



Low-Cost and Free Food Programs in Langley / Walnut Grove / Fort Langley

"Updated as of: July 2016 These programs can change frequently-please call before attending to confirm details. Lists updated yearly by the Public Health Dietitians-send updated to Carole Chang: carole.chang@fraserhealth.ca

Name	Address	Contact	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Food Banks	Provide food and emergency hampers. To register bring: proof of address, proof of income source and care cards for every family member.											
Food Bank	Oasis Outreach Society 20295 56th Ave, Langley, BC V3A 3Y6	604-533-1172	http://www.oasisoutreachsociety.org/	The Oasis is a low income traditional grocery outlet for Individuals and families where they can choose what they would like to buy based on preference, ethnicity and dietary needs. For individuals, income must be \$20,000 or less; for each additional family member add an extra \$2,000.	FREE							closed
Food Bank	Langley Food Bank 5768 203 str, Langley V3A 1W3	604-533-0671	http://www.langleyfoodbank.com/langley-food-bank/	The Food Bank provides a minimum of 2 day's nutritious food (breakfast, lunch, dinner and snacks) for families each week. Groceries are stocked on store shelves so that clients can make their own selection - limits are set depending on the size of the family. Clients may come for groceries once each week once they are Registered – phone for appointments.	FREE	10am - 2 pm		10am - 2 pm		10am - 2 pm		
Food Bank - Basics for Babies	Langley Food Bank 5768 203 str, Langley V3A 1W3	604-533-0671	http://www.jrfm.com/basics-for-babies	"Basics for Babies® is a Food Banks BC program to ensure that all babies in the Lower Mainland get the nutrition they need. This program supports purchasing baby food, formula, pabulum, diapers, and other baby supplies dependent on availability."								
Food Bank	Muslim Food Bank Lower Mainland 101-13085 115 Ave. Surrey	1-866-824-2525	https://www.muslimfoodbank.com	Volunteers at the food bank distribute food hampers, baby supplies, used clothing, baby and other household items to our clients. Food hampers that are catered to specific dietary needs (vegan and religious dietary restrictions) for low-income residents of British Columbia. Clients call to register. Hampers to be pick up at the Surrey location. For those who don't have dietary restrictions, we refer them to the local food banks in their areas	FREE						1st and 3rd Saturday of each month 7:30 - 10:30 am	
Community Meals												
Community Lunch	United Churches of Langley St. Andrews (Fort Langley Site) 9025 Glover Road	604-530-2929	http://unitedchurchesoflangley.ca	Meal Program	By donation			12 noon Social Lunch - monthly event (Oct-March) hearty soup lunch; social time mainly for seniors; runs mid- September through early March)				



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Programs with Food												
Best Babies Program	Douglas Park Recreation Centre 20550 Douglas Crescent, Langley	604-514-2865	www.encompass-supports.com	Lunch Clubs are drop-in sessions available to expectant and postnatal women until their babies reach one year. A healthy lunch is provided and childminding is available during the group activities that include speakers, educational topics relevant to pregnancy, postpartum and parenting, or activities to socialize and make new friends. Prenatal vitamin/mineral supplements are available to pregnant women. A Registered Dietitian is available at group sessions to provide nutritional information.	FREE				12 pm - 2 pm			
Grocery and Meal Delivery												
Healthy Living Bag	Langley Meals on Wheels	Timms Community Centre 604-514-2940 Douglas Recreation Centre 604-514-2865 Langley Seniors Recreation and Resource Centre 604-530-3020	www.lmow.ca/our-services/healthy-living-bag	Langley residents age 50+ who would like to add a variety of nutritious fresh fruits and vegetables to their diet, receive monthly newsletters with recipes, and support local farms and communitieis	\$ 5 per bag		Ready for pickup 1st Tuesday of the month		Order on last Wednesday of the month call one of the locations listed			
Harvest Box Program	Kwantlen Polytechnic University - Langley Campus Student Services 20901 Langley Bypass, Langley, BC	604-599-2100	http://www.harvestbox.org/	Harvest Box for contact details see website								
Better Meals	5742 Beresford Str, Burnaby	604-299-1877 1-888-838-1888	www.bettermeals.ca	Fully cooked and frozen meals, including soup, entrée & dessert, with Regular and diet items available: diabetic, low salt and pureed entrees and a la carte items are available. No MSG or preservatives added. Order online or by phone. Ordering by 2 pm 2 business days before delivery day	Prices Varies see website Regular entrée \$6.75 Free delivery for all areas with \$30 minimum order	Office Hours 8:30am- 3pm	Office Hours 8:30am- 3pm Delivery Day depending on address Langley	Office Hours 8:30am- 3pm	Office Hours 8:30am- 3pm Delivery Day depending on address Langley & Fort Langley	Office Hours 8:30am- 3pm		
Food Skills for families program	Canadian Diabetes Association BC / Yukon - see website for local community contacts and dates	604-732-1331 ext 248 foodskillsforfamilies@diabetes.ca	http://www.foodskillsforfamilies.ca/hosts/current-active-hosts/	Food Skills for Families is a hands-on program that makes healthy eating, shopping and cooking easy, quick and fun. Over 6 sessions, people learn how to make healthy meals, snacks and beverage choices and gain confidence in the kitchen. Programs are delivered to at risk populations, are supported by The Canadian Diabetes Association, and focus on healthy eating, not diabetes.	FREE							



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Meals on Wheels	20414 Douglas Cres Langley	604-533-1679	http://www.lmow.ca	A voluntary service consisting of delivery of reasonably priced hot meals to those whose physical, emotional, mental or social condition handicaps their ability to obtain or prepare adequate meals for themselves. Volunteers deliver meals by car Monday to Friday	no delivery fees	9am - 1 pm	9am - 1 pm	9am - 1 pm	9am - 1 pm	9am - 1 pm		
Dairyland Home Delivery	1-800-667-1228 ---- (toll free) 604-421-4663		http://www.morethanmilk.ca	Serves all Fraser Health Communities except Mission, Agassiz, Boston Bar. Free Weekly delivery of products including dairy, soy drinks, eggs, prepared meals, groceries, and deli products (full product list online). 10 % senior's discount by request. Place order online, via telephone, or complete order form and leave it outside for the driver on delivery day. Order by 4 PM the day before your delivery day	FREE delivery 10% Seniors discount by request							