



Food and Clothing Program: Who, What, Where, and When

BEHIND THE SCENES

Each Monday evening a team of Freshwave volunteers show up in downtown Vancouver, on Seymour Street in front of Emery Barnes Park, to give out a meal that includes hot soup, a sandwich, coffee, a piece of fruit, and sweetbread. Plus loaves of bread, non-perishable groceries, clothing, linens, books, and hygiene items are also handed out. But before Monday evening, so much happens behind the scenes! Every week donations are collected and organized. Clothing and shoes come from the DYSL Thrift Store and from personal donations. The South Delta Food Bank donates groceries. Richlea Bakery donates bread to make sandwiches. Cobbs bread and Thrifty Foods donate sweetbreads and loaves of bread. Augustine House donates leftover soup that is then portioned out and given away for people to take home. Along with this, Suki Dakha and friends personally donate fresh fruit each week, bringing it to the kitchen at Cedar Park Church where food preparation happens on Monday afternoons.

On Monday afternoons a team of 8 or 9 volunteers are busy at Cedar Park Church preparing large pots of soup, making sandwiches, brewing coffee, wrapping sweets, and stocking our bus and trailer. Another 6 volunteers serve this to 80-100 recipients at our Vancouver location. The food/beverages, books, loaves of bread, and groceries are spread out on tables in front of our bus and trailer where recipients are personally served a meal and are invited to receive items from the clothing trailer. Additionally, two volunteers drive into the alleys close by to distribute 40 brown bags filled with a supper bag and packaged buns.

HELPING AS MANY PEOPLE AS POSSIBLE

Most of our recipients come back each week, slowly getting to know us over time. We give to everyone who comes on a Monday evening. If there are any leftovers, these are then brought and donated to Princess Place (321 Princess Ave.) which is an affordable housing complex in the downtown eastside of Vancouver. This means our donations are helping as many people as possible, doing our best to make sure no food is wasted.



UPCOMING EVENTS:

•Wander Inn Café (TWIC)

Live Entertainment

Lighthouse Church
5545 Ladner Trunk Rd

April 15, 2023, 7:00pm

Entrance by donation
of \$10.

•Benefit Concert for Ukraine

Featuring Classical
Pianist Anna Sagalova

Lighthouse Church
5545 Ladner Trunk Rd

May 20, 2023

Concert at 7:30pm,
doors open at 6:30pm

No ticket needed.
(Donations will be taken.)

SOME MESSAGES FROM OUR RECIPIENTS:

“Soup is really good and the coffee - you can't complain about that. I got a really nice blanket last time and I am using it a lot.”

“The help that you provide for us from Freshwave Ministries is the closest some people come to God in a long while. Everybody is blessed that comes here.”



FOR MORE INFO OR TO CONTACT US:

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