

"Updated as of: May 2017 These programs can change frequently-please call before attending to confirm details. Lists updated yearly by the Public Health Dietitians-send updated to Carole Chang: carole.chang@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.											
Food Bank	Djaef Mahier Grocery 10697 135A Str, Surrey	604-588-9004 positivehaven@keysolutions.org		High protein food bank provides hampers for residents age 18+(and children < 18 years old in same household) in South Fraser area that are HIV+. Must register as client.	FREE			Pick up day (except on cheque day) 12pm - 3 pm				
Food Bank	Surrey Food Bank Society 10732 City Parkway, Surrey	604-581-5443	http://www.surreyfoodbank.org/programs	Nutritious food hamper distribution. Registration required: photo ID, proof of low income, proof of dependants. One hamper available for pick up every 14 days	FREE	9:30am - 1 pm pick up time	9:30am - 1 pm pick up time		9:30am - 1 pm pick up time	9:30am - 1 pm pick up time		
Food Bank - Seniors Distribution	Surrey Food Bank Society 10732 City Parkway, Surrey	604-581-5443	http://www.surreyfoodbank.org/programs	65+ Seniors Distribution. Registration required: photo ID, proof of low income, proof of dependants. Proof of address required - living north of 40 Ave in Surrey, Delta or Cloverdale. One hamper available for pick up every 14 days	FREE			every 14 days next Aug 10, 2016, Aug 24, Sept 7 ... 1:30 - 3 pm				
Food Bank & Community Meal	Middle Eastern Friendship Centre 13483 108th Ave surrey	604-288-5588	www.mefriendshipcentre.com		FREE			Potluck on the last Wednesday of the month 5:30 pm			Free bread and vegetables on Saturdays	
Food Bank - Basics for Babies & Tiny Bundles Program	Surrey/North Delta Food Bank 10732 City Parkway, Surrey	604-581-5443	http://www.surreyfoodbank.org/programs	Families with pregnant moms and children < 1 year of age pick up weekly. Families with pregnant moms and children > 1 yr of age pick up every other week 14 days. Including Basics for Babies; formula, baby food, baby cereal. Includes milk & eggs for breastfeeding mothers & formula for formula feeding mothers.	FREE			9:30am - 1:00 pm pick up time				
Community Meals												
Community Meals & Food Bank	Bread 4 Life Housing and Health Solutions 10667 135A Str, Surrey	604-589-8678 604-589-1002 ext 2 for homeless ext 3 for the front room admin@keysolutions.org	http://www.lookoutsociety.ca	Bread4Life Community Kitchen. Weekend Lunch provided by Community Sponsors	FREE	Breakfast 7 am Snack Lunch 12 pm Snack Dinner 5 pm Snack 10 PM	Breakfast 7 am Snack Lunch 12 pm Snack Dinner 5 pm Snack 10 PM	Breakfast 7 am Snack Lunch 12 pm Snack Dinner 5 pm Snack 10 PM	Breakfast 7 am Snack Lunch 12 pm Snack Dinner 5 pm Snack 10 PM	Breakfast 7 am Snack Lunch 12 pm Snack Dinner 5 pm Snack 10 PM	Breakfast 7 am Snack Lunch 12 pm Snack Dinner 5 pm Snack 10 PM	Breakfast 7 am Snack Lunch 12 pm Snack Dinner 5 pm Snack 10 PM
Community Meals	The Surrey Urban Mission Sum Place 10776 King George Hwy, Surrey	604-581-5172 sums@telus.net	http://sumsplace.org	Community Meals, food skills for families. Program 1 x per / year. 1 x per week for 6 weeks	FREE	Lunch 12 pm		Lunch 12 pm Youth Group 6 - 9 pm Food Included		Lunch 12 pm	Breakfast 9 - 11 am	Dinner 5-6 pm 1st, 2nd and 3rd Sunday of each month
Community Breakfast / Coffee	Cedar Grove Baptist Church 10330 144th Str, Surrey	604-581-8933 ext 222	http://www.the-grove.net/index.php/programs/Monday-morning-ministries.html	Monday Morning Ministries: Coffee, tea, soup and treats	FREE	8:30 am - 11:30 pm						

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Community Meals												
Community Lunch	Maxxine Wright Community Health Centre 2 - 13733 92nd Ave, Surrey	604-584-7597 ext 21 maxxwright@atira.bc.ca	http://atira.bc.ca/maxxine-wright-community-health-centre	Daily hot lunch programs for women who are pregnant or have young children who are also impacted by substance use and /or violence and abuse. Must be a client - call to register	FREE	Drop in 11:30 am - 3:30 pm	Drop in 11:30 am - 3:30 pm	Drop in 11:30 am - 3:30 pm	Drop in 11:30 am - 3:30 pm	Drop in 11:30 am - 3:30 pm		
Community Meal - Street Outreach	Night Shift Street Ministries Society 10635 King George Blvd, Surrey	604-953-1114	www.nightshiftministries.org	Mobile kitchen - Free food, clothing and support services. Serves from the car park between MCC and the building we share with Sisters Thrift Boutique and the Care Centre	FREE	7 pm - 8 pm	7 pm - 8 pm	7 pm - 8 pm	7 pm - 8 pm	7 pm - 8 pm	7 pm - 8 pm	7 pm - 8 pm
Programs with Food												
Family Play Café	Chuck Bailey Centre 13458 107A Ave Surrey	Surrey Food Bank 10732 City Parkway, Surrey 604-581-5443		Enjoy a fun relaxing afternoon lunch while your kids play. Meet other families. Each week will feature a different theme- from family storytime, to cooking workshops and more. Register at the Surrey Food Bank	FREE				12:30 pm - 2 pm weekly May 11, 2017 Special Family BBQ			
Community Kitchen	Bridgeview Recreation Centre 11475-126A Str Surrey	604-547-1325 Diverse city community resources society Coordinator: Helen Shin hshin@dcrs.ca	www.dcrs.ca/services/settlement-services-and-community-programs-department/food-security-program	Workshops for Seniors over 55, Young moms with children 0-6 years and Low-income Surrey residents. Community Kitchens are workshops on Canadian foods, nutrition, healthy eating, meal planning, safe food handling, budgeting and creating recipes. Participants are provided with tours of stores and given information about community food supports for those on a low income.	FREE				April 20 to May 18, 2017 10 am -2 pm			
Community Kitchen	Oak Avenue Neighbourhood Hub Society 12740 102 Ave, Surrey	604-582-7088 ext 3 info@oanh.ca	http://www.oanh.ca/communitykitchens.html	Cooking Clubs and meals	FREE	Seniors Cooking Club 1st & 3rd Mondays 10:30 am - 1:30 pm Seniors Luncheon: 2nd and 4th Mondays 11:30am-1:30pm		Seniors Drop-in Tea: every 3rd Thursday 1 - 2:30 pm	Multicultural Cooking Club: 2nd and 4th Thursdays 10:30am - 1:30pm Arab Kitchen 1st and 3rd Thursdays 10:30 am - 1:30 pm Seniors Drop-In Tea every 3rd Thursday 1 pm - 2:30 pm		Community Dinner: every 2nd Saturday 4 pm - 5:30 pm	

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Food Banks	Provide food and emergency hampers. To register bring: proof of address, proof of income source and care cards for every family member.											
Food Bank	Green Timbers Covenant Church 14219 88 Ave Surrey	Surrey Food Bank Society - Newton Green Timbers 604-581-5443 ext 110	http://www.surreyfoodbank.org/programs/other-foodbanks/newton	Food distribution Upcoming dates: July 6, July 20, Aug 3, Aug 17, Aug 31, Sept 14, Sept 28, Oct 12, Oct 26, Nov 9 and Nov 23	FREE			Alternate Wednesdays Noon to 2:00 pm				
Community Meals												
Programs with Food												
Healthiest Babies Possible Program Newton, Surrey, Whiterock & Delta	100-6846 King George Blvd	604-583-1014 hbp@options.bc.ca	http://options.bc.ca/families-children/healthiest-babies-possible	Pregnant women, families and babies < 6 months. One-to-one visits and a weekly support group which includes lunch, guest speakers, childcare and social time. Grocery store gift certificates and prenatal vitamins are provided for those in financial need, Food Bags (with fruits & veg) available for \$3. Multilingual Program - translation services available	Program Free Food Bag \$3							
Prenatal Time / Postnatal - Lunch	Fraser Region Aboriginal Friendship Centre 6878 King George Boulevard, Surrey	604-595-1170 leah.bull@fracfa.org	http://fracfa.org/children/pre-post-natal	Kitchen is currently under renovation so no hot meals are offered (only packaged foods i.e. granola bars)	FREE	Family Drop in 9 am - 12 pm	Family Drop in 9 am - 12 pm	Family Drop in 9 am - 12 pm Prenatal 11:30 am - 1:30 pm	Family Drop in 9 am - 12 pm Postnatal 11:30 am - 1:30 pm	Family Drop in 9 am - 12 pm		
Family Nite	Fraser Region Aboriginal Friendship Centre 6878 King George Boulevard, Surrey	604-595-1170 amelia.mccomber@fracfa.org	http://fracfa.org/	Family nite- with activities that revolve around aboriginal culture - light dinner provided and childcare for children 0-6 yrs. Good Food Box provided as part of program called: Aboriginal Positive People Support Program - support for people living with HIV. For details contact centre Kitchen is currently under renovation so no hot meals are offered(only packaged foods i.e. granola bars)				Family Nite 5 -7 pm				
Community Garden	Hazelnut Meadows Community Garden 140th Str and 68th Ave, Surrey	604-547-1378 garden@dcrs.ca	http://www.dcrs.ca/services/settlement-services-and-community-programs-department/food-security-community-gardens-program/	Opportunity for immigrants, refugees, low-income families to grow their own food (80 plots available). Contact for registration	FREE							
Community Garden	Lionel Courchene Growing Roots Community Garden 9939 155 Str, Surrey			Opportunity for immigrants, refugees, low-income families to grow their own food (21 plots available, a composting bin and a community tool shed)). Contact for registration	FREE							
Community Garden	The Plot - A Community Sharing Garden 71st Ave & 137A Str behind the Newton Arena		http://www.theplot.ca	People can obtain free produce and can choose to participate in gardening activities as well. Free produce is available even if one doesn't participate in gardening There is also a community wide "Sunday picnic" every Sunday during growing season	FREE							Sunday Picnic - during growing season

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Community Kitchen	Chuck Bailey Centre 13458 107A Ave Surrey	604-547-1325 Diverse city community resources society Coordinator: Helen Shin hshin@dcrs.ca	www.dcrs.ca/services/settlement-services-and-community-programs-department/food-security-program	Workshops for Seniors over 55, Young moms with children 0-6 years and Low-income Surrey residents. Community Kitchens are workshops on Canadian foods, nutrition, healthy eating, meal planning, safe food handling, budgeting and creating recipes. Participants are provided with tours of stores and given information about community food supports for those on a low income.	FREE		April 25 to May 30, 2017 3:30pm -7:30pm					
Food Skills for families program	Canadian Diabetes Association BC / Yukon - see website for local community contacts and dates	604-732-1331 ext 2322 foodskillsforfamilies@diabetes.ca	http://www.foodskillsforfamilies.ca/hosts/current-active-hosts/	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, are supported by The Canadian Diabetes Association, and focus on healthy eating, not diabetes. Phone or check website as programs are run at different locations / times	FREE							
Grocery and Meal Delivery												
Better Meals	5742 Beresford Str, Burnaby	604-299-1877 888-838-1888	1- www.bettermeals.ca	Fully cooked and frozen meals, including soup, entrée & dessert, with Regular and diet items available: diabetic, low salt and pureed entrees and a la carte items are available. No MSG or preservatives added. Order online or by phone. Pick up: from commissary in Burnaby Orders must be placed one day in advance. Delivery orders must be received before 2 pm and 2 days prior to delivery	Prices Varies see website Regular entrée \$6.75 Free delivery for all areas with \$25 minimum order	Office Hours 8:30am- 3pm Delivery Surrey Mon or Weds Depending on address	Office Hours 8:30am- 3pm	Office Hours 8:30am- 3pm Delivery to Whiterock Delivery Surrey Mon or Weds Depending on address	Office Hours 8:30am- 3pm	Office Hours 8:30am- 3pm		
Harvest Box Program Newton, Surrey	Newton Senior Center 13775 70 Ave	604-501-5010	http://www.harvestbox.org/	About 10 pounds of fresh produce delivered twice a month	\$ 8 - \$15 per box				2nd and 4th Thursdays			
Harvest Box Program Kwantlen Polytechnic University Campus, Surrey	Student Services 12666 72nd Ave, Surrey	604-599-2100	http://www.harvestbox.org/	About 10 pounds of fresh produce delivered twice a month	\$ 8 - \$15 per box				2nd and 4th Thursdays			
Dairyland Home Delivery	1-800-667-1228 ---- (toll free) 604-421-4663		http://www.morethanmilk.ca	Serves all Fraser Health Communities except Mission, Agassiz, Boston Bar. Free Weekly delivery of products including dairy, soy drinks, eggs, prepared meals, groceries, and deli products (full product list online). 10 % senior's discount by request. Place order online, via telephone, or complete order form and leave it outside for the driver on delivery day. Order by 4 PM the day before your delivery day	FREE delivery 10% Seniors discount by request							

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Food Banks	Provide food and emergency hampers. To register bring: proof of address, proof of income source and care cards for every family member.											
Food Bank & Community Meal	Johnston Heights Church 9612 152nd Street, Surrey	604-589-3733	http://www.hopetoyou.com/#/reaching-out/community-meal	Community Meal and Food Bank. Two Sundays per month (check website for dates) July / Aug Food bank only	FREE							July / Aug 12 - 1 PM Lunch Two Sundays per month Foodbank 12 AM July Aug only
Community Meals												
Programs with Food												
Healthiest Babies Possible	Johnston Heights Church 9612 - 152nd Str, Surrey	604-583-1017 hbc@options.bc.ca	http://www.options.bc.ca/families/children/healthiest-babies-possible	Outreach program for women who have faced some challenges during pregnancy and looking for support in health and nutrition. Held at various locations for residents of South Surrey, White Rock and Delta. Services may include weekly groups (snacks and meals shared). Prepping for birth class, yoga class, community kitchen. Register for complete list of dates/times Optional "Good Food Bags" (fruits and vegetables) for \$3 at weekly groups	FREE to join Food bags \$3							
Food Skills for families program	Canadian Diabetes Association BC / Yukon - see website for local community contacts and dates	604-732-1331 ext 2322 foodskillsforfamilies@diabetes.ca	http://www.foodskillsforfamilies.ca/hosts/current-active-hosts/	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, are supported by The Canadian Diabetes Association, and focus on healthy eating, not diabetes. Phone or check website as programs are run at different locations / times	FREE							
Family Play Café	Chuck Bailey Centre 13458 107A Ave Surrey	Surrey Food Bank 10732 City Parkway, Surrey 604-581-5443		Enjoy a fun relaxing afternoon lunch while your kids play. Meet other families. Each week will feature a different theme- from family storytime, to cooking workshops and more. Register at the Surrey Food Bank	FREE				12:30 pm - 2 pm weekly May 11, 2017 Special Family BBQ			

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Food Banks	Provide food and emergency hampers. To register bring: proof of address, proof of income source and care cards for every family member.											
Food Bank	Sources White Rock/South Surrey 2343 156 St., South Surrey	604-531-8168	http://www.sourcesbc.ca/	Food bank - require picture ID, dependants care card, proof of address	FREE		9am - 6pm pick up	10am-2pm pick up	10am-2pm pick up			
Food Bank	White Rock Salvation Army Church 15417 Roper Ave, White Rock	604-531-7314	www.whiterocks.wordpress.com	Emergency Food bank 1 x per month	FREE		10 am -noon			10 am -noon		
Community Meals												
Community Lunch	Alexandra Neighbourhood House 2916 McBride Avenue, Crescent Beach	604-535-0015	http://www.alexhouse.net/	Monthly lunch program Participants encouraged to call ahead of time to register	\$8 members \$10 non-members			2nd Wednesday of the month Sept to June 12 PM - 2 PM				
Community Dinner	Grace Point Community Church 3487 King George Boulevard, Surrey	604-538-1825	http://www.gracepoint.ca/reach-out/community-dinner	Community meal	FREE							5:00 PM
Community Lunch	Sources Women's Place 15318 20 th Ave, Surrey	604- 536-9611 ext 1801	http://www.sourcesbc.ca/	Hot Lunch Program for women and their children. Access the monthly events calendar through sources.bc.ca	FREE		12 - 1:30 pm	12 - 1:30 pm	12 - 1:30 pm	12 - 1:30 pm		
Community Lunch	St John's Presbyterian Church 1480 George Street White Rock	604-536-9322	http://www.saint-johns.ca/	Friday lunch program	Donation					11:00am		
Community Dinner	King's Banquet Soup Kitchen Star of the Sea Center 15262 Pacific Ave, White Rock	Ph # nis carolyn wharton whartoncarolyn51@gmail.com	None	Free meal - unsure if the program is still running; no response from contact person over email; no new phone #	FREE		4 pm - 6 pm					
Programs with Food												
Food Skills for families program	Canadian Diabetes Association BC / Yukon - see website for local community contacts and dates	604-732-1331 ext 2322 foodskillsforfamilies@diabetes.ca	http://www.foodskillsforfamilies.ca/hosts/current-active-hosts/	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, are supported by The Canadian Diabetes Association, and focus on healthy eating, not diabetes. Phone or check website as programs are run at different locations / times	FREE							

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Meals on Wheels / N. Delta	Surrey 142 6832 King George Boulevard, Surrey	778-590-1433	http://www.sndmow.com	Delivers hot meals Mon-Fri at Noon. Accommodates special dietary requirements: food allergies, Renal diet, low sodium, pureed diets and diabetic diet.	Regular \$7.25 Large \$7.75 Lunch bag \$3.00	10:30 am - 1 pm	10:30 am - 1 pm	10:30 am - 1 pm	10:30 am - 1 pm	10:30 am - 1 pm		
Better Meals	5742 Beresford Str, Burnaby	604-299-1877 888-838-1888	1- www.bettermeals.ca	Fully cooked and frozen meals, including soup, entrée & dessert, with Regular and diet items available: diabetic, low salt and pureed entrees and a la carte items are available. No MSG or preservatives added. Order online or by phone. Pick up: from commissary in Burnaby Orders must be placed one day in advance. Delivery orders must be received before 2 pm and 2 days prior to delivery	Prices Varies see website Regular entrée \$6.75 Free delivery for all areas with \$30 minimum order	Office Hours 8:30am- 3pm Delivery Surrey Mon or Weds Depending on address	Office Hours 8:30am- 3pm	Office Hours 8:30am- 3pm Delivery to Whiterock Delivery Surrey Mon or Weds Depending on address	Office Hours 8:30am- 3pm	Office Hours 8:30am- 3pm		
Grocery Store Delivery	Fresh Street 15930 Fraser Highway, Surrey	778-578-8970 1-855-398-8181	https://shop.freshstmarket.com	Sign up online for online account. Order groceries (minimum \$40), select convenient dates / times to have products delivered to door Delivers to most Surrey addresses (see online for list of postal codes)		\$7.95 Delivery Charge Order by 10 am for same day delivery after 3 pm						
Dairyland Home Delivery	1-800-667-1228 ---- (toll free) 604-421-4663		http://www.morethanmilk.ca	Serves all Fraser Health Communities except Mission, Agassiz, Boston Bar. Free Weekly delivery of products including dairy, soy drinks, eggs, prepared meals, groceries, and deli products (full product list online). 10 % senior's discount by request. Place order online, via telephone, or complete order form and leave it outside for the driver on delivery day. Order by 4 PM the day before your delivery day	FREE delivery 10% Seniors discount by request							