

## Low-Cost and Free Food Programs in Mission



"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](mailto:jane.wark@fraserhealth.ca)

Name	Address	Contact	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Food Banks</b>	<b>Provide food and emergency hampers. To register bring: proof of address, proof of income source and care cards for every family member</b>											
Food Bank / Mission Food Centre	Mission Community Services 32646 Logan Ave, Mission, BC V2V 6C7	(604)-814-3333 foodcentre@missioncommunityservices.com	<a href="http://www.missioncommunityservices.com">www.missioncommunityservices.com</a>	Provides weekly assistance and one food hamper per month to low-income families and individuals once per month as well as those in emergency situations. (2 hampers altogether/month) Bread is donated by Save-on-Foods, Starbucks, and Cobbs. Friday Shopping Hampers. 1:1 with a Food Centre Representative, may request items from the shelf depending on family size and availability.	FREE	Hamper Pick-Up 9 am - 11 am Free Bread		Hamper Pick-Up 9 am - 11 am Free Bread		9 am - 12 pm Shopping		
Food Bank - Christmas Bureau	Mission Community Services 32646 Logan Ave, Mission, BC V2V 6C7	Avalon (604)-814-3333 or 604-826-3634 foodcentre@missioncommunityservices.com	<a href="http://www.missioncommunityservices.com">www.missioncommunityservices.com</a>	Free food hampers for Christmas Register November 1-30, location TBD (contact Mission Community Services for information), hamper pickup will be 3rd week of December To register: proof of income, proof of residence, photo ID, medical card and dependants	FREE							
Food Bank - St Joseph's	St. Joseph's Church 32550 7th Ave, Mission, BC V2V 2B9	(604)-425-0392 ext 4		Provides food hampers every 1st and 3rd Thursday of each month. Can only pick up once a month.	FREE				Food Distributed 1st & 3rd Thursday of each month 9 am - 11 am			
Food Bank	Grace Station 32965 Lougheed Hwy, Mission, BC	604-319-5754		Grace Station is a non-profit church offering food hampers. Thursday may get fresh produce, pick up on first come-first serve basis	FREE	12 - 1 pm Food hamper & sometimes dairy	12 - 1 pm Food hamper & sometimes dairy	12 - 1 pm Food hamper & sometimes dairy	12 - 1 pm Food hamper and produce pickup			
Food Bank - Muslim	Muslim Food Bank Lower Mainland 101-13085 115 Ave. Surrey	1-866-824-2525 contact@muslimfoodbank.com	<a href="http://www.muslimfoodbank.com">http://www.muslimfoodbank.com</a>	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 6:45-11am	

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Food Bank - Muslim	Muslim Food Bank 101-11558 132 A Str Surrey	1-866-824-2525 contact@muslimfoodbank.com	<a href="http://www.muslimfoodbank.com">www.muslimfoodbank.com</a>	Serves both Muslims and Non-Muslims who have dietary restrictions whether religious or cultural. If you have NO dietary restrictions, please attend your local foodbank. Eligible Delta residents must pick up at the Surrey location. Also offers a range of supports for clients and new refugees to help aid with settlement.	FREE						1st & 3rd Saturday of each month 6:45-11am	
<b>Community Meals</b>												
Community Lunch - Youth	Mission Youth House 7368 Proctor Str Mission Family Place rm 125-7466 Walton Str at Mission Central Elementary School	604-287-7200	<a href="http://missioncommunityservices.com/my-house">http://missioncommunityservices.com/my-house</a>	Lunch served for those age 14-24. Can be accessed anytime for food.	FREE no registration required	11 am - 5 pm	11 am - 5 pm	11 am - 5 pm	11 am - 5 pm	11 am - 5 pm		
Community Meals	Hope Central New Heights Church 33129 N. Railway Ave, Mission, BC V2V 1E3	604-854-0780	<a href="https://newheights.ca/category/hope-central">https://newheights.ca/category/hope-central</a>	Hope Central is a local outreach program that feeds and cares for anyone in need. Sit down meals for Breakfast & Dinner. Call for more information.	FREE no registration required	Breakfast 8-930am	Dinner 6 - 7 pm	Breakfast 8-930am	Dinner 6 - 7 pm	Breakfast 8-930am	Dinner 6 - 7 pm	
Community Lunch	Mission Friendship Centre Society 33150 1st Ave, Mission, BC V2V 1E5	(604)-826-1281		Dedicated to creating a better understanding between Aboriginals and non-Aboriginals in the community. The centre also works to meet the needs of people with Aboriginal origin who are making the transition into the urban community. Free lunch served Monday - Friday. Anyone welcome. Based on first-come first-serve basis. Call for more information	FREE no registration required	Lunch 12pm	Lunch 12pm	Lunch 12pm	Lunch 12pm	Lunch 12pm		
Community Lunch - Seniors	Carrington House 32679 6th Ave, Mission, BC, V2V 1Y8	604-826-3634	<a href="http://missioncommunityservices.com/venue/carrington-house">http://missioncommunityservices.com/venue/carrington-house</a>	Call to register. A hot meal is served 3rd Thursday of every month with guest speakers or live entertainment. For seniors.	\$ 10.00 each registration required				3rd Thursday of every month 1130 am			
<b>Programs with Food</b>												

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Babies Best Chance Prenatal Nutrition Program	Sara for Women 33070 5th Ave, Mission, BC V2V 1V5	(604)-820-8455 ext 603 bbcpops@saraforwomen.ca	<a href="http://www.saraforwomen.ca">www.saraforwomen.ca</a>	Baby's Best Chance: Pregnancy outreach program dedicated to providing women who are experiencing high risk pregnancies, teens, women with drug or alcohol concerns, and women with low income with the following services: pre-natal classes, pre-natal vitamins, group and one-on-one support, outreach services, referrals to other community resources, dietary and health information. Support women throughout their pregnancies, until six months after delivery. Program will not be available during the summer.	FREE				Lunch bi-weekly Pre-natal group 10 am - 12 pm Post-natal group 1:30 - 3:30 pm			
Mom's Group & YAPPIE (Young adults positively parenting)	Sara for Women 33070 5th Ave, Mission, BC V2V 1V5	(604)-820-8455 ext 603 bbcpops@saraforwomen.ca	<a href="http://www.saraforwomen.ca">www.saraforwomen.ca</a>	This support group focuses on parenting skills and social network for women following childbirth. Childcare, transportation to / from group, snacks, speakers. Program is for new moms, client of pregnancy outreach program. Lunches every second Thursday. Speaker every week. Meet with workers, chat & stay connected through different programs	FREE				Snacks 10 - 12 pm Speaker weekly Lunch every other week Lunch and Learn 11am - 2 pm			
<b>Grocery and Meal Delivery</b>												
Meals on Wheels	MCSS 33179 2nd Ave, Mission, BC	(604)-826-3634 info@missioncommunityservices.com Catherine	<a href="http://www.missioncommunityservices.com">www.missioncommunityservices.com</a>	Meals on Wheels provides low-cost, hot meals delivered by volunteers. Available except on statutory holidays and weekends. Meals can be ordered for regular delivery or on a day-before order basis. Available to anyone at any age in the mission area. Call to arrange for meal delivery. Provides hot & frozen meals. Soup is an extra charge	\$6.50 per meal	12 - 1 pm		12 - 1 pm		12 - 1 pm, Frozen meals also available on order		
Better Meals	5742 Beresford Str, Burnaby V5J 1J1	604-299-1877 1-888-838-1888 sam@bettermeals.ca	<a href="http://www.bettermeals.ca">www.bettermeals.ca</a>	Fully cooked and frozen meals, including soup, 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 days before delivery day For payments via Visa or Mastercard, please call the office prior to delivery	Prices Varies see website Regular entrée \$6.75 Free delivery for all areas with \$30 minimum order	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm Delivery Day Cash Only Deroche, Lake Errock , Mission	Order Desk Hours 8:30am- 3pm		