

 Low-Cost and Free Food Programs in Chilliwack												
"Updated as of: July 2017 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, proof of income source and care cards for every family member.												
Salvation Army Community Food Bank	Salvation Army Care & Share Centre 45746 Yale Road, Chilliwack, BC	604-792-0001	http://www.salvationarmychilliwack.ca/care-and-share/food-bank/	Available to residents in need of short-term assistance and can be accessed once per month with a total of 9 per year. Clients must book an appointment with an intake worker from the Care & Share Centre. The pantry - free bread / pastries	FREE	10 am-12 pm 1 - 3 pm Pantry 9 am - 4 pm	10 am-12 pm 1 - 3 pm Pantry 9 am - 4 pm	10 am-12 pm 1 - 3 pm Pantry 9 am - 4 pm	10 am-12 pm 1 - 3 pm Pantry 9 am - 4 pm	10 am-12 pm 1 - 3 pm Pantry 9 am - 4 pm		
Food Bank	Muslim Food Bank Lower Mainland 101-13085 115 Ave. Surrey	1-866-824-2525	https://www.muslimfoodbank.com	Volunteers at the food bank distribute food hampers, baby supplies, used clothing, baby and other household items to our clients. Food hampers that are catered to specific dietary needs (vegan and religious dietary restrictions) for low-income residents of British Columbia. Clients call to register. Hampers to be pick up at the Surrey location. For those who don't have dietary restrictions, we refer them to the local food banks in their areas. Clients need to bring picture ID, proof of income & proof of address	FREE						1st and 3rd Saturday of each month 7:30 - 10:30 am	
Community Meals												
Soup Kitchen	Salvation Army Care & Share Centre 45746 Yale Road, Chilliwack, BC	604-792-0001	http://www.salvationarmychilliwack.ca/care-and-share/food-bank/	Offers one free meal a day during the lunch hour and is for adults (19+) only. People with children are referred to the Food Bank.	FREE	12 pm - 1 pm	12 pm - 1 pm	12 pm - 1 pm	12 pm - 1 pm	12 pm - 1 pm		
Community Dinner	Ruth and Naomi's Mission 46130 Margaret Ave Chilliwack, BC	604-795-2322 604-792-0001	http://www.ranmission.ca	A safe house in the inner city of Chilliwack, they provide drop in coffee time , Daily Women's Hour (coffee and crafts), evening meals, clothing, showers, health information, counselling and spiritual guidance to the homeless as well as those in need. Emergency food hampers 1 day supply, No food bank	FREE	Coffee 9:30 - 11:30 am Women's Hour Coffee & Crafts 2 - 3 pm Dinner Families with children 6 pm Others at 7 pm	Coffee 9:30 - 11:30 am Women's Hour Coffee & Crafts 2 - 3 pm Dinner Families with children 6 pm Others at 7 pm	Coffee 9:30 - 11:30 am Women's Hour Coffee & Crafts 2 - 3 pm Dinner Families with children 6 pm Others at 7 pm	Coffee 9:30 - 11:30 am Women's Hour Coffee & Crafts 2 - 3 pm Dinner Families with children 6 pm Others at 7 pm	Coffee 9:30 - 11:30 am Women's Hour Coffee & Crafts 2 - 3 pm Dinner Families with children 6 pm Others at 7 pm	Women's Hour Coffee & Crafts 2 - 3 pm Dinner Families with children 6 pm Others at 7 pm	Dinner Families with children 6 pm Others at 7 pm
Youth Shelter	Cyrus Centre 45845 Wellington Ave Chilliwack, BC	604-795-5773	http://www.cyruscentre.com	24 / 7 Youth shelter and Resource Centre for vulnerable or at risk of being homeless (for 12-18 years). Food bank is bi-weekly Open Drop in Resource Centre 12:30 pm - 8 pm 7 days a week 8 pm Shelter 1st come 1st serve	FREE	Lunch 12:30 pm Snacks 3 pm Dinner 6 pm	Lunch 12:30 pm Snacks 3 pm Dinner 6 pm	Lunch 12:30 pm Snacks 3 pm Dinner 6 pm	Lunch 12:30 pm Snacks 3 pm Dinner 6 pm	Lunch 12:30 pm Snacks 3 pm Dinner 6 pm	Lunch 12:30 pm Snacks 3 pm Dinner 6 pm	Lunch 12:30 pm Snacks 3 pm Dinner 6 pm
Soup Kitchen	Chilliwack United Church 45835 Spadina Ave	604-792-4634	www.chilliwackunitedchurch.com	Phone to check the kitchen is being offered. Toiletries available.	FREE						12. PM 1st 3 saturdays of the month	
Programs with Food												

