

"Updated as of April 2019. 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
ood Banks		Provide food and emerge	ncy hampers. To register bring: pro	oof of address, proof of income source and care cards for e	very family me	ember.						
Food Bank	Application Address: 434 Wallace Str Box 74, Hope BC Pick up at: Northwest Harvest Church 888 3rd Ave. Hope, BC	Hope Community Services 604-869-2466		Hope Food Pantry. Available to residents in need of short- term assistance and can be accessed once a month per household by filling out a form. Also serves lunch	FREE			1130 am - 2 PM 1st and 2nd Wednesday of the month				
Food Bank - Christmas Hamper Program name Holly Days	Application Address: 434 Wallace Str Box 74, Hope BC Pick up at: Northwest Harvest Church 888 3rd Ave. Hope, BC	Hope Community Services 604-869-2466		Available during the festive season. Hampers include food items as well as presents for children. Register October - November at Northwest Harvest Church during Food Bank distribution	FREE							
Food Bank	Muslim Food Bank Lower Mainland 101-13085 115 Ave. Surrey	1-866-824-2525 778-297-4252	https://www.muslimfoodbank.com	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 Volunteers distribute food hampers, baby supplies, used clothing, baby and other household items.	FREE	office hrs 9 am - 1 pm	office hrs 9 am - 1 pm	office hrs 9 am - 1 pm	office hrs 9 am - 1 pm	office hrs 9 am - 1 pm	Food hampers and Items are distributed 1st and 3rd Saturday of each month Office hours 10 am - 1 pm	Closed
Community Meals												
Community Meal - Soup Kitchen	Northwest Harvest Church 888 3rd Ave Hope, BC	604-869-9969	admin@northwestharvestchurc h.org	The Joshua Project offers free soup in the afternoon. Does not run every Tues/Thurs - contact Northwest Harvest Church to confirm dates.	FREE		3 - 4:30 PM Soup		3 - 4:30 PM Soup			
Lunch with the Bunch	Northwest Harvest Church 888 3rd Ave Hope, BC	Hope Community Services 604-869-2466	admin@northwestharvestchurc h.org	This is a weekly event for seniors to enjoy a meal and socialize together. Transportation free of charge for those who need it. Program does not run in July and August). Can subsidize seniors if they phone in	\$8 per meal		10 am - 1 pm					
Programs with Food												

House of Hope Emergency Shelter Program / Motel Project	Hope Area Transition Society 650 Old Hope Princeton, Hope BC	Access to service 24 hours/day, 7 days/week 604-869-7574 sharon@hopetransition.or	http://hopetransition.org/home lessness/emergency-shelter/	Provides essential services to clients in need of temporary immediate shelter, food, and security. Length of stay for clients are considered on a case-by-case basis. The accomodations offer beds with a small locker and small fridge, and a main kitchen area. Clients are required to do some of the cooking and cleaning, and will be provided with two meals each day. The Motel Project provides semi-independent living and rental units. Drop in centre - don't spend the night - Donations from community -(supported living, food, TV)								
Better Beginnings Prenatal Nutrition Program Postnatal Program		Hope Community Services 604-869-2466	http://www.hopecommunityservices.com/index.php?option=commontent&view=article&id=13:hope-family-place-&catid=8:voung-childrens-	Two programs which offer pre and post-natal information women. They provide a healthy lunch as well as free vitamins and a food voucher. Postnatal with infants up to 6 months	FREE		12:30 - 2:30 pm					
Babbling Babies	Hope Family Place 604 Hudson Bay Street, Hope	Hope Community Services 604-869-2466		Drop in program for parents and children 0-3 years of age. Rhymes, songs, and snacks	FREE					10 - 11 am		
ABC Child Learning	Hope Family Place 604 Hudson Bay Street, Hope	Hope Community Services 604-869-2466		Drop in program for children, families, and caregivers. Includes snacks and coffee	FREE		10 - 11:30 am					
Healthy Families Program	Hope Family Place 604 Hudson Bay Street, Hope	Hope Community Services 604-869-2466		Drop in program for families with at least one child age 6 or younger. Involves snacks and/or a hot meal	FREE			3 - 4:30 pm				
Community Action Program for Children	Hope Family Place 604 Hudson Bay Street, Hope	Hope Community Services 604-869-2466		This is a drop in program for children, families and care givers. This program is for children 6 years of age and younger. Breakfast is provided on Mondays and Wednesdays.	FREE	8:30 - 11am		8:30 - 11am				
Community Garden		Hope Community Services 604-869-2466		Community members can purchase a plot in the community March. New clients may purchase a plot in April.	y garden to gro	ow their own prod	uce. Plots are \$50	for one year and are	one size only. Ret	urning clients have	first choice in plots a	nd may purchase in
Grocery and Meal Delivery												
Better Meals	5742 Beresford Str, Burnaby	604-299-1877 1-888-838-1888	www.bettermeals.ca	entrée & dessert, with Regular and diet items available: diabetic, low salt and expanded pureed entrees menu options and a la carte items are available. No MSG or preservatives added. Order online or by phone. Ordering by 2 pm 2 business	Prices Varies see website Regular entrée \$6.75 Free delivery for all areas with \$30	Order Desk Hours 8:30am- 3pm Delivery Day 1st & 3rd Monday.	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm Delivery Day 1st & 3rd Wednesday	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm		

	Meals on Wheels	434 Wallace Str Box 74, Hope BC	Hope Community Services 604-869-2466	Idelivered by community volunteers. A local restaurant	\$ 7.50 per meal	delivered 11am - 1 pm		delivered 11am - 1 pm		delivered 11am - 1 pm		
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Low-Cost and Free Food Programs in Boston Bar

Pg 3 of 3



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Better health. Best in health care.												
Name	Address	Contact	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Food Banks			Provide food and emergency ham	pers. To register bring: proof of address/residence in the	Boston Bar-Nor	rth Bend area, pro	of of income sour	ce and care cards for	every family meml	ber.		
Food Bank	Canyon Lanes Bowling Alley 47585 Trans-Canada Hwy, Boston Bar	Morris Tillotson 604-867-9358	http://www.bostonbarbc.net/n ewsletter.html	Hampers are provided monthly. Applications are available at Canyon Lanes, Family Place and Post Office Pick up at Canyon Lanes. (Check current newsletter for date and time.) Bring your own bag. See website link to confirm hamper distribution dates	FREE				3rd Thurs of the month 1 - 3 pm			
Community Meals												
Community Lunch	Fraser Canyon Family Place 1000 Chamoux Road, Boston Bar	Meaghan Briggs 604-867-9204	http://www.bostonbarbc.net/s ervices.html	Everyone Welcome Lunch at Family Place	\$2 minimum donation			12 pm - 1 pm Senior hr 1-2				
Food Skills for families program	Canadian Diabetes Association BC / Yukon - see website for local community contacts and dates	604-732-1331 ext 2322 foodskillsforfamilies@diab etes.ca	http://www.foodskillsforfamilie s.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 on website as programs are run at different locations / times	FREE							
Programs with Food												
Better Beginnings	Fraser Canyon Family Place 1000 Chamoux Road, Boston Bar	Meaghan Briggs 604-867-9204	http://www.bostonbarbc.net	Pregnancy/new parent of babies 1-12 months outreach program dedicated to providing pregnant women with the following services: pre-natal vitamins, weekly food vouchers and lunch. A neo-natal specialist visits once per month. Weekly food vouchers available for prenant women and mothers with children under 6 months of age Vouchers value \$ 20- \$25.		10:30am - 2 pm						

Community Action Program for Children / Lunch	Fraser Canyon Family Place 1000 Chamoux Road, Boston Bar	Meaghan Briggs 604-867-9204	http://www.bostonbarbc.net/s ervices.html	Drop -in program include, crafts and story time, snacks and lunch, cooking programs, parenting, home safety, guest speakers, field trips and yoga classes. This program is for children under 6 yrs old.	FREE	drop in 10 am - 2 pm	drop in 10 am - 1 pm Lunch 12-1		
Grocery and Meal Delivery									