

Maple Ridge & Pitt Meadows Free/Low-Cost Food List

Food Banks & Food Hampers

Program Name	Location	Cost	Hours	Program Information & Eligibility Criteria	Contact	Website
Friends in Need (2 Locations)	Maple Ridge location: 22726 Dewdney Trunk Rd, Maple Ridge, BC V2X 3K2	FREE * Registration Required	Maple Ridge Location: Call 604-466-3663 ext. 206 to make an appointment. Appointments are available Tuesday to Friday from 9:00 AM to 11:30 AM.	Clients need to register with ID, 3 months of income for each person over 19 years old in the house, and a piece of mail with their current addresses. Registered clients will be assigned specific access appointments. Clients will receive a monthly hamper and weekly supplies with one bag of non-perishables and one bag of perishables. The weekly supply will include baby formula and foods for babies registered with the program (through the Basics for Babies program), kids' packs with granola bars, fruit cups/jello, juice, or water for K-7 children registered with the program, milk & eggs for clients who meet the criteria, and diabetic package and nutritional supplements (when in stock) for clients who meet the criteria. Bread, cookies, meat, and plant-based	Maple Ridge Location: Call 604-466-3663 ext. 206 Pitt Meadows Location: Call 604-460-4619	http://www.friendsneedfood.com/
	Pitt Meadows Location: 12240 Harris Rd, Pitt Meadows, BC V3Y 2E9		Pitt Meadows Location: Call 604-460-4619 to make an appointment. Appointments are available Tuesdays and Wednesdays only; 9:00 AM to 11:30 AM.			

				<p>beverages may also be available for clients on the weekly access day.</p> <p>Seniors (55+) have the option of picking up their hampers conveniently at the Maple Ridge Senior's Activity Center or the Pitt Meadows Seniors Centre.</p> <p>The Maple Ridge location has volunteers who provide biweekly delivery service to people who cannot access the food bank due to physical limitations, however, the program is already at full capacity (up to 60 people) at this moment. Outreaching programs can also contact FID to access the food bank for their clients.</p>		
Basics for Babies	22726 Dewdney Trunk Rd, Maple Ridge, BC V2X 3K2	FREE * Registration required	Contact Friends in Need Food Bank (above)	"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. Eligible parents can access Basics for Babies through the Friends in Need Food Bank. Please register with	Contact Friends in Need Food Bank (above)	https://www.facebook.com/BasicsForBabies/

				Friends in Need Food Bank (information above) and identify yourself as a parent with an infant.		
The Salvation Army Ridge Meadows Ministries – Food Bank	23315 Dewdney Trunk Road Maple Ridge, B.C. V2X 3L6	FREE* Registration required		<p>The Salvation Army Food Bank provides emergency food hampers for people who are not yet receiving assistance from the local food bank, are experiencing an emergency such as natural disaster, an unexpected financial hardship, or are struggling to make ends meet. If you are in need of on-going supports, they can assist in applying with the local food bank.</p> <p>In order to qualify for our Emergency Food Hamper program applicants must possess ALL of the following criteria:</p> <ol style="list-style-type: none"> 1. Currently reside in Maple Ridge or Pitt Meadows 2. Struggling with low income or are in need of additional resources. 3. Have the ability to provide current proof of income and photo ID or be 	Corina Ardelean (604) 463-8296 ext. 112	https://ridgemeanowssa.ca/emergency-food-hampers/

				referred by another agency.		
Food For The Soul Project Society – Food Box Program	1 – 22335 Lougheed Hwy Maple Ridge, BC V2X 2T3	FREE * Registration Required		Weekly food boxes including meat, dairy, bread, fruits, vegetables, and desserts are delivered to client homes. At this time, the program is only serving those living in Maple Ridge modular housing. Other restrictions (income) may apply. To inquire about eligibility, call 604-380-1608	604-380-1608	https://fftspp.org/programs/
Seniors' Food Bank at the Ridge Meadows Seniors Society (2 Locations)	Maple Ridge Location: Maple Ridge Activity Centre 12150 224th Street, Maple Ridge Pitt Meadows Location: Pitt Meadows Activity Centre 19065 119B Avenue, Pitt Meadows	FREE	Maple Ridge: Mondays by appointment Pitt Meadows: Tuesdays by appointment	A food bank for seniors, stocking a variety of essentials including, vegetables, meat, chicken, dairy items, eggs, dry goods, baking and deli assortment. For more information, contact Bev: 604-380-0516	For more information, contact Bev: 604-380-0516	https://rmssseniors.org/foodbank/
Food Bank on Wheels	Mailing Address: #311A - 2615 Jane Street Port Coquitlam, B.C. V3C-3K3	FREE* Registration Required		FOOD BANK ON WHEELS is a free Mobile Home Delivery Service. They provide perishable & non-perishable food to ONLY single-parent families/seniors & those with disabilities who are poor & in need that cannot go to a regular	604-457-3663 info@foodbankonwheels.org (Contact person: Chris 6044573663 chris@foodbankonwheels.org)	http://www.foodbankonwheels.org/client-registration.html

				Food Bank due to illness or disability in the family. Services only cover Tri-cities, Maple Ridge, Pitt Meadows, Surrey, and Langley.		
Community Meals						
Program Name	Location	Cost	Hours	Program Information & Eligibility Criteria	Contact	Website
The Salvation Army Ridge Meadows Ministries – Meal Program	22188 Lougheed Hwy. Maple Ridge, BC V2X 2S8	FREE	Monday-Friday: 12-1pm (Lunch) Saturday-Sunday: 11-12pm (Brunch)	Join like-minded men and women in the Ridge Meadows Ministries community for a FREE meal and a place to get out of the elements. Our community meals are open to everyone, no questions asked, no judgment; just come on in!	Rob Field (604) 463-8298 ext.103	https://ridgemeadowssa.ca/community-meals/
Fraser River Indigenous Society (FRIS) – Traditional Kitchen	11830 223rd Street (2nd floor) Maple Ridge, BC. V2X 5Y1	FREE	1st Tuesday of the month, 5-8pm	The Traditional kitchen held every 1st Tuesday of the month, 5-8pm. Clients can get together to cook traditional foods. To register for the program, email Gillian: sharingravensvision@gmail.com Available to anyone who registers.	604-458-0151 Gillian: sharingravensvision@gmail.com	https://www.frisociety.ca/
Seniors' Food Bank at the Ridge Meadows Seniors Society (2 Locations)	Maple Ridge Location: Maple Ridge Activity Centre 12150 224th Street, Maple Ridge	Entrée (Hot & Frozen) \$8.5; Soup (Hot & Frozen) \$4; Sandwich \$4.5; Salad Plate \$6; Dessert \$2	Maple Ridge: 11:30-1pm Pitt Meadows: 11:30-12:30pm	On site daily preparing delicious hot lunches, soups, sandwiches and desserts are available on weekdays (Monday – Friday) for both dine in and take away. No membership necessary	Maple Ridge: 604-467-4993 grapevine@rmssseniors.org Pitt Meadows: 604-457-4771	https://rmssseniors.org/meal-service/

	Pitt Meadows Location: Pitt Meadows Activity Centre 19065 119B Avenue, Pitt Meadows				grapevine@rmssseniors.org	
Golden Ears United Church	22165 Dewdney Trunk Rd Maple Ridge, BC V2X 3H7	FREE	Saturdays, 6-7pm	Everyone is welcome! Churches and individuals from the community offer home-cooked meals including meat and vegetable dishes, sandwiches, snacks, and drinks.	Teri Mitchell 7788094610 terim100@telus.net	https://www.goldenearsunited.ca/community-outreach/community-meal
Maple Ridge Street Outreach Society (MRSOS)	11739 - 233 Street, Maple Ridge, BC	FREE	Monday, 4-5pm	Everyone is welcome! They offer take out, home-cooked meals, until they run out. First come, first served. Examples of foods are main dish (chicken wraps, chili, spaghetti, etc.), drink and dessert.	Tracy Scott Phone: 778-384-4102	https://www.facebook.com/MapleRidgeStreetOutreachSociety/
Maple Ridge Community Church	301-20450 Dewdney Trunk Road Maple Ridge, BC, V2X 3E3	FREE	Fridays, 5-6pm	Everyone is Welcome! Weekly Community Meals program. From 5pm-6pm on Fridays, they will hand out a limited number of to go meals from the back parking lot. This will be done on a first come, first serve basis.	604-465-4211	http://www.mrcchurch.com/new-page-1
Low-Cost Meal Delivery						
Program Name	Location	Cost	Hours	Program Information & Eligibility Criteria	Contact	Website
Better Meals	5742 Beresford St. Burnaby BC V5J 1J1	FREE delivery for all areas with \$30 minimum. Meals are ordered by	Deliveries occur on Fridays. In some areas of Maple Ridge, deliveries will not occur weekly	<i>Continue to operate but changes to delivery process. Drivers will bring orders to your door but will not enter your home. Fully cooked</i>	Tel. 604-299-1877 Toll-free 1888-838-1888 contact@bettermeals.ca	https://bettermeals.ca/index.php/main/links/index

		phone or online at www.bettermeals.ca starting at \$7.50/ meal		<i>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 2pm 2 business days before delivery day.</i>		
Meals on Wheels	22768 119th Avenue Maple Ridge BC V2X 4L2	\$7.50 / meal – subject to change		Offers delivery of hot, nutritious meals. For seniors or individuals who are unable to prepare meals and at risk of isolation due to their health or disability. Must be a resident of Maple Ridge or Pitt Meadows and have the ability to pay for the service.	Christine Cavalaris (604) 467.6911 Ext. 1218 ccavalaris@comservice.bc.ca	https://www.comservice.bc.ca/program/meals-on-wheels-community-meal-delivery-program/