



**New Westminister Food Resources**

Updated May 2022. These programs can change frequently-please call before attending to confirm details. Lists updated yearly by the Public Health Dietitians.

Name	Address	Phone	Email	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Food Banks/Emergency Food/Food Hubs</b>													
Don't Go Hungry Food Programs (3 locations)	St. Aidan's 1320 7th Avenue  Knox Church 403 E. Columbia Street  Queensborough (Parking lot between the Queensborough Community Centre and Queensborough Middle School)	604-836-8400	<a href="mailto:lauriemckaydeacon@gmail.com">lauriemckaydeacon@gmail.com</a>	<a href="http://www.dontgohungry.ca">www.dontgohungry.ca</a>	We provide free grocery hampers every Saturday at 3 New West locations for anyone in need.	FREE							
Greater Vancouver Food Bank - Food Hub at Olivet Baptist	Olivet Baptist Church 613 Queens Ave, New Westminister	604-876-3601		<a href="https://www.foodbank.bc.ca/">https://www.foodbank.bc.ca/</a>	Grocery Program/Kitchen Program/Literacy/Capacity Building. 2-3 day food supplies provided for families in need. Clients are required to provide identification for themselves and for every family member (i.e. birth certificate, Care Card and proof of residence). Prefer if clients are able to bring their own bag. Have a volunteer who speaks fluent Arabic. Includes Hospitality Project by New Westminister Family Place - resources and supports for families and children; New West Farmers Market discounted local produce (see below under Farmers Markets)	FREE							
Greater Vancouver Food Bank	295 Terminal Ave, Vancouver	604-876-3601 604-216-3082 604-817-5854		<a href="https://www.foodbank.bc.ca/workshop-descriptions/">https://www.foodbank.bc.ca/workshop-descriptions/</a>	As well as the Food Bank,also provides Workshops, Community Kitchens, Education, Canning, Foodsafe, Cooking Skills. Workshops teach skills for agencies and individuals looking to run their own community kitchen and food programs across the city. e.g Community Kitchen Leadership, Knife Skills. Grows community capacity through training-the-trainers.	FREE but workshops may have minimal costs							
St Barnabus Food Cupboard	St. Barnabas Church 1010 5th Ave, New Westminister	604-526-6646		<a href="http://www.stbarnabasparish.ca">www.stbarnabasparish.ca</a>	Emergency food cupboard providing enough food for a couple meals, including bag of fresh vegetables and protein source. When available, also offers hygiene items, socks, underwear, gloves/ toques, and pet food. Can only access emergency food cupboard once per month; bring ID for first visit. Also, provides weekly lunch on Thursdays (see below)	FREE							

**PLEASE SEE City of New Westminister Food Resources and Survival Guide for most current dates/times: <https://www.newwestcity.ca/services/community-and-social-services#food-resources-and-survival-guide>**

Salvation Army Emergency Food Bank	Salvation Army Family Services 325 - 6th St, New Westminster	604-521-2421		<a href="https://www.salvationarmy.ca/">https://www.salvationarmy.ca/</a>	Registration prior is required. Emergency food provided, preferable if clients can bring their own bag. Must bring ID to register first time they come. Clients come at noon to get a number, then come back at 1pm to shop. MONDAYS and WEDNESDAYS are for New West and Tricities clients; FRIDAYS are for Burnaby clients. On Wednesdays they tend to have more produce. Community brunch on Saturday (see below).	FREE								
Youth Clinic/Youth Source at Purpose Society Emergency Food Bank	38 Begbie Street, New Westminster	604-526-2522 Program Supervisor 604 760-3244		<a href="http://www.purposesociety.org/youth-programs/">http://www.purposesociety.org/youth-programs/</a>	No questions asked. Emergency food bank providing mostly canned non-perishables and other services for youth 13-18 yrs, available during Youth Clinic Tues/Thurs; No ID or Medical Service Plan (MSP) required. For more extensive food bank needs, we recommend registering with Stride with Purpose (if eligible) or Salvation Army.	FREE								
Douglas College Food Bank	700 Royal Avenue, New Westminster	604-527-5110		<a href="http://www.thedsu.ca/services/food-bank/">http://www.thedsu.ca/services/food-bank/</a>	Food bank services for Douglas College students. Need to show student ID, then sign a form saying they took items out. Can only access ~ 6 items/day: twice every semester. Students fill out a form indicating which items they want and staff prepare bag of these items for them. Summer semester hours: 10:00am - 3:30pm	FREE								
Hope Omid Emergency Food Distribution	825 McBride Boulevard Unit 20 (Plaza behind McDonald's)	778 882 2159 778 707 0094	<a href="mailto:cultural_hope16@yahoo.com">cultural_hope16@yahoo.com</a>	<a href="https://www.facebook.com/Hope-omid-104447471079267/">https://www.facebook.com/Hope-omid-104447471079267/</a>	Free food bank. No registration required.	FREE								
Muslim Food Bank	104-12941 - 115 Avenue, Surrey	1-866-248-3868	<a href="mailto:coordinator@muslimfoodbank.com">coordinator@muslimfoodbank.com</a>	<a href="http://www.muslimfoodbank.com">www.muslimfoodbank.com</a>	Serves both Muslims and Non-Muslims who have dietary restrictions whether religious or cultural. If you have NO dietary restrictions, please attend your local foodbank. Eligible New West residents must pick up at the Surrey location. Also offers a range of supports for clients and new refugees to help aid with settlement.	FREE								
<b>Community Meals/Snacks</b>														
Holy Trinity	Holy Trinity Cathedral 514 Carnarvon St, New Westminster	604-521-2511		<a href="http://holytrinitycathedral.ca/our-programs/breakfast-program">http://holytrinitycathedral.ca/our-programs/breakfast-program</a>	Takeout Brunch	FREE								
St Barnabus Food Cupboard	St. Barnabas Church 1010 5th Ave, New Westminster	604-526-6646		<a href="http://www.stbarnabasparish.ca">www.stbarnabasparish.ca</a>	Takeout Lunch	FREE								

Union Gospel Mission Breakfast Service and Lunch	Union Gospel Mission 658 Clarkson Street New Westminster	604-525-8989		<a href="https://www.ugm.ca/program-meal-times/">https://www.ugm.ca/program-meal-times/</a>	Takeout Breakfast and Lunch	FREE											
Grace Chapel Community Breakfast	Grace Chapel 60 - 8th St, New Westminster	604-526-7732	<a href="mailto:admin@rccgbc.org">admin@rccgbc.org</a>	<a href="http://www.rccgbc.org">http://www.rccgbc.org</a>	Providing Community Breakfast	FREE											
Gurdwara Sahib Sukh Sagar Guru Nanak's Free Kitchen	Gurdwara Sahib Sukh Sagar, Khalsa Diwan Society, 347 Wood Street, New Westminster	604-771-7170	<a href="mailto:info@sukhsagar.ca">info@sukhsagar.ca</a>	<a href="http://www.sukhsagar.ca/services/feeding-those-in-need/">http://www.sukhsagar.ca/services/feeding-those-in-need/</a>	Serving vegetarian meals to those in need. Can accommodate emergency access if needed.	FREE											
Aunt Leah's Dinner and Food Hampers	Aunt Leah's youth hub in New Westminster	604-525-1204 ext 224	<a href="mailto:tom@danslegacy.com">tom@danslegacy.com</a>	<a href="https://auntleahs.org/services/life-skills-food-health/fresh-food-network/">https://auntleahs.org/services/life-skills-food-health/fresh-food-network/</a>	For people 15-25 yrs old	FREE											
St. Vincent de Paul	740 Carnavon St at the Russell Shelter (via Alexander St)					FREE											
Century House Lunch Program	Century House 620 8th St, New Westminster	<a href="tel:604-519-1066">604-519-1066</a>	<a href="mailto:info@centuryhouseassociation.com">info@centuryhouseassociation.com</a>	<a href="http://www.seniorsservicesociety.ca/community_food.html">http://www.seniorsservicesociety.ca/community_food.html</a>	For ages 50+, lunch weekdays, 11:30 am – 1:00 pm. Pre registration required. Take out entrees available at 11:30 pm and snacks are available weekdays. Salads are available on select days. Daily menu located in The Clarion.	\$6.25, salad \$1.90 on select days	Lunch: 11:30am - 1pm Snacks: 9am-5pm	Lunch: 11:30am - 1pm Snacks: 9am-9pm	Lunch: 11:30am - 1pm Snacks: 9am-9pm	Lunch: 11:30am - 1pm Snacks: 9am-9pm	Lunch: 11:30am - 1pm Snacks: 9am-5pm						
<b>Community</b>																	
Aunt Leah's Cooking Club	816 20th Street, New Westminster	604-525-1204	<a href="mailto:auntleahs@auntleahs.org">auntleahs@auntleahs.org</a>	<a href="https://auntleahs.org/services/life-skills-food-health/cooking-club/">https://auntleahs.org/services/life-skills-food-health/cooking-club/</a>	12 week program or moms from Aunt Leah's House and Thresholds Program. Teaches how to prepare meals from natural ingredients that are great tasting, affordable, and nutritious. Each mom leaves the program with experience in food preparation, kitchen safety and sanitation, food safety and a set of recipes to prepare at home for their family.	FREE											
Spirit of the Children Traditional Kitchen for Aboriginal Families and Youth Elder's Tea and Bannock	201-768 Columbia Street, New Westminster	604-524-9113	<a href="mailto:reception@sotcs.ca">reception@sotcs.ca</a>	<a href="http://www.sotcs.ca/">http://www.sotcs.ca/</a>	Create a meal together in positive environment, share traditional teachings associated with food preparation, recipes, shop on a budget, stories to promote health and nutrition and experience traditional Aboriginal foods. Participants will prepare meals to take home for their family to enjoy. Serves Burnaby, New Westminster, and Tri-Cities. This program is intended to end isolation and increase the socialization of Aboriginal Seniors in the community. All Seniors are welcome	FREE							Afternoon				

PLEASE SEE City of New Westminster Food Resources and Survival Guide for most current dates/times: [https://www.newwestcity.ca/services/public-safety/covid-19/community-resources/sb\\_expander\\_articles/1882.php](https://www.newwestcity.ca/services/public-safety/covid-19/community-resources/sb_expander_articles/1882.php)







Dairyland Home Delivery	Dairyland Home Service Saputo Dairy Products 6800 Lougheed Highway Burnaby, BC	604 421-4663 1-877-341-8700	dhs.bc@saputo.com	<a href="http://www.morethanmilk.ca">http://www.morethanmilk.ca</a>	Need to set up an account. Can order online, by phone or leave form at the door. Regularly scheduled delivery of a dairy, organic produce and groceries, fresh baked goods, popular juices and beverages, dessert and household products. 10 % senior's discount by request. See website for items and prices.	FREE delivery 10% Seniors discount by request								
Save on Foods online				<a href="http://www.saveonfoods.com">www.saveonfoods.com</a>	Online grocery ordering and delivery. Cost of groceries and delivery fee	Delivery fee added								
Real Canadian Superstore online				<a href="http://www.realcanadiansuperstore.ca">www.realcanadiansuperstore.ca</a>	Online grocery ordering and delivery. Cost of groceries and delivery fee	Delivery fee added								