



Low-Cost and Free Food Programs in Langley / Walnut Grove / Fort Langley

"Updated as of: Nov 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												
Langley Food Bank	5768 203 st Langley	604-533-0671	http://www.langleyfoodbank.com/langley-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. Clients may come for groceries once each week once they are Registered – phone for appointments.	FREE	10am - 2 pm		10am - 2 pm		10am - 2 pm		
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. It provides a minimum of 2 days' worth of food per person per week. Formula and diapers are provided for babies. An Advocate is on site twice a month to provide assistance in Income Assistance, Disability, Tenancy & Housing and other Income Support issues.	FREE			10am-3pm	10am -2pm			
Muslim Food Bank	Lower Mainland 104-12941 115 Ave. Surrey	1-866-248-3868	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.	FREE						1st and 3rd Saturday of each month 7:30 - 10:30 am	
Community Meals												
St Josephs Langley Roman Catholic Church	20676 Fraser Hwy, Langley City	604- 534-3303		Soup and a Bun. Designed for the homeless but all welcome			10 - 1130 am					

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Vineyard Church	5708 Glover Rd (in the back)	604-530-8463		Food, Clothing and Fellowship. Designed for the homeless but all welcome				9 - 1130 am				
United Churches of Langley	9025 Glover Road St. Andrews (Fort Langley Site)	604-530-2929 Office hours Mon - Fri 9 am - 2 pm	http://unitedchurchesoflangley.ca/	hearty soup lunch; social time mainly for seniors	By donation			12 noon Monthly event (Oct-March) Mid-September through early March)				
Gateway of Hope	5787 Langley Bypass	604-514-7375	http://gatewayofhope.ca/	Offer meals everyday to all Community rooftop gardens available		12:30 PM	5:00 PM	12:30 PM	5:00 PM	12:30 PM	12:30 PM	12:30 PM
Nightshift Ministries	5708 Glover Rd (parking lot of Vineyard Church)	604- 953-1114	https://nightshiftministries.org/	Meals for people who are in need	FREE	7-8PM			7-8PM			
Seniors Resource Centre	Timms Community Centre (in back)	604-530-3020	http://lsrs.ca/dining-room/	Low cost meals for Seniors. Full meals, Soup and Sandwiches, Coffee and Desserts etc (Eat in and Take Home)	Low Cost	9am-2:30pm	9am-2:30pm	9am-2:30pm	9am-2:30pm	9am-2:30pm	11am-1pm	
Programs with Food												
Best Babies Program	Douglas Park Recreation Centre 20550 Douglas Crescent, Langley	604-530-2772	www.encompass-supports.com	Lunch Clubs are drop-in sessions available to expectant and postnatal women until their babies reach one year. A healthy lunch is provided and childminding is available during the group activities that include speakers, educational topics relevant to pregnancy, postpartum and parenting, or activities to socialize and make new friends. Prenatal vitamin/mineral supplements are available to pregnant women.	FREE		Aldergrove Location 11:30 am - 1:30 pm		Lunch Club 12 pm - 2 pm			
Grocery and Meal Delivery												
Healthy Living Bag	Langley Meals on Wheels	Timms Community Centre 604-514-2940 Douglas Recreation Centre 604-514-2865 Langley Seniors Recreation and Resource Centre 604-530-3020 9 am - 4 pm	www.lmow.ca/our-services/healthy-living-bag	Langley residents age 50+ who would like to add a variety of nutritious fresh fruits and vegetables to their diet, receive monthly newsletters with recipes, and support local farms and communities. Order at LSRS reception by Thursday before pick-up date. Can order by phone if buying two bags and / or have paid a month in advance	\$ 5 per bag		Ready for pickup 1st Tuesday of the month / except on Statutory Holidays		Order on last Wednesday of the month call one of the locations listed			



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Weekly Veggie Box	Kwantlen Polytechnic University - Langley Campus Student Services 20901 Langley Bypass, Langley	604-716-6812	http://www.kpu.ca/tfnfarm/box-a-week	Sign up for subscription is Mid January. Subscription runs from June 7 to October 21) Boxes available until sold out (around March). Pay in full and get 5% discount KPU Richmond - Wednesday - 12PM-4PM KPU Surrey - Wednesday - 10:30AM-11AM KPU Langley - Wednesday - 12PM-12:30PM At the farm - Wednesday - 9AM-4PM Main St. Farmers Market - Wednesday - 2PM-6PM Mt. Pleasant Farmers Market - Sunday - 10AM-2PM West End Farmers Market - Saturday - 9AM-2PM	\$25 / week box x 20 weeks			Pick up on see list of location and times				
Food Skills for families program	BC centre for Disease Control	FoodskillsBC@bccdc.ca	http://www.bccdc.ca/our-services/programs/food-skills-for-families	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 and focus on healthy eating.	FREE							
Meals on Wheels	20414 Douglas Cres Langley	604-533-1679	http://www.lmow.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	\$3.25- \$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
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	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm Delivery Day depending on address Langley	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm Delivery Day depending on address Langley & Fort Langley	Order Desk Hours 8:30am- 3pm		