



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

"Updated as of: July 2017 These programs can change frequently-please call before attending to confirm details. Lists updated yearly by the Public Health Dietitians-send updated to Jane Wark: jane.wark@fraserhealth.ca

Name	Address	Contact	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Programs with Food												
Best Babies Program	Douglas Park Recreation Centre 20550 Douglas Crescent, Langley	604-530-2772	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.	FREE		Aldergrove Location 11:30 am - 1:30 pm		Lunch Club 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 9 am - 4 pm	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 communities. Order at LSRS reception by Thursday before pick-up date. Can order by phone if buying two bags and / or have paid a month in advance	\$ 5 per bag		Ready for pickup 1st Tuesday of the month / except on Statutory Holidays		Order on last Wednesday of the month call one of the locations listed			
Weekly Veggie Box	Kwantlen Polytechnic University - Langley Campus Student Services 20901 Langley Bypass, Langley, BC	604-716-6812	http://www.kpu.ca/tfnfarm/box-a-week	Sign up for subscription is Mid January. Subscription runs from June 7 to October 21) Boxes available until sold out (around March). Pay in full and get 5% discount KPU Richmond - Wednesday - 12PM-4PM KPU Surrey - Wednesday - 10:30AM-11AM KPU Langley - Wednesday - 12PM-12:30PM At the farm - Wednesday - 9AM-4PM Main St. Farmers Market - Wednesday - 2PM-6PM Mt. Pleasant Farmers Market - Sunday - 10AM-2PM West End Farmers Market - Saturday - 9AM-2PM	\$25 / week box x 20 weeks				Pick up on see list of location and times			
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 expanded pureed entrees menu options 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	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm Delivery Day depending on address Langley	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm Delivery Day depending on address Langley & Fort Langley	Order Desk Hours 8:30am- 3pm		



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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							
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. Subsidized meal program works with public health units and people can be referred to it and the client pays half and meals on wheels pays other half	\$3.25 cost for client no delivery fees	9am -2 pm	9am -2 pm	9am -2 pm	9am -2 pm	9am -2 pm		
Dairyland Home Delivery	1-800-667-1228 ---- (toll free) 604-421-4663		http://www.morethanmilk.ca	Serves Fraser Health Communities west of 240, no deliveries east of 240 no drivers available at this time, no deliveries to some of Langley and MapleRidge based on address 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							