

Sackville Food Programs

May 2025

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

- On **Monday, May 19**, Victoria Day, **Souls Harbour will be open**; and **Freedom Kitchen will have no meal**, and will be rescue only.
- 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	Beacon House	902-864-3025	470 Cobequid Road	Community Fridge	902-864-7520	Opportunity Place 108 Cobequid Road
	Square Roots and Coffee Corner	902-865-8653	Sackville Library	Food Rescue and Freedom Kitchen	902-865-9216	Knox United Church 567 Sackville Drive
	Gateway	902-865-3731	Gateway Church 10 Beaver Bank Road	Sackville-Bedford Meals On Wheels	902-869-6103	40 Freer Lane
	Soul's Harbour	902-405-4663 ext. 405	Rock Church 222 Sackville Drive	Community Café Hot Lunch	902-869-4764	Sackville Heights Community Centre 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.