


|  <b>Low-Cost and Free Food Programs Operating in Maple Ridge &amp; Pitt Meadows during Covid 19 Pandemic</b><br>(last updated April 10/20, please email <a href="mailto:brenna.ayliffe@fraserhealth.ca">brenna.ayliffe@fraserhealth.ca</a> to update info) |   |                                 |                                 |  |                                 |                                 |          |        |
|--|---|---------------------------------|---------------------------------|--|---------------------------------|---------------------------------|----------|--------|
| Name   | Program   | Monday                          | Tuesday                         | Wednesday  | Thursday                        | Friday                          | Saturday | Sunday |
| <b>Food Bank</b>   |   |                                 |                                 |  |                                 |                                 |          |        |
| <b>Friends in Need Food Bank</b><br>Garibaldi Place #8 - 22726 Dewdney<br>Trunk Rd, Maple Ridge<br>604- 466-3663<br><br>Grace Community Church<br>12240 Harris Rd, Pitt Meadows<br>604-460-4619  | Continuing operations in Maple Ridge, Pitt Meadows and Katize by providing clients with pre-packed bags of food. Clients will be provided with one paper bag of non-perishables, one plastic bag of perishables, milk, eggs & other items. The Food Bank is currently waiving the income cut-off and doing temporary registrations for any individuals or families in need. Those in need can register online or by phone at 604-466-3663 ext. 206 between 9 am - 12pm Monday to Friday.  | 9am - 12pm                      | 9am - 12pm                      | 9am - 12pm   | 9am - 12pm                      | 9am - 12pm                      |          |        |
| <b>Meal Programs</b>   |   |                                 |                                 |  |                                 |                                 |          |        |
| <b>Anishnaabe Place Traditional Kitchen</b>  | On April 1, 2020, Community Services programs for Indigenous families & individuals residing in Ridge Meadows are transitioning to Fraser River Indigenous Society.   |                                 |                                 |  |                                 |                                 |          |        |
| <b>Fraser River Indigenous Society (FRIS)</b><br>202 - 19141 Ford Rd.<br>Pitt Meadows<br>604-458-0151  | The Traditional kitchen and other gathering programs run by FRIS are currently on hold to limit risk to Elders and other populations at risk. Indigenous families and individuals who are in need of food are encouraged to call the office at 604-458-0151 to arrange for support.   |                                 |                                 |  |                                 |                                 |          |        |
| <b>The Salvation Army Ridge Meadows Ministries</b><br>22188 Lougheed Hwy<br>604-463-8296   | The Community Meals Program is currently being limited to those who live in the building and shelter guests. Frozen or lunch bag meals will be handed out to any non residents who frequent the meal program. Food hampers are being given out to community members in need. Any community members who needs a food hamper can contact Bee at 604-463-8296 x 108 to make an appointment for food hamper delivery. A free box has been set up outside of the administration office at 11948 227 St., unit D, where people walking by can take what they need, including canned and dry food. |                                 |                                 |  |                                 |                                 |          |        |
| <b>Food For The Soul Project Society</b><br>101-22347 Lougheed Hwy<br>604-380-1608   | Food for the Soul community kitchen is currently on hold. Anyone in need of food, please call 604-380-1608 to check if items are in stock. Food will be placed aside for each individual to pick up at a scheduled time between 10am - 3pm Monday to Friday.  |                                 |                                 |  |                                 |                                 |          |        |
| <b>Ridge Meadows Seniors Society</b><br>12150 224th Street, Maple Ridge<br>19065 119B Avenue, Pitt Meadows<br>604-467-4993   | Community meals have been cancelled as the two drop in activity centres have temporarily closed. Take out meals are available from 1130am-1230pm Monday to Friday at Pitt Meadows Seniors Centre Front Door and the Maple Ridge Seniors Activity Centre side kitchen door.  |                                 |                                 |  |                                 |                                 |          |        |
| <b>Grocery and Meal Delivery</b>   |   |                                 |                                 |  |                                 |                                 |          |        |
| <b>Better at Home Seniors Outreach and Home Support Program</b><br>22718 Lougheed Hwy, Maple Ridge<br>604-467-6911 Ext. 1232   | Better at Home is continuing to support seniors with grocery shopping and delivery, in addition to wellness calls to see how seniors are doing and find out if they have any other needs, such as prescription pick ups. Call 604-467-6911 Ext. 1232  |                                 |                                 |  |                                 |                                 |          |        |
| <b>Better Meals</b><br>5742 Beresford St, Burnaby<br>604-299-1877  | Continue to operate but changes to delivery process. Drivers will bring orders to your door but will not enter your home. Meals are ordered by phone or online at <a href="http://www.bettermeals.ca">www.bettermeals.ca</a> starting at \$7.50/ meal   | Order Desk Hours<br>8:30am- 3pm | Order Desk Hours<br>8:30am- 3pm | Order Desk Hours<br>8:30am- 3pm<br><b>Delivery Day</b> | Order Desk Hours<br>8:30am- 3pm | Order Desk Hours<br>8:30am- 3pm |          |        |
| <b>Meals on Wheels</b><br>22718 Lougheed Hwy., Maple Ridge<br>Diana Vivian<br>604-467-6911 ext. 1218   | Meal on Wheels meal deliveries are continuing with regular hours, Monday through Friday between 11:30am - 1:00pm, but meals are being delivered in paper bags.  | Delivery<br>1130am -1PM         | Delivery<br>1130am -1PM         | Delivery<br>1130am -1PM                                | Delivery<br>1130am -1PM         | Delivery<br>1130am -1PM         |          |        |
| <b>Seniors Activity Program (aka Seniors Party Bus)</b><br>22718 Lougheed Hwy, Maple Ridge<br>604-467-6911 Ext. 1405   | The Seniors Party Bus is connecting seniors with one another via phone calls, doing Wellness checkins, assisting with prescription pick ups and assisting with grocery shopping and delivery. Call 604-467-6911 Ext. 1405   |                                 |                                 |  |                                 |                                 |          |        |