

# Sackville Food Programs

January 2025

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Day		<b>Community Fridge</b> 8:30am-4pm	<b>Community Fridge</b> 8:30am-4pm	<b>Community Fridge</b> 8:30am-4pm	<b>Community Fridge</b> 8:30am-4pm	<b>Community Fridge</b> 8:30am-4pm	
Morning And Afternoon		<b>Beacon House</b> 9:30am-12:45pm  <b>Food Rescue</b> After 11:00am  <b>Soul's Harbour</b> 12 noon-2pm  <b>Freedom Kitchen</b> 4pm-6pm	<b>Beacon House</b> 9:30am-12:45pm  <b>Soul's Harbour</b> 12 noon-2pm  <b>Sackville-Bedford Meals on Wheels</b> noontime delivery	<b>Gateway</b> 9am-noon by appointment - call on Monday  <b>Beacon House</b> 9:30am-12:45pm  <b>Hot Lunch</b> 11:45am-1pm  <b>Soul's Harbour</b> 12 noon-2pm	<b>Gateway</b> 9am-noon by appointment - call on Monday  <b>Food Rescue</b> After 11:00am  <b>Soul's Harbour</b> 12 noon-2pm  <b>Sackville-Bedford Meals on Wheels</b> noontime delivery	<b>Beacon House</b> 9:30am-12:45pm  <b>Coffee Corner</b> 10am-11am  <b>Community Café</b> 10:30am-noon  <b>Soul's Harbour</b> 12 noon-2pm	<b>Square Roots</b> 10am-1pm Normally every 2 <sup>nd</sup> week  <b>Food Rescue</b> After 11:00am (as posted)
Evening					<b>Beacon House</b> 6-8pm		

- Souls Harbour Rescue Mission will be closed on Jan 1<sup>st</sup>.
- Gateway will be closed the first week of January.
- Frozen soup is also being offered by the Cobequid Food Security Network, while supplies last, at the following locations (addresses below):

**Opportunity Place**

**Freedom Kitchen**

**Sackville Heights Community Centre**

Key: Food Banks – Green Meals – Red Food Programs - Blue	<b>Beacon House</b>	902-864-3025	470 Cobequid Road	<b>Community Fridge</b>	902-864-7520	<b>Opportunity Place</b>	108 Cobequid Road
	<b>Square Roots</b> and <b>Coffee Corner</b>	902-865-8653	<b>Sackville Library</b>	<b>Food Rescue</b> and <b>Freedom Kitchen</b>	902-865-9216	<b>Knox United Church</b>	567 Sackville Drive
	<b>Gateway</b>	902-865-3731	<b>Gateway Church</b> 10 Beaver Bank Road	<b>Sackville-Bedford Meals On Wheels</b>	902-869-6103		40 Freer Lane
	<b>Soul's Harbour</b>	902-405-4663 ext. 406	<b>Rock Church</b> 222 Sackville Drive	<b>Community Café</b> <b>Hot Lunch</b>	902-869-4764	<b>Sackville Heights Community Centre</b>	45 Connolly Road

The **Sackville Public Library** also offers snacks when they are open and while supplies last.

This food program information is brought to you by the Cobequid Food Security Network.

The Cobequid Food Security Network was established in June 2022. It is a coalition of organizations and individuals working together to advocate to eliminate food insecurity within our community; create opportunities for dignified access to sufficient, safe and nutritious food that meets the dietary needs and food preferences of clients; and enhance community collaboration to improve food security service, education, and awareness.