

 <b>Low-Cost and Free Food Programs in MapleRidge &amp; Pitt Meadows</b>												
"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
<b>Food Banks</b>												
<b>United Church Pitt Meadows</b>	12109 Harris Rd Pitt Meadows	Deb Shepherd 604-463-0994 debshepherd@shaw.ca		This food bank is operated by volunteers in the church hall on Saturday. For MapleRidge and Pitt Meadows residents in need.	FREE						8:00- 10:00am	
<b>Friends in Need</b>	Garibaldi Place # 8 - 22726 Dewdney Trunk Rd, Maple Ridge  Grace Community Church 12240 Harris Rd, Pitt Meadows	604- 466-3663  604-460-4619	<a href="http://www.friendsneedfood.com/">http://www.friendsneedfood.com/</a>	Food for low income families & individual's who live in MapleRidge. Monthly Hamper (frozen meat & cereals) Weekly Hamper (3-5 day supplement: Fresh Produce, bread, condiments and extras is available) Tiny Bundles and Basics for Babies Special Needs and Dietary Requirements (diabetes), Also supply Boost, Ensure and PediaSure to those who need it. The Protein & Produce Program Milk and Eggs - Milk for families with children under < 12 yrs, pregnant women, seniors and those who medically require additional nutrition Kids Pack Program (ages 5-12)- Ready to eat snacks to take to school and the Pet Food Program.	FREE		9:30am - 12:30pm	9:30am - 12:30pm	9:30am - 12:30pm	9:30am - 12:30pm		
<b>Basics for Babies</b>	# 8 - 22726 Dewdney Trunk Rd, Maple Ridge	604-731-7772 <a href="https://www.facebook.com/BasicsForBabies">https://www.facebook.com/BasicsForBabies</a>	<a href="http://www.irfm.com/basics-for-babies">http://www.irfm.com/basics-for-babies</a>	"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."								
<b>Muslim Food Bank</b>	Lower Mainland 104-12941 115 Ave. Surrey	1-866-248-3868	<a href="https://www.muslimfoodbank.com">https://www.muslimfoodbank.com</a>	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	9:00am- 1:00pm	9:00am-1:00pm	9:00am-1:00pm	9:00am- 1:00pm		10:00am- 1:00pm	



 <b>Low-Cost and Free Food Programs in MapleRidge &amp; Pitt Meadows</b>												
"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
Golden Ears United Church	22165 Dewdney Trunk Road, Maple Ridge	604-463-9611 office@geuccan.com	<a href="https://www.goldenearsunited.ca/">https://www.goldenearsunited.ca/</a>	for people to gather as a community. Churches volunteer and offer foods such as casseroles and sandwiches.	FREE						6pm	
Open Door Church	11391 Dartford St, Maple Ridge	604-779-7229 info@opendoorfamily.ca	<a href="http://opendoorfamily.ca">http://opendoorfamily.ca</a>	Provides meals every Tuesday to Anita Place Tent City. Must be a verified occupant by the city. Not currently accepting new registrants. Due to a recent evacuation, the church has also been offering meals to those who have relocated to nearby camp sites.	FREE		4 -7pm					
Maple Ridge Baptist Church	22155 Lougheed Highway	604-467-9613 reception@ridgebaptist.ca	<a href="https://www.ridgebaptist.ca/">https://www.ridgebaptist.ca/</a>	Participates in the "MAT" program. For two winter months (February/October), the church offers a clean place to sleep, with dinner each night and breakfast in the morning and a packed lunch. Must be registered.	FREE							
				Hosts the Petal's program which offers free meals, as well as free toiletries and clothing for women.	FREE		Every 2nd Tuesday 6 - 730PM					
The Salvation Army Street Ministry	22334 Selkirk Ave, Maple Ridge	(604) 463-8296	<a href="https://ridgemeadowssa.ca/community-service/">https://ridgemeadowssa.ca/community-service/</a>	This program provides weekly outreach using our Community Crisis Response Unit for street ministry to community. The ministry is run exclusively with volunteers, including the coordinator who is a member of another church in the community. Provides foods and necessities.	FREE					Every Friday		
Food For The Soul Project Society	101-22347 Lougheed Hwy, Maple Ridge	(604) 380-1608	<a href="http://www.ftsps.org">www.ftsps.org</a>	We are an OAT Clinic that also provides many free services. Our program provides free services that include: Food, Clothing, addictions Counselling, Legal aid Clinic, Housing referrals, Work and volunteer programs, Methadone and Suboxone Clinic	FREE							
Ridge Meadows Seniors Society	12150 224th Street, Maple Ridge 19065 119B Avenue, Pitt Meadows	604-467-4993 maria@rmssseniors.org	<a href="https://rmssseniors.org/services/meals-service/">https://rmssseniors.org/services/meals-service/</a>	Provides services to adults in the Maple Ridge community including meals, activities, social programs, etc. Kitchen staff prepare weekday lunches. Also has frozen meals to purchase.	\$25/year membership	11:30am - 1:00pm	11:30am - 1:00pm	11:30am - 1:00pm	11:30am - 1:00pm	11:30am - 1:00pm		
<b>Food Skills &amp; Preparation Programs</b>												

 <b>Low-Cost and Free Food Programs in MapleRidge &amp; Pitt Meadows</b>												
"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 Skills for families program	BC centre for Disease Control	<a href="mailto:FoodskillsBC@bccdc.ca">FoodskillsBC@bccdc.ca</a>	<a href="http://www.bccdc.ca/our-services/programs/food-skills-for-families">http://www.bccdc.ca/our-services/programs/food-skills-for-families</a>	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							
BC Farmers' Market Nutrition Coupon Program	Memorial Peace Park 22407 Dewdney Trunk Rd, Maple Ridge, BC	604-734-9797 info@bcfarmersmarket.org	<a href="https://bcfarmersmarket.org/coupon-program/how-it-works/">https://bcfarmersmarket.org/coupon-program/how-it-works/</a>	Available at Honey Farmers' Market. The Farmers' Market Nutrition Coupon Program (FMNCP) is a healthy eating initiative that supports farmers' markets and strengthens food security across British Columbia. Coupons can be spent at all BCAFM member farmers' markets that participate in the FMNCP. Each household enrolled in the program is eligible to receive a minimum of \$21/week in coupons.	FREE/normal/reduced							
<b>Growing Foods</b>												
CEED Centre and Pioneer Park	11739 223 St, Maple Ridge	Christian Cowley 604-463-2229 community@ceedcentre.com	<a href="https://www.ceedcentre.com/community-gardens.html">https://www.ceedcentre.com/community-gardens.html</a>	CEED Centre and Pioneer park offers planting beds to members at the organic community garden. A second bed may be rented at a cost of \$10 per calendar year.	\$15 per calendar year membership in CEED Centre.	Community garden: Sun up to sun down	Neighbourhood Drop in 10:00am-4:30pm; Community garden: Sun up to sun down	Neighbourhood Drop in 10:00am-4:30pm; Community garden: Sun up to sun down	Community garden: Sun up to sun down	Community garden: Sun up to sun down	Community garden: Sun up to sun down	Community garden: Sun up to sun down
Intergenerational Garden on Edge Street	22527 121 Ave, Maple Ridge	604-837-8915 Heather Jonatschick, Garden Coordinator gardencoord@gmail.com	<a href="https://www.facebook.com/Intergenerational-Garden-on-Edge-Street-329916753792220/">https://www.facebook.com/Intergenerational-Garden-on-Edge-Street-329916753792220/</a>	The Intergenerational Garden on Edge Street brings together children, teens and senior participants to grow vegetables, flowers and herbs together as "garden friends." The project is funded by the Government of Canada's New Horizons for Seniors Program. Those who are interested place their request by March 1st of each year and, if there are more requests than beds available, names will be chosen by lottery.	\$15 per year for plot rental.							
Pitt Meadows Community Garden	11410 Bonson Rd, Pitt Meadows	garden@pmcg.ca	<a href="http://pmcg.ca/">http://pmcg.ca/</a>	The Pitt Meadows Community Garden (PMCG) is a community garden, with plots held individually by gardeners, who have rights to what they grow as well as full responsibility for their plot.								
St George Maple Ridge Garden	23500 Dewdney Trunk Road, Maple Ridge	604 463 9622	<a href="https://stgeorgemapleridge.ca/garden/">https://stgeorgemapleridge.ca/garden/</a> Contact through website <a href="https://stgeorgemapleridge.ca/contact-form/">https://stgeorgemapleridge.ca/contact-form/</a>	We have a community garden here at St George's. It's situated on the east side of the building, and we have plots available for you to grow vegetables for your families. Visit website to apply for plot.								
<b>Grocery and Meal Delivery</b>												

