

House of Hope Emergency Shelter Program / Motel Project	Hope Area Transition Society 650 Old Hope Princeton, Hope BC	Access to service 24 hours/day, 7 days/week 604-869-7574 sharon@hopetransition.org	http://hopetransition.org/homelessness/emergency-shelter/	Provides essential services to clients in need of temporary immediate shelter, food, and security. Length of stay for clients are considered on a case-by-case basis. The accommodations offer beds with a small locker and small fridge, and a main kitchen area. Clients are required to do some of the cooking and cleaning, and will be provided with two meals each day. The Motel Project provides semi-independent living and rental units. Drop in centre - don't spend the night - Donations from community -(supported living, food, TV)									
Better Beginnings Prenatal Nutrition Program Postnatal Program		Hope Community Services 604-869-2466	http://www.hopecommunityservices.com/index.php?option=com_content&view=article&id=13:hope-family-place-&catid=8:young-children-	Two programs which offer pre and post-natal information women. They provide a healthy lunch as well as free vitamins and a food voucher. Postnatal with infants up to 6 months	FREE		12:30 - 2:30 pm						
Babbling Babies	Hope Family Place 604 Hudson Bay Street, Hope	Hope Community Services 604-869-2466		Drop in program for parents and children 0-3 years of age. Rhymes, songs, and snacks	FREE					10 - 11 am			
ABC Child Learning	Hope Family Place 604 Hudson Bay Street, Hope	Hope Community Services 604-869-2466		Drop in program for children, families, and caregivers. Includes snacks and coffee	FREE		10 - 11:30 am						
Healthy Families Program	Hope Family Place 604 Hudson Bay Street, Hope	Hope Community Services 604-869-2466		Drop in program for families with at least one child age 6 or younger. Involves snacks and/or a hot meal	FREE				3 - 4:30 pm				
Community Action Program for Children	Hope Family Place 604 Hudson Bay Street, Hope	Hope Community Services 604-869-2466		This is a drop in program for children, families and caregivers. This program is for children 6 years of age and younger. Breakfast is provided on Mondays and Wednesdays.	FREE	8:30 - 11am		8:30 - 11am					
Community Garden		Hope Community Services 604-869-2466		Community members can purchase a plot in the community garden to grow their own produce. Plots are \$50 for one year and are one size only. Returning clients have first choice in plots and may purchase in March. New clients may purchase a plot in April.									
Grocery and Meal Delivery													
Better Meals	5742 Beresford Str, 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. See hours and prices	Prices Varies see website Regular entrée \$6.75 Free delivery for all areas with \$30	Order Desk Hours 8:30am- 3pm Delivery Day 1st & 3rd Monday.	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm Delivery Day 1st & 3rd Wednesday	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm			

Meals on Wheels	434 Wallace Str Box 74, Hope BC	Hope Community Services 604-869-2466		Meals on Wheels is... A home delivery meal service provided to seniors or persons in need. The meals are delivered by community volunteers. A local restaurant prepares the meals: all meals meet the health and nutritional needs of the client.	\$ 7.50 per meal	delivered 11am - 1 pm		delivered 11am - 1 pm		delivered 11am - 1 pm		
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Low-Cost and Free Food Programs in Boston Bar

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"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
Food Banks	Provide food and emergency hampers. To register bring: proof of address/residence in the Boston Bar-North Bend area, proof of income source and care cards for every family member.											
Food Bank	Canyon Lanes Bowling Alley 47585 Trans-Canada Hwy, Boston Bar	Morris Tillotson 604-867-9358	http://www.bostonbarbc.net/newsletter.html	Hampers are provided monthly. Applications are available at Canyon Lanes, Family Place and Post Office Pick up at Canyon Lanes. (Check current newsletter for date and time.) Bring your own bag. See website link to confirm hamper distribution dates	FREE				3rd Thurs of the month 1 - 3 pm			
Community Meals												
Community Lunch	Fraser Canyon Family Place 1000 Chamoux Road, Boston Bar	Meaghan Briggs 604-867-9204	http://www.bostonbarbc.net/services.html	Everyone Welcome Lunch at Family Place	\$2 minimum donation			12 pm - 1 pm Senior hr 1-2				
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 on website as programs are run at different locations / times	FREE							
Programs with Food												
Better Beginnings	Fraser Canyon Family Place 1000 Chamoux Road, Boston Bar	Meaghan Briggs 604-867-9204	http://www.bostonbarbc.net	Pregnancy/new parent of babies 1-12 months outreach program dedicated to providing pregnant women with the following services: pre-natal vitamins, weekly food vouchers and lunch. A neo-natal specialist visits once per month. Weekly food vouchers available for pregnant women and mothers with children under 6 months of age. Vouchers value \$ 20- \$25.	FREE	10:30am - 2 pm						

Community Action Program for Children / Lunch	Fraser Canyon Family Place 1000 Chamoux Road, Boston Bar	Meaghan Briggs 604-867-9204	http://www.bostonbarbc.net/services.html	Drop -in program include, crafts and story time, snacks and lunch, cooking programs, parenting, home safety, guest speakers, field trips and yoga classes. This program is for children under 6 yrs old.	FREE		drop in 10 am - 2 pm	drop in 10 am - 1 pm Lunch 12-1				
Grocery and Meal Delivery												