

 Low-Cost and Free Food Programs in Mission												
"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
Local Food Security Committee: Mission Food Access Network (MFAN)	L.I.N.C. Society 33270 14th Ave, Mission V2V 4Z7	Coordinator: Brenna Maag missionfoodaccess@hotmail.com	http://lincsociety.bc.ca/mission-food-access-network-mfan	This committee includes members of local agencies and organizations in Mission working towards a healthy sustainable future for Mission. They help coordinate food services in Mission and see where there are gaps and ways to improve. Focus on local food initiatives that affect all 3 stages of food security: Immediate need (food banks/ community lunches), community building and food policy. At this point, there are no regular meeting times, usually break over the summer.	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 / Mission Food Centre	Mission Community Services 32646 Logan Ave, Mission, BC V2V 6C7	(604)-814-3333	www.missioncommunityservices.com	Provides weekly assistance and one food hamper per month to low-income families and individuals as well as those in emergency situations. Bread is donated by Save-on-Foods, Starbucks, Cobbs and Silverhills bakery. Vegetables provided by gleaners program at Ferndale Institution and Mission Farmers Market. Friday Shopping Hampers. 1:1 with a Food Centre Representative, may request items from the shelf depending on family size and availability.	FREE	Hamper Pick-Up 9 am - 11 am Bakery Products & Produce	Hamper Pick-Up 9 am - 11 am Bakery Products & Produce	Hamper Pick-Up 9 am - 11 am	Hamper Pick-Up 9 am - 11 am	9 am - 12 pm Shopping Hampers		
Food Bank - Christmas Bureau	Mission Community Services 32646 Logan Ave, Mission, BC V2V 6C7	(604)-814-3333	www.missioncommunityservices.com	Mission families of low income or on income assistance can register to receive food and toys during the holiday season. Registration opens in middle of November and closes after distribution is completed before Christmas	FREE							
Food Bank - St Joseph's	St. Joseph's Church 32550 7th Ave, Mission, BC V2V 2B9	(604)-425-0392 ext 4		Provides food hampers every 1st and 3rd Thursday of each month. Can only pick up once a month	FREE				Food Distributed 1st & 3rd Thursday of each month 9 am - 11 am			
Food Bank	Grace Station 32965 Lougheed Hwy, Mission, BC	604-319-5754		Grace Station is a non-profit church offering food hampers. Wednesday at 3 pm may get fresh produce, pick up on first come-first serve basis	FREE	12 - 1 pm Food hamper & sometimes dairy	12 - 1 pm Food hamper & sometimes dairy	12 - 1 pm Food hamper & sometimes dairy 3 pm Produce pick up				
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	

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Community Meals												
Community Lunch	Mission Friendship Centre Society 33150 1st Ave, Mission, BC V2V 1E5	(604)-826-1281	http://www.mifcs.org/Programs.html	Dedicated to creating a better understanding between Aboriginals and non-Aboriginals in the community. The centre also works to meet the needs of people with Aboriginal origin who are making the transition into the urban community. Free lunch served Monday - Friday. Anyone welcome. Based on first-come first-serve basis	FREE, no need to register	12 - 1 pm	12 - 1 pm	12 - 1 pm	12 - 1 pm	12 - 1 pm		
Community Lunch - Youth	Mission Youth House 7368 Proctor Str V2V 1J9	604-287-7200	http://missincommunityservices.com/my-house	Lunch served for those age 12-22	FREE	11 am - 5 pm	11 am - 5 pm	11 am - 5 pm	11 am - 5 pm	11 am - 5 pm		
Community Meals	Hope Central New Heights Church 33129 N. Railway Ave, Mission, BC V2V 1E3	604-854-0780	https://nhchurch.radiantwebtools.com/ministries/hope-central/	Hope Central is a local outreach program that feeds and cares for anyone in need. Sit down meals for Breakfast & Dinner. Community Kitchen program on various days. Call for more info (Currently Hope Central is undergoing, renovations and will only be providing to-go meals same location)	FREE no registration required.		To go Meals 5 - 530 during renovations likely until October 2016		To go Meals 5 - 530 during renovations likely until October 2016			To go Meals 5 - 530 during renovations likely until October 2016
Community Lunch - Seniors	MCSS - Lunch with a Bunch is hosted at Carrington House	604-826-3634		Call to Register - A hot meal is served with guest speakers or live entertainment. For Seniors	\$ 10.00 each				3rd Thursday of every month 12 pm			
Programs with Food												
Babies Best Chance Prenatal Nutrition Program	Women's Resource Society of the Fraser Valley 33070 5th Ave, Mission, BC V2V 1V5	(604)-820-8455 ext 603	www.wrsfv.ca/programs/pregnancy_outreach_program/pops.html	Baby's Best Chance: Pregnancy outreach program dedicated to providing women who are experiencing high risk pregnancies, teens, women with drug or alcohol concerns, and women with low income with the following services: pre-natal classes, pre-natal vitamins, group and one-on-one support, outreach services, referrals to other community resources, dietary and health information. Support women throughout their pregnancies, until six months after delivery.	FREE				Lunch bi-weekly Pre-natal group 10 am - 12 pm Post-natal group 1:30 - 3:30 pm			
YAPPIE (Young Adults Positively Parenting Independently and Enthusiastically)	WRSFV 33070 - 5th Ave, Mission, BC V2V 1V5	(604)-820-8455 ext 603	www.wrsfv.ca/	This support group focuses on parenting skills and social network for women following childbirth. Childcare, transportation to / from group, snacks, speakers. Program is for new moms, client of pregnancy outreach program. Lunches every second Thursday. Speaker every week	FREE		Dinner 3:30 - 6:00pm		Speaker weekly Drop in Lunch every other week Lunch and Learn 11:30am - 1:30 pm			

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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 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	FREE							
Grocery and Meal Delivery												
Meals on Wheels	MCSS 33179 2nd Ave, Mission, BC	(604)-826-3634 Catherine	info@missioncommunityservices.com	Meals on Wheels provides low-cost, hot meals delivered by volunteers. Available except on statutory holidays. Meals can be ordered for regular delivery or on a day-before order basis. Prepared by the kitchen staff at the Cedars in Mission. Available to anyone at any age in the mission area. Meal includes soup and crackers, entrée, salad and dessert. Call to arrange for meal delivery.	\$6.50 per meal	12 - 1 pm		12 - 1 pm		12 - 1 pm, Frozen meals also available on order		
Better Meals	5742 Beresford Str, Burnaby V5J 1J1	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	Office Hours 8:30am- 3pm Delivery Day Deroche, Lake Errock , Mission	Office Hours 8:30am- 3pm	Office Hours 8:30am- 3pm		
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							