Please note: *program details may change between updates to this document*

RIDGE MEADOWS FREE/LOW-COST FOOD DIRECTORY

	Program Name	Program Description	Hosting Organization(s)	Who This is For?	How to Access/Contact
Community Meals	Community Supper	Weekly buffet-style meal.	Golden Ears United Church	Open to everyone	Address: 22165 Dewdney Trunk Rd, Maple Ridge, BC Hours: Saturdays, 5:30 PM - 6:30 PM Phone: 604-463-9611 Website: https://www.goldenearsunited.ca/
	Salvation Army - Community Meals	Provides lunch and brunch meals.	The Salvation Army Ridge Meadows Ministries	Open to the community	Address: 22188 Lougheed Hwy, Maple Ridge, BC V2X 2S8 Brunch Hours: Saturdays and Sundays, 11:00 AM – 12:00 PM Phone: 604-463-8296 ext. 103 Website: https://ridgemeadowssa.ca/community-meals/
	Fraser Valley Addictions and Recovery Hub	Provides community meals and food support programs, focusing on individuals affected by the opioid crisis, homelessness, and poverty.	Fraser Valley Addictions and Recovery Hub	Individuals and families in need	Address: 1-22335 Lougheed Hwy, Maple Ridge, BC V2X 2T3 Phone: Not specified Website: https://fraservalleyaddictions.org/programs-services/food-program/
	Community Hub @ Ridge Church	Provides free food daily for those in need.	Ridge Church	Open to the community	Address: 22155 Lougheed Hwy, Maple Ridge, BC V2X 5V3 Phone: 604-467-9717 Website: https://ridgechurch.ca/
	Maple Ridge Opioid Prevention Centre	Provides opioid prevention services and distributes snacks.	RainCity Housing	Individuals in need of harm reduction services	Address: Not specified Phone: Not specified Website: Not specified

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RIDGE MEADOWS FREE/LOW-COST FOOD DIRECTORY

	Program Name	Program Description	Hosting Organization(s)	Who This is For?	How to Access/Contact
Emergency Food	Salvation Army - Emergency Food Hampers	Provides food hampers for those not yet registered with a food bank.	The Salvation Army Ridge Meadows Ministries	Individuals and families in need	Address: 22188 Lougheed Hwy, Maple Ridge, BC V2X 2S8 Client Intake Phone: 604-463-8296 ext. 112 Website: https://ridgemeadowssa.ca/
Financial Assistance	BC Employment and Assistance	Helps move people from income assistance to employment and provides food support.	Government of BC	Ages 19+	Website: https://www2.gov.bc.ca/gov/content
	Diet Supplements - Nutritional Subsidy Program	Provides monthly diet supplements to assist recipients of income assistance, disability assistance, and hardship assistance with the costs of a therapeutic diet required due to specific medical conditions.	Government of British Columbia	Recipients of income or disability assistance with specific medical conditions	Website: https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/health-supplements-and-programs/diet-supplements
	BC Farmers' Market Nutrition Coupon Program	Provides coupons to eligible households to purchase fresh, locally grown food from participating farmers' markets.	BC Association of Farmers' Markets	Lower-income families, pregnant women, and seniors	Website: https://bcfarmersmarket.org/coupon-program/how-it-works/
Food Access	Food Recovery Day	Distributes recovered food to those in need.	St. Patrick's Roman Catholic Church	Individuals and families in need	Address: 22561 121 Ave, Maple Ridge, BC V2X 3T5 Phone: 604-463-7148 Website: https://stpatricksmapleridge.ca/
	Maple Ridge Community Church - COBS Bread Day	Provides free bread and baked goods through COBS Bread donations.	Maple Ridge Community Church	Individuals and families in need	Address: 20450 Dewdney Trunk Rd, Maple Ridge, BC V2X 3E3 Phone: 604-465-4211 Website: https://www.mrcc.ca/

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RIDGE MEADOWS FREE/LOW-COST FOOD DIRECTORY

	Program Name	Program Description	Hosting Organization(s)	Who This is For?	How to Access/Contact
Food Bank	Friends in Need Food Bank	Provides food hampers for low-income individuals and families.	Friends in Need Food Bank Society	Low-income individuals (registration required)	Maple Ridge Location: Address: #8-22726 Dewdney Trunk Rd, Maple Ridge, BC V2X 3K2 Client Services Hours: Tuesday to Friday, 9:00 AM – 12:00 PM Phone: 604-466-3663 Email: manager@friendsneedfood.com Website: https://friendsneedfood.com/ Pitt Meadows Location: Address: 12240 Harris Rd, Pitt Meadows, BC V3Y 2E9 Client Services Hours: Tuesday and Wednesday, 9:00 AM – 12:00 PM Phone: 604-460-4619 Email: pittmeadows@friendsneedfood.com
Food Security	Community Food Hubs - Food Security Initiative	Provides groceries, food hampers, and prepared meals at no cost.	United Way BC	People facing food insecurity	Website: https://uwbc.ca/program/food-security/
Funding for Organizations	Sysco Nourishing Neighbours	A funding initiative where a portion of every Sysco sale supports local food programs.	Sysco	Organizations supporting food security	Contact Sysco for participation 604-944-4410 https://www.sysco.ca/location/vancouver
Grocery Delivery	Dairyland Home Service	Delivers dairy, eggs, groceries, bakery, and deli items.	Dairyland	Residents in service areas	Not specified

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RIDGE MEADOWS FREE/LOW-COST FOOD DIRECTORY

	Program Name	Program Description	Hosting Organization(s)	Who This is For?	How to Access/Contact
Health Services	Diabetes Clinics - Fraser Health	Provides education and support to individuals living with diabetes, their family members, and the community.	Fraser Health Authority	Individuals with diabetes and their support networks	Address: Ridge Meadows Diabetes Centre, Maple Ridge, BC Hours: Monday to Friday, 8:30 AM - 7:30 PM; Saturday, Sunday, and holidays, 8:30 AM - 4:30 PM Referral: Required from a healthcare provider Website: https://www.fraserhealth.ca/Service-Directory/Service-at-Location/3/0/diabetes-education---maple-ridge
Meal Delivery	Better Meals	Delivers fully cooked and frozen meals with dietary options.	Better Meals	General public	Website: https://www.bettermeals.ca/
	Community Meal Delivery - Seniors	Volunteers deliver meals to seniors and individuals with disabilities.	Maple Ridge/Pitt Meadows Community Services	Seniors, individuals unable to prepare meals	Address: 22768 119 Ave, Maple Ridge, BC V2X 4L2 Phone: 604-467-6911 ext. 1218 Email: ccavalaris@mrpmcs.ca Website: https://www.comservice.bc.ca/programs-services/meals-on-wheels/
	Meals on Wheels - Fraser Health	Delivers hot meals to seniors and those with mobility issues.	Fraser Health	Seniors, individuals unable to prepare meals	Website: https://www.comservice.bc.ca/programs/meals-on-wheels/
Nutrition Support	Dietitian Services - HealthLink BC	Provides free nutrition advice via phone and online.	HealthLink BC	Open to all BC residents	Phone: 8-1-1 Website: https://www.healthlinkbc.ca/dietitian-services
Pet Assistance	Better Together - Funding for Underserved Pet Guardians	Provides funding for pet care, including food.	Paws for Hope	Underserved pet guardians	Email: emily@pawsforhope.org Website: https://www.pawsforhope.org/
School Meal Support	SD42 Food Security Program	Free breakfast, snacks and lunches are available in all SD42 schools.	SD42	students experiencing hunger in K-grade 12.	For more information please contact your child's school or the District Food Security Manager at 604-356-3418
	Salvation Army - School Lunch Bag Program	Provides free bagged lunches for school children in need.	Salvation Army	School children in need	Phone: 604-463-8296 ext. 103

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RIDGE MEADOWS FREE/LOW-COST FOOD DIRECTORY

	Program Name	Program Description	Hosting Organization(s)	Who This is For?	How to Access/Contact
Senior Services	Better at Home - Senior Support Services	Helps seniors with daily tasks, including grocery shopping.	Better at Home	Seniors	Website: https://www.betterathome.ca/
	Seniors Social Prescribing Program	Connects seniors to non-clinical services (e.g., nutrition programs).	Maple Ridge/Pitt Meadows Community Services	Seniors needing community support	Phone: 604-467-6911 ext. 1248
	Seniors Activity Program - "Party Bus"	Provides social activities and a meal for seniors.	Maple Ridge/Pitt Meadows Community Services	Seniors	Contact Community Services for details. (604)-467-6911 admin@mrpmcs.ca 22768 119 Avenue, Maple Ridge, BC V2X 4L2 Monday-Friday: 8:30am – 4:30pm