>7 Street Connection Van:</b> Greystone Dr. 7pm <b>Salvation Army Breakfast</b> 930-1030am	<b>8 Family SOS Market:</b> 12pm-1pm <b>Stella Maris 12 Baskets</b> Free Meal: 5:30pm-6:30pm <b>Salvation Army Breakfast:</b> 930-1030am	<b>9</b>
<b>10</b>	<b>11 Street Connection Van:</b> McIntosh St. 7pm <b>Salvation Army Breakfast:</b> 930-1030am  <b>Rememberance Day</b>	<b>12 Emmanuel Food Bank:</b> Registration day Call before 10am <b>Salvation Army Breakfast:</b> 930-10:30am <b>St Paul's Soup's on!:</b> 12-130	<b>13 Produce Pack Registration</b> <b>Emmanuel Food Bank:</b> Pick up: 9am - 10am <b>St. Paul's Food Bank:</b> Pick up: 10am -12pm <b>Chebucto Family Centre:</b> Food for Thought	<b>14 Street Connection Van:</b> Greystone Dr. 7pm <b>Salvation Army Breakfast</b> 930-1030am	<b>15 Family SOS Market:</b> 12pm-1pm <b>Stella Maris 12 Baskets</b> Free Meal: 5:30pm-6:30pm <b>Salvation Army Breakfast:</b> 930-1030am	<b>16</b>
<b>17</b>	<b>18 Street Connection Van:</b> McIntosh St. 7pm <b>Salvation Army Breakfast:</b> 930-1030am	<b>19 Emmanuel Food Bank:</b> Registration day Call before 10am <b>Salvation Army Breakfast:</b> 930-10:30am <b>St Paul's Soup's on!:</b> 12-130	<b>20 Produce Pack Pick-up</b> <b>Emmanuel Food Bank:</b> Pick up: 9am - 10am <b>St. Paul's Food Bank:</b> Pick up: 10am -12pm <b>Chebucto Family Centre:</b> Food for Thought	<b>21 Street Connection Van:</b> Greystone Dr. 7pm <b>Salvation Army Breakfast</b> 930-1030am	<b>22 Family SOS Market:</b> 12pm-1pm <b>Stella Maris 12 Baskets</b> Free Meal: 5:30pm-6:30pm <b>Salvation Army Breakfast:</b> 930-1030am	<b>23 Chebucto Connections:</b> Square Roots Market 9am-2pm
<b>24</b>	<b>25 Street Connection Van:</b> McIntosh St. 7pm <b>Salvation Army Breakfast:</b> 930-1030am	<b>26 Emmanuel Food Bank:</b> Registration day Call before 10am <b>Salvation Army Breakfast:</b> 930-10:30am <b>St Paul's Soup's on!:</b> 12-130	<b>27 Produce Pack Registration</b> <b>Emmanuel Food Bank:</b> Pick up: 9am - 10am <b>St. Paul's Food Bank:</b> Pick up: 10am -12pm <b>Chebucto Family Centre:</b> Food for Thought	<b>28 Street Connection Van:</b> Greystone Dr. 7pm <b>Salvation Army Breakfast</b> 930-1030am	<b>29 Family SOS Market:</b> 12pm-1pm <b>Stella Maris 12 Baskets</b> Free Meal: 5:30pm-6:30pm <b>Salvation Army Breakfast:</b> 930-1030am	<b>30</b>

# NOVEMBER 2024

## SPRYFIELD FOOD SUPPORT COMMUNITY RESOURCE LIST

### **Chebucto Connections**

Produce pack registration days: Nov. 13th & 27th

Pick-up days: Nov 6th & 23rd

12:00-3:00 pm

Square Roots: \$1 per pound produce - Nov 2nd  
& 23rd - 9am-2pm

- **531 Herring Cove Rd.**

**Call 902-477-0964 ex. 10 to register & for  
more information**

### **Chebucto Family Centre**

Basic needs food boxes - Registration required.

Registration opens on the 28th of October.

Includes infant and adult hygiene.

"Food for thought" in November. Registration  
required. The program will run on Wednesday's  
for the month of November.

**Call (902) 479- 3031, ext. 302 for more  
information or to register  
3 Sylvia Avenue**

### **Community Health Team**

Making the Most of your food dollar (*at  
Chebucto Connections*) Nov 12th 1130 to 12

**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, Thursday 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**