Low-Cost and Free Food Programs in Langley

Updated as of 29 April 2020 These programs can change frequently-please call before attending to confirm details.

Name	Address	Contact	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	FHA Area
				Food Banks									
Sources Langley	#208 - 20445 62 Ave Langley	604-532-5290	https://www.sourcesbc.ca/our- services/sources-langley-food- bank/	Individuals and families who live on a low income in the Langley area (0 Ave. to the Fraser River, east of 196th St. and west of 276th St.) are eligible to receive Food Bank services. An Advocate is on site twice a month to provide assistance in Income Assistance, Disability, Tenancy & Housing and other Income Support issues. COVID-19 This Program is continuing to operate with regular days/hours for Distribution and Donations. As part of our efforts to fight COVID-19 and maintain the health, safety and well-being of our staff, volunteers, clients and community. Food items will be pre-bagged and larger amounts than normal				10am-3pm	10am -2pm				Langley & Fort Langley
Langley Food Bank	5768 203 st Langley	604-533-0671	http://www.langleyfoodbank.com/ angley-food-bank/	The Food Bank provides a minimum of 2 day's nutritious food (breakfast, lunch, dinner and snacks) for families each week. Limits are set depending on the size of the family. Clients may come for groceries once each week once they are Registered – phone for appointments. COVID-19: Now drive through pick up of prepacked grocery bags.		10am - 2 pm		10am - 2 pm		10am - 2 pm			Langley & Fort Langley
dergrove Food Bank	Aldergrove Food Bank 27309 Fraser Highway, Aldergrove	604-857-1671	http://www.langleyfoodbank.com/ ldergrove-food-bank/	The Food Bank provides a minimum of 2 day's nutritious food (breakfast, lunch, dinner and snacks) for families each week. Groceries are stocked on store shelves so that clients can make their own selection limits are set depending on the size of the family. phone for appointments. COVID-19: This service is not operating: there is also a Soup Kitchen that is open from 11:30 am to 1:30 pm.	FREE		the first four Tuesdays of each month 11:30AM - 2 PM						Aldergrove
ts of Kindness	Church in the Valley 23589 Old Yale Rd Langley	604.514.8335 ext. 103	https://www.actsofkindness.ca/	Clients can come for groceries once a month. Every Monday clients can come for light food / meals. Register in advance on website. Closed July and August. COVID-19: Pre-packed grocery bags available every Monday for pick-up between 9:30am and 12:00pm. Register in advance on website. Also delivering food hampers.	FREE	9:30 am - 12 pm							Aldergrove

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Muslim Food Bank Lower Mainland 104-12941 115 Ave. Surrey 1-866-248-3868 For Langley Bypass 604-514-7375 Sometimes of the part of the	https://www.muslimfoodbank.com	Food hampers that are catered to specific dietary needs (vegan and religious dietary restrictions) for low-income residents. Serve clients who are Muslims or Non-Muslims who have dietary restrictions whether religious or cultural. If you have NO dietary restrictions, please attend your local foodbank. Clients call to register. Hampers to be pick up at the Surrey location. Clients need to bring picture ID, proof of income & proof of address. Also offers a range of supports for clients and new refugees to help aid with settlement. Baby supplies, used clothing, baby and other household items may also be available. Community Meals Community Meals COVID-19: Bagged lunch (12:30-1pm daily) and weekly hampers for people in need in Langley		12:30-1PM	12:30-1PM	12:30-1PM	12:30-1PM	12:30-1PM	1st and 3rd Saturday of each month 7:30 - 10:30 am	12:30-1PM	Langley & Fort Langley; Aldergrove Langley & Fort Langley
5787 Langley Bypass 5708 Glover Rd (parking lot of Vineyard 604- 953-1114	http://gatewayofhope.ca/	Offer meals everyday to all. COVID-19: Bagged lunch (12:30-1pm daily) and weekly		12:30-1PM	12:30-1PM	12:30-1PM	12:30-1PM	12:30-1PM	12:30-1PM	12:30-1PM	
5787 Langley Bypass 5708 Glover Rd (parking lot of Vineyard 604- 953-1114	http://gatewayofhope.ca/	COVID-19: Bagged lunch (12:30-1pm daily) and weekly		12:30-1PM	12:30-1PM	12:30-1PM	12:30-1PM	12:30-1PM	12:30-1PM	12:30-1PM	
Nightshift Ministries (parking lot of Vineyard 604- 953-1114											
	https://nightshiftministries.org,	✓ Meals for people who are in need	FREE	7-8PM			7-8PM				Langley & Fort Langley
Seniors Resource Centre 20605 51B Avenue (East Side 604-530-3020	http://lsrs.ca/dining-room/	Low cost meals for Seniors. Full meals, Soup and Sandwiches, Coffee and Desserts etc COVID-19: Must order by noon the day prior to pick up and at Seniors Resource Centre and CASH ONLY. Deliveries by request - available to those that cannot come in person.	Fresh & Frozen Meals: \$6 Frozen Soup: \$3		10am-1pm	10am-1pm	10am-1pm				Langley & Fort Langley

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Meals on Wheels	20414 Douglas Cres Langley	604-533-1679	nttp://www.imow.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.	\$3.50- \$6.50 no delivery fees	11:30-1pm	11:30-1pm	11:30-1pm	11:30-1pm	11:30-1pm	frozen meals available	frozen meals available	Langley & Fort Langley
Better Meals	5742 Beresford St 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								Langley & Fort Langley; Aldergrove
Healthy Living Bag	Langley Meals on Wheels	https://lmow.ca/contact-us/	https://lmow.ca/	Langley residents age 50+ who would like to add a variety of nutritious fresh fruits and vegetables to their diet and support local farms and communities.	Low cost								Langley & Fort Langley