

# FEBRUARY 2025

# FOOD ACTION NETWORK OF SPRYFIELD CALENDAR

## Community Resources

- **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
						<b>1</b> Square Roots Market 🛒 9:00 AM - 1:00 PM @ Chebucto Connections
<b>2</b>	<b>3</b> Salvation Army Breakfast 🍳 9:30 AM - 10:30 AM	<b>4</b> Emmanuel Food Bank 📞:Call before 10am Salvation Army Breakfast 🍳 9:30 AM - 10:30 AM St. Paul's Soup's On! 🍲 12:00 PM - 1:30 PM	<b>5</b> Chebucto Connections Registration 🍏 St. Paul's Food Bank 10AM - 12 PM Emmanuel Food Bank 9 AM - 10 AM 🍲	<b>6</b> Salvation Army Breakfast 🍳 9:30 AM - 10:30 AM	<b>7</b> 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	<b>8</b>
<b>9</b>	<b>10</b> Salvation Army Breakfast 🍳 9:30 AM - 10:30 AM	<b>11</b> Emmanuel Food Bank 📞:Call before 10am Salvation Army Breakfast 🍳 9:30 AM - 10:30 AM St. Paul's Soup's On! 🍲 12:00 PM - 1:30 PM	<b>12</b> Chebucto Connections: Pick-up day 12pm St. Paul's Food Bank 🍷 10 - 12 Emmanuel Food Bank 9 - 10 🍲 CHT: plant based eats 6-7:15pm (ZOOM)	<b>13</b> Street Connection Van 🚚 Greystone Dr. - 7:00 PM Salvation Army Breakfast 🍳 9:30 AM - 10:30 AM	<b>14</b> 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	<b>15</b> Square Roots Market 🛒 9:00 AM - 1:00 PM @ Chebucto Connections
<b>16</b>	<b>17</b> Street Connection Van 🚚 McIntosh St. - 7:00 PM Salvation Army Breakfast 🍳 9:30 AM - 10:30 AM	<b>18</b> Emmanuel Food Bank Call Before 10 Salvation Army Breakfast 🍳 9:30 AM - 10:30 AM St. Paul's Soup's On! 🍲 12:00 PM - 1:30 PM CHT: Prediabetes 9:30a-12	<b>19</b> Chebucto Connections Registration 🍏 St. Paul's Food Bank 10AM - 12 PM Emmanuel Food Bank 9 AM - 10 AM 🍲	<b>20</b> Street Connection Van 🚚 Greystone Dr. - 7:00 PM Salvation Army Breakfast 🍳 9:30 AM - 10:30 AM	<b>21</b> 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	<b>22</b>
<b>23</b>	<b>24</b> Salvation Army Breakfast 🍳 9:30 AM - 10:30 AM	<b>25</b> Emmanuel Food Bank :Call before 10am Salvation Army Breakfast 🍳 9:30 AM - 10:30 AM St. Paul's Soup's On! 12:00p CHT: Understanding Food Labels at CFC 10am-12	<b>26</b> Chebucto Connections Pick-up day 12p St. Paul's Food Bank 🍷 10AM - 12 PM Emmanuel Food Bank 9 AM - 10 AM 🍲	<b>27</b> Salvation Army Breakfast 🍳 9:30 AM - 10:30 AM	<b>28</b> 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	