

Free Food Programs in Chilliwack

		Program Name	Program description	Hosting Organization(s)	Who this is for	How to access / contact
Pick Up	Hamper Pick Up	Starfish Backpack Program	Bi-weekly food hampers for families through the schools	Chwk Community Services, Chwk School District, Salvation Army	Families of school aged children in the Chilliwack School District (elementary to high school)	Through school staff Email Jane jane_ullyot@sd33.bc.ca
		Salvation Army Pantry	Self selection hamper program	Chilliwack Salvation Army	anyone	Walk in only, 45746 Yale Road Daily visits allowed M-F 10-12; 1-4
		Salvation Army Food Bank	Monthly hamper program	Chilliwack Salvation Army	anyone	Call for appointment M-F 9-12; 1-3:30 Main office 604 792 0001
		Food Closet	Basic dry food items up to 6X per calendar year	Sardis Community Church	Anyone living in Sardis	Walk in 45625 S Sumas Rd M-Th 8:30-2:30 Or call main office 604-858-7191
		Hands Up Chilliwack!	Meal kit ingredients, recipes, & virtual cooking demonstrations	Chilliwack Bowls of Hope Society	Families of school aged (elementary and high school) children (delivery available)	Agency or self referral Email Cindy cindy.waters@chilliwackbowlsofhope.com
		Wilma's Transition Society	** Hampers and frozen meals, other needs met	Wilma's Transition Society	anyone	Agency or self referral Call 604-824-0939 Ask for Erin
		Cyrus Centre Youth Hampers	Bi-weekly food hampers for youth	Chilliwack Cyrus Centre (satellite location of the Salvation Army Foodbank)	Youth ages 16 to 24	Walk in to register for the program during resource centre hours 12-8pm 7 days/week 45845 Wellington Ave
	Baby Food and Formula Pick Up	Basics for Babies	Baby food, formula, and supplies	Sardis Doorway for Mothers and Children	infants & toddlers up to 6x per calendar year living in Sardis	Call or email Karin 604-819-6556 sardisdoorway@shaw.ca
		Meadow Rose Baby supplies	Baby food, formula and anything babies need	Meadow Rose Society	Children 3 and under, 2 visits per month	Walk in 45789 Spadina Ave T, W, Th 11-1 Or call 604-392-1133
	Food etc pick up	Chilliwack Community Cupboard	Food, clothing, and other household items no charge	Chilliwack Community Cupboard Society	Chilliwack families with children under the age of 19	Contact chilliwackcommunitycupboard@gmail.com or 236-458-6033 Open Thursdays: 9:30-11:30
	Meal Pick Up	Community Dinner	Dinner Take Out	Ruth and Naomi's Mission	Anyone	Walk in only 46129 Princess Ave 7 days/week 6-7pm
		Soup Kitchen	Lunch Take Out	Chilliwack Salvation Army	Adults only	Walk in only 45746 Yale Road M-F 12-1
	Meal Service	Feed the Children	Hot, nutritious lunch delivered to schools	Chilliwack Bowls of Hope Society	School aged (elementary and high school) students in need in Chilliwack Public School District	Speak to staff at your school so they can email Ted ted.kim@chilliwackbowlsofhope.com
		Cyrus Centre Youth Meals	Breakfast 10am M-F Lunch 12:30pm everyday Dinner 6pm everyday	Chilliwack Cyrus Centre	Youth ages 16-24	Walk in only 45845 Wellington Ave 7 days/week
Delivery	Hamper Delivery	Grocery Shopping through Better at Home Program	Free grocery shopping service and delivery, groceries paid by clients	Chilliwack Community Services	Seniors	By appointment, must be registered with Better At Home Program, to register call Sarah at 778-860-5499
		Seniors Grocery Hamper Program	Free groceries weekly to low-income seniors	Chilliwack & District Seniors Resources Society	Seniors	Agency or self referral email Corinna info@cdsrs.ca or call 604-793-9979
		Special Occasion Hampers	Holiday Hampers prepared and delivered	Kindness Chain	anyone	Facebook Messenger Kindness Chain Chilliwack Association

There are multiple funding partners supporting these programs, please contact individual programs for more details.

**** In response to the continued rise in food costs they provide food hampers on a as need basis with a maximum of once per month per household**