




Low-Cost and Free Food Programs in Chilliwack												
		"Updated as of April 2019. These programs can change frequently-please call before attending to confirm details. Lists updated yearly by the Public Health Dietitians-send updated to Jane Wark: jane.wark@fraserhealth.ca										
Name	Address	Contact	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Food Banks</b>	<b>Provide food and emergency hampers. To register bring: proof of address, proof of income source and care cards for every family member.</b>											
Salvation Army Community Food Bank	Salvation Army Care & Share Centre 45746 Yale Road, Chilliwack	Debbie 604-792-0001 careand shareba@shaw.ca	<a href="http://www.salvationarmychilliwack.ca/care-and-share/food-bank/">http://www.salvationarmychilliwack.ca/care-and-share/food-bank/</a>	Available to residents in need of short-term assistance and can be accessed once per month with a total of 9 per year. Clients must book an appointment with an intake worker from the Care & Share Centre. The Pantry: Free fresh fruits, vegetables, dairy, meat, bread/pastries.	FREE	930 am-12 pm 1230 - 3 pm Bread/Pastries 9 am - 4 pm	930 am-12 pm 1230 - 3 pm Bread/Pastries 9 am - 4 pm	930 am-12 pm 1230 - 3 pm Bread/Pastries 9 am - 4 pm	930 am-12 pm 1230 - 3 pm Bread/Pastries 9 am - 4 pm	930 am-12 pm 1230 - 3 pm Bread/Pastries 9 am - 4 pm		
Food Bank	Muslim Food Bank Lower Mainland 101-13085 115 Ave, Surrey	1-866-824-2525	<a href="https://www.muslimfoodbank.com">https://www.muslimfoodbank.com</a>	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. Clients need to bring picture ID, proof of income & proof of address	FREE						1st and 3rd Saturday of each month 7:30 - 10:30 am	
<b>Community Meals</b>												
Soup Kitchen	Salvation Army Care & Share Centre 45746 Yale Road, Chilliwack	604-792-0001	<a href="http://www.salvationarmychilliwack.ca/care-and-share/food-bank/">http://www.salvationarmychilliwack.ca/care-and-share/food-bank/</a>	Offers one free meal a day during the lunch hour and is for adults (19+) only. People with children are referred to the Food Bank.	FREE	12 pm - 1 pm	12 pm - 1 pm	12 pm - 1 pm	12 pm - 1 pm	12 pm - 1 pm		
Community Dinner	Ruth and Naomi's Mission 46130 Margaret Ave, Chilliwack	604-795-2322	<a href="http://www.ranmission.ca">http://www.ranmission.ca</a>	A safe house in the inner city of Chilliwack, they provide drop in coffee time , Daily Women's Hour (coffee and crafts), evening meals, clothing, showers, health information, counselling and spiritual guidance to the homeless as well as those in need. Emergency food hampers for families with children: 1 day supply, no food bank	FREE	Dinner Families with children 6 pm Community Dinner 7 pm	Dinner Families with children 6 pm Community Dinner 7 pm	Dinner Families with children 6 pm Community Dinner 7 pm	Dinner Families with children 6 pm Community Dinner 7 pm	Dinner Families with children 6 pm Community Dinner 7 pm	Dinner Families with children 6 pm Community Dinner 7 pm	Brunch 10am -12pm  Dinner 6 pm (1820 house)

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Youth Shelter	Cyrus Centre 45845 Wellington Ave, Chilliwack	604-795-5773 admin@cyruscentre.com	<a href="http://www.cyruscentre.com">http://www.cyruscentre.com</a>	24 / 7 Youth shelter and Resource Centre for vulnerable or at risk of being homeless (up to 18 years). Up to 24 years old for the coldest months (ends on March 31st) Bi-Weekly Food hampers (<18 years old): Fill out form (based out of Salvation Army) Once every 2 weeks Open Drop in Resource Centre 12:30 pm - 8 pm 7 days a week 8 pm - 10 am Shelter 1st come 1st serve Breakfast Club: targeted to 18 and younger for life skills: (Mon, Tues, Thurs) from 10-12pm	FREE	All meals 12-18 yrs old Lunch 12:30 pm Snacks 3 pm Dinner 6 pm Dinner 19-24 yrs old 6-630 pm	All meals 12-18 yrs old Lunch 12:30 pm Snacks 3 pm Dinner 6 pm Dinner 19-24 yrs old 6-630 pm	All meals 12-18 yrs old Lunch 12:30 pm Snacks 3 pm Dinner 6 pm Dinner 19-24 yrs old 6-630 pm	All meals 12-18 yrs old Lunch 12:30 pm Snacks 3 pm Dinner 6 pm Dinner 19-24 yrs old 6-630 pm	All meals 12-18 yrs old Lunch 12:30 pm Snacks 3 pm Dinner 6 pm Dinner 19-24 yrs old 6-630 pm	All meals 12-18 yrs old Lunch 12:30 pm Snacks 3 pm Dinner 6 pm Dinner 19-24 yrs old 6-630 pm	All meals 12-18 yrs old Lunch 12:30 pm Snacks 3 pm Dinner 6 pm Dinner 19-24 yrs old 6-630 pm
Soup Kitchen	Chilliwack United Church 45835 Spadina Ave, Chilliwack	604-792-4634	<a href="http://www.chilliwackunitedchurch.com">www.chilliwackunitedchurch.com</a>	Phone to check the kitchen is being offered. Toiletries available.	FREE						12. PM 1st 4 Saturdays of the month	
<b>Programs with Food</b>												
Better Beginnings Prenatal Nutrition Program	Sardis Family Place 45625 South Sumas Rd, Chilliwack	Lana 604.701.4978 ext 6021 hergottl@comserv.bc.ca	<a href="http://www.comserv.bc.ca/better-beginnings">http://www.comserv.bc.ca/better-beginnings</a>	Healthy Start Family place drop in Tuesdays from 12-2pm - 1 on 1 appointments to address questions about breastfeeding, pregnancy-related concerns, connect them to Better Beginnings - Don't need to register; everyone is welcome Thursday classes (once/week at 9:30-10:30am & 11-12pm) on pregnancy, post-pregnancy and post-partum (breastfeeding support, child development, nutrition and active living, mental wellness) - Can sign up: in person through Tuesday Drop-in, phone (604-701-4978 ext.5) or e-mail: hergottl@comserv.bc.ca - Breakfast provided at 9:30am class, lunch provided at 11am class - Offers: free food vouchers at Canada's Safeway, prenatal vitamins, veggie/fruit bag once/month (middle of the month) - Women can attend all throughout their pregnancy and up to 6 months postpartum; recommended to sign up early in pregnancy			Healthy Start drop in 12 - 2 pm		Breakfast 9:30 am class to 10:30 Lunch 11 am class to 12 pm			

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Single Parents in Need Program (S.P.I.N.)	Cornerstone Christian Reformed Church 9800 McNaught Road, Chilliwack	604-792-2517	<a href="http://www.cornerstonecra.ca/ministries/womens-ministries.cfm">http://www.cornerstonecra.ca/ministries/womens-ministries.cfm</a>	Meeting (lunch, speaker, crafts and fellowship) on second Saturday of the month (September-June), doors open at 11am, lunch at 11:30am for single mothers and their children	FREE						2nd Saturday of the month (September to June) 11 am Lunch 11:30 am	
Food Skills for families program		604-732-1331 ext 2322	<a href="http://www.foodskillsforfamilies.ca/hosts/current-active-hosts/">http://www.foodskillsforfamilies.ca/hosts/current-active-hosts/</a>	6 sessions (3 hours each) and is delivered to 5 target populations: low income, newcomers, Punjabi, Indigenous and active seniors	FREE							
<b>Grocery and Meal Delivery</b>												
Meals on Wheels	45938 Wellington Ave, Chilliwack 9214 Mary Street, Chilliwack	604-793-7242 Office 830am - 12:30 pm	<a href="http://www.comserv.bc.ca/meals-on-wheels/">http://www.comserv.bc.ca/meals-on-wheels/</a>	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. Prepaid program prior to delivery	\$8.00 per meal	Delivery 11 am-1 pm	Delivery 11 am-1 pm	Delivery 11 am-1 pm	Delivery 11 am-1 pm	Delivery 11 am-1 pm		
Better Meals	5742 Beresford Street, Burnaby	604-299-1877 1-888-838-1888	<a href="http://www.bettermeals.ca">www.bettermeals.ca</a>	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. Meals can be picked up at office in Burnaby (order must be placed 1 business day in advance). Cash / visa / mastercard accepted at office (Pick up 10 am - 4 pm Mon-Friday)	Prices Varies see website Regular entrée \$6.75 Diabetic/Low Sodium/Pureed \$7.00 Free delivery for all areas with \$30 minimum order	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm Delivery Day & cash only	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm		