



Low-Cost and Free Food Programs in MapleRidge & Pitt Meadows

"Updated as of: November 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
Local Food Security Committee: Golden Ears FEAST (Food Education and Strategy Action Table)		Coordinator: Candace Gordon ciegordon@gmail.com	www.facebook.com/GoldenEarsFeast	This committee facilitates collaboration for local food initiatives from short term relief to food skill programs to food system planning. Contact coordinator for meeting dates.	FREE							
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 - Pitt Meadows	MapleRidge Food Bank United Church 12109 Harris Rd Pitt Meadows	Deb Shepherd 604-463-0994 debshepherd@shaw.ca		This food bank is operated by volunteers in the church hall on Saturday. For MapleRidge and Pitt Meadows residents in need.	FREE						7 - 10 AM	
Food Bank, Friends in Need	Garibaldi Place # 8 - 22726 Dewdney Trunk Rd, Maple Ridge	(604) 466-3663	http://www.friendsneedfood.com/	Monthly Hamper (frozen meat & cereals) Weekly Hamper (3-5 day supplement: Fresh Produce, bread, condiments and extras is available) Tiny Bundles and Basics for Babies Special Needs and Dietary Requirements (diabetes), Also supply Boost, Ensure and PediaSure to those who need it. The Protein & Produce Program Milk and Eggs - Milk for families with children under < 12 yrs, pregnant women, seniors and those who medically require additional nutrition Kids Pack Program (ages 5-12)- Ready to eat snacks to take to school The Pet Food Program	FREE		8:30am - 12:30pm	8:30am - 12:30pm	8:30am - 12:30pm	8:30am - 12:30pm		
Food Bank, Friends in Need	Grace Community Church 12240 Harris Rd, Pitt Meadows	(604) 460-4619	http://www.friendsneedfood.com/	Monthly Hamper (frozen meat & cereals) Weekly Hamper (3-5 day supplement: Fresh Produce, bread, condiments and extras is available) Tiny Bundles and Basics for Babies Special Needs and Dietary Requirements (diabetes), Also supply Boost, Ensure and PediaSure to those who need it. The Protein & Produce Program Milk and Eggs - Milk for families with children under < 12 yrs, pregnant women, seniors and those who medically require additional nutrition Kids Pack Program (ages 5-12)- Ready to eat snacks to take to school The Pet Food Program	FREE		8:30am - 12:30pm	8:30am - 12:30pm				
Food Bank - Single Parent	306 - 11960, 222nd Street, Maple Ridge, BC	778-552-4100	http://www.singleparentfoodbank.org/	Monthly mobile delivery service of quality, nutritional perishable foods for low-income single parent families (ie: milk, produce, bread, baby items)	Free	11 am - 9 pm	11 am - 9 pm	11 am - 9 pm	11 am - 9 pm	11 am - 9 pm	5 - 9 pm	5 - 9 pm



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Basics for Babies	# 8 - 22726 Dewdney Trunk Rd, Maple Ridge	604-466-3663 https://www.facebook.com/BasicsForBabies	http://www.irfm.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	Food hampers, baby supplies, used clothing, baby and other household items. Food hampers that are catered to specific dietary needs (vegan and religious dietary restrictions) for low-income residents of BC 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												
Anishnaabe Place Traditional Kitchen	Rainbow Club 11907 228th Str	604-467-6911	http://www.comservice.bc.ca/programs-services/community-services/anishnaabe-place	Community Kitchen 5 pm - 7 pm once a month. share meal ideas and recipes that the whole family can make & share together. Need to RSVP by the first Monday of the month. For aboriginal individuals or families who are residents of MapleRidge and Pitt Meadows Available on a voluntary basis with priority given to families and individuals with assessed needs such as isolation, low income, single parent etc. Individuals or families may attend as their sole connection to Anishnaabe Place or as part of their Family Strengthening or Support Circle connection	FREE	8:30AM - 4:30PM	8:30AM - 4:30PM	8:30AM - 4:30PM	8:30AM - 4:30PM	8:30AM - 4:30PM		
The Salvation Army Ridge Meadows Ministires Community Meal Program	22188 Lougheed Hwy MapleRidge V2X 2S8	Amelia Nori 604-463-8296 ext 106 Amelia.norrie@saridgemeadows.com	http://www.saridgemeadows.com/community-meal-programs.html	Also provide emergency food hampers, yet they do ask that people go to food bank first. "Adopt-a Family" Christmas hampers program for families in need. For the emergency food hamper and adopt a family program, need to talk to Case Worker or Ministry Worker first. School lunch Bags: Lunches prepared in Salvation Army Ridge Meadows kitchen and delivered to schools in MapleRidge and Pitt Meadows by volunteer drivers to school offices	FREE	Lunch 12 -1 pm (doors open at 11:30 am)	Dinner 5 - 6 pm (doors open at 4:30 pm)	Lunch 12 -1 pm (doors open at 11:30 am)	Dinner 5 - 6 pm (doors open at 4:30 pm)	Lunch 12 -1 pm (doors open at 11:30 am)	Lunch 12 -1 pm (doors open at 11:30 am)	Lunch 12 -1 pm (doors open at 11:30 am)
MapleRidge Community Church	20450 Dewdney Trunk Rd	Sandy Quinn		Our Mission is to provide a nutritious meal for the body and encouragement for the spirit. To provide a warm, welcoming and respectful community for all people.	FREE					Dinner 6 - 7 pm		



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Food Skills & Preparation Programs												
Food Skills for families program	Canadian Diabetes Association BC / Yukon - see website for local community contacts and dates	604-732-1331 ext 2322 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. Phone or check website as programs are run at different locations / times Need to register. Host: Maple Ridge / Pitt Meadows - Community Services MapleRidge	FREE							
Grocery and Meal Delivery												
Better Meals	5742 Beresford Str, Burnaby	604-299-1877 1-888-838-1888	www.bettermeals.ca	Fully cooked and frozen meals, 3 courses 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. Payment in cash only	Office Hours 8:30am- 3pm	Office Hours 8:30am- 3pm	Office Hours 8:30am- 3pm Delivery Day	Office Hours 8:30am- 3pm	Office Hours 8:30am- 3pm		
Dairyland Home Delivery	Dairyland Home Service Saputo Dairy Products Canada G.P. 6800 Lougheed Hwy	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	8 am - 4:30 pm	8 am - 4:30 pm	8 am - 4:30 pm	8 am - 4:30 pm	8 am - 4:30 pm		
Save on Foods Grocery Shopping and Delivery Service Online		Delivery Service Phone Number: 604-882-7877	https://www.saveonfoods.com/shop-online-how-it-works	Program in partnership with Save On Foods (East Maple Ridge) that offers seniors and others whom are unable to shop online for themselves a resource for weekly grocery delivery service to their front door. Volunteers will shop online for the customer. Can be used for short or long term use depending on individual needs. The service is available for seniors and anyone else no matter their age are unable to shop online	Cost of groceries + Save On Foods will add a \$2.00 delivery fee	8:30 am - 4:30 pm	8:30 am - 4:30 pm Customers call on Tuesday to make order 4:30 pm	8:30 am - 4:30 pm	8:30 am - 4:30 pm	8:30 am - 4:30 pm		