

 Food Programs and Resources in New Westminster																	
Partially Updated as of: Oct 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@fraserhealth.ca																	
Name	Address	Phone	Email	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	AFTER HOURS ACCESS?	Approved Available Kitchen Space?		
Food Banks/Emergency Food/Food Hubs																	
Spoons Up (Online resource)	https://spoonsup.ca/	604-525-1204 ext 232		https://spoonsup.ca/	Spoons Up is an online guide of accessible, free and low-cost food resources in the Lower Mainland designed with youth leaving care in mind. Each location has been personally visited by allies with lived experience and has been included because it offers quality food and is safe and welcoming for youth.	FREE - online resource											
Greater Vancouver Food Bank - Food Hub at Olivet Baptist	Olivet Baptist Church 613 Queens Ave, New Westminster	604-876-3601		https://www.foodbank.bc.ca/	Grocery Program/Kitchen Program/Literacy/Capacity Building. 2-3 day food supplies provided for families in need. Clients are required to provide identification for themselves and for every family member (i.e. birth certificate, Care Card and proof of residence). Prefer if clients are able to bring their own bag. Have a volunteer who speaks fluent Arabic. Includes Hospitality Project by New Westminster Family Place - resources and supports for families and children; New West Farmers Market discounted local produce (see below under Farmers Markets)	FREE				10:30-10:45am- Priority Mobility 10:45-11:15am Families (children under 6) 11:15-11:45am Seniors (55+) 11:45-12:30pm All other members Closed on holidays							
Greater Vancouver Food Bank	1150 Raymur Avenue, Vancouver	604-876-3601 604-216-3082 604-817-5854		https://www.foodbank.bc.ca/workshop-descriptions/	As well as the Food Bank,also provides Workshops, Community Kitchens, Education, Canning, Foodsafe, Cooking Skills. Workshops teach skills for agencies and individuals looking to run their own community kitchen and food programs across the city. e.g Community Kitchen Leadership, Knife Skills. Grows community capacity through training-the-trainers.	FREE but workshops may have minimal costs											
St Barnabus Food Cupboard	St. Barnabus Church 1010 5th Ave, New Westminster	604-526-6646		www.stbarnabasparish.ca	Emergency food cupboard providing enough food for a couple meals, including bag of fresh vegetables and protein source. When available, also offers hygiene items, socks, underwear, gloves/ toques, and pet food. Can only access emergency food cupboard once per month; bring ID for first visit. Also, provides weekly lunch on Thursdays (see below)	FREE					10 am- 12 pm Emergency Food Cupboard						
Salvation Army Emergency Food Bank	Salvation Army Family Services 325 - 6th St, New Westminster	604-521-2421		https://www.salvationarmy.ca/	Emergency food provided, preferable if clients can bring their own bag. Must bring ID to register first time they come. Clients come at noon to get a number, then come back at 1pm to shop. MONDAYS and WEDNESDAYS are for New West and Tricities clients; FRIDAYS are for Burnaby clients. On Wednesdays they tend to have more produce. Community brunch on Saturday (see below).	FREE	Check-in at noon; Return at 1pm to get food (New West/Tricities)		Check in at noon; Return at 1pm to get food (New West/Tricities)		Check in at noon; Return at 1pm to get food (Burnaby)						
Youth Clinic/Youth Source at Purpose Society Emergency Food Bank	38 Begbie Street, New Westminster	604-526-2522 Program Supervisor 604 760-3244		http://www.purposesociety.org/youth-programs/	No questions asked. Emergency food bank providing mostly canned non-perishables and other services for youth 13-18 yrs,available during Youth Clinic Tues/Thurs; No ID or Medical Service Plan (MSP) required. For more extensive food bank needs, we recommend registering with Stride with Purpose (if eligible) or Salvation Army.	FREE		2:00pm - 6pm		3:00pm - 7:00pm							
Stride with Purpose - HIV/AIDS and Hep C Support Services Food Bank (and Hot Meal)	40 Begbie Street, New Westminster	604-526-2522		http://www.purposesociety.org/health-programs/stride/	Clients must be HIV/HCV+, and complete an intake process to access the service. Food bank and hot meal on Friday. Will receive pre-made bag of non-perishables and choice of perishable foods when available. Emergency food bags may be available other days of the week, if needed. Closed on stat holidays and social assistance cheque weeks. Also have a mobile health van which can provide emergency snacks: http://www.purposesociety.org/events/categories/health-programs/stride/mobile-health-van/	FREE	Drop in 10:00am-1:00pm		Drop in 10:00am-1:00pm		Drop in 10am-3pm						
Douglas College Food Bank	700 Royal Avenue, New Westminster	604-527-5110		http://www.thedsu.ca/services/food-bank/	Food bank services for Douglas College students. Need to show student ID, then sign a form saying they took items out. Can only access ~ 6 items/day; twice every semester. Students fill out a form indicating which items they want and staff prepare bag of these items for them. Summer semester hours: 10:00am - 3:30pm	FREE	9:30am-4:30pm Summer semester hours: 10:00am - 3:30pm	9:30am-4:30pm Summer semester hours: 10:00am - 3:30pm	9:30am-4:30pm Summer semester hours: 10:00am - 3:30pm	9:30am-4:30pm Summer semester hours: 10:00am - 3:30pm	9:30am-4:30pm Summer semester hours: 10:00am - 3:30pm						
Muslim Food Bank	104-12941 - 115 Avenue, Surrey	1-866-248-3868	coordinator@muslimfoodbank.com	www.muslimfoodbank.com	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 New West 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 and 3rd Saturday of the month					
Community Meals/Snacks																	
Century House Lunch Program	Century House 620 8th St, New Westminster	604-519-1066	info@centuryhouseassociation.com	http://www.seniorsservicesociety.ca/community_food.html	For ages 50+, lunch weekdays, 11:30 am – 1:00 pm. Take out entrees available at 1:00 pm and snacks are available weekdays, 9:00 am – 3:00 pm and for a limited time on weekends. Salads are available on select days. Daily menu located in The Clarion.	\$6.25, salad \$1.90 on select days	Lunch: 11:30am - 1pm Snacks: 9am-3pm	Lunch: 11:30am - 1pm Snacks: 9am-3pm	Lunch: 11:30am - 1pm Snacks: 9am-3pm	Lunch: 11:30am - 1pm Snacks: 9am-3pm	Lunch: 11:30am - 1pm Snacks: 9am-3pm						
Holy Trinity Community Breakfast	Holy Trinity Cathedral 514 Carnarvon St, New Westminster	604-521-2511		http://holyltrinitycathedral.ca/our-programs/breakfast-program	Thursday hot breakfast drop in 8am - 9am.	FREE				8 am - 9 am							

Spirit of the Children Traditional Kitchen for Aboriginal Families and Youth Elder's Tea and Bannock	201-768 Columbia Street, New Westminster	604-524-9113	reception@sotcs.ca	http://www.sotcs.ca/	Create a meal together in positive environment , share traditional teachings associated with food preparation, recipes, shop on a budget, stories to promote health and nutrition and experience traditional Aboriginal foods. Participants will prepare meals to take home for their family to enjoy. Serves Burnaby, New Westminster, and Tri-Cities. This program is intended to end isolation and increase the socialization of Aboriginal Seniors in the community. All Seniors are welcome	FREE												
Fraserside Community Services Society Horizons Community Kitchen Cooking Class	Contact Fraserside for community kitchen location.	604-526-6811	beatrice@fraserside.bc.ca	http://www.fraserside.bc.ca/horizons-community-kitchen-cooking-class/	For members of Horizons, Fraserside's Community Inclusion day program supporting adults with developmental disabilities. Participants cook lunch together and socialize. Community Inclusion clients across the city and neighbouring areas are welcome to join us. Each client must be accompanied and assisted by their support workers. Minimal fee to cover costs.	\$5	10:30 am - 12:30 pm (closed stat holidays)											
Programs with Food																		
New Westminster School District	Board Office 811 Ontario Street, New Westminster (programs located at schools)	604-517-6240		https://newwestschools.ca/	School Nourishment Supports in each school vary. Contact individual schools for more details.	FREE	school hours	school hours	school hours	school hours	school hours							
Maida Duncan Women's and Family Drop-in and Resource Centre	402 East Columbia Street, New Westminster	604-523-6749		https://elizabethfry.com/wecan-help/programs-services/wat-risk	NOTE: hours may change if volunteers unavailable. Snacks, showers, laundry, free clothing and household items, as well as social activities and programs. Waffle weekend breakfast on Saturday and Sunday from 10 am to 12 pm. Friday movie nights with snacks at 7pm.	FREE	3pm-9pm	3pm-9pm	extended hours 10am – 9pm	3pm-9pm	3pm-9pm	10am – 5pm	10am – 5pm					
Prenatal Program - Pregnancy Outreach	Burnaby Family Life Olivet Church 613 Queens Ave, New Westminster	604-659-2228	popoutreach@burnabyfamilylife.org OR bfl_info@burnabyfamilylife.org	https://www.burnabyfamilylife.org/programs/pregnancy-outreach-program/	Weekly support and education groups for pregnant women going through challenging pregnancies or experiencing barriers in life. Includes nutritious lunch, one-hour education sessions, Dietitian, Public Health Nurse, and one-to-one services of an Outreach Worker. Food coupons, vitamins, bus tickets and child minding services are available to clients. This is not a drop in program. Registration is required and seating is limited.	FREE		12pm-230pm										
Post Natal Program - Baby and Me	Burnaby Family Life Olivet Church 613 Queens Ave, New Westminster	604-659-2228	popoutreach@burnabyfamilylife.org OR bfl_info@burnabyfamilylife.org	https://www.burnabyfamilylife.org/programs/pregnancy-outreach-program/	Weekly social and educational support group for mothers of infants. Includes nutritious lunch, one hour education session, infant weight gain monitoring, Dietitian, Public Health Nurse, and one-to-one services of an Outreach Worker. Food coupons, bus tickets, and child minding services are available to clients. This is not a drop in program. Registration is required and seating is limited.	FREE		10:30 am-1pm										
Aunt Leah's Fresh Food Network AND Mom & Baby Fresh Food Mondays	816 20th Street, New Westminster	604-525-1204 ext 224	aunteahs@aunteahs.org	https://aunteahs.org/services/ife-skills-food-health/fresh-food-network/	Collects and re-distributes fresh foods that only hours previously were for sale on store floors at full price. This food is re-purposed to provide the ingredients for nutritional meals to moms and their children, and to stock an emergency food cupboard for youth. Every Monday, moms in our programs can socialize and connect with other women, while they pick up fresh groceries, practice their cooking skills or learn about nutrition.	FREE		Mondays										
Aunt Leah's Essential Skills Workshop	816 20th Street, New Westminster	604-525-1204 ext 232	aunteahs@aunteahs.org	https://aunteahs.org/services/ife-skills-food-health/	Essential Skills program offers a variety of weekly workshops for current and former foster youth. These workshops help participants gain valuable life skills, connect socially, and give them opportunities to participate in creative and recreational activities. A healthy, delicious meal provided for everyone attending the workshop.	FREE												
Community Gardens																		
Port Royal Community Garden Society	Gardens at 83 Star Crescent, New West. Administrative contact: 920 Ewen Avenue, New Westminster	604-525-7388	rchadwick@newwestcity.ca	https://www.facebook.com/PortRoyalCommunityGarden/ OR https://portroyalgardens.wordpress.com/	New Westminster residents can grow food in a community garden in Port Royal. However the wait list is currently quite long. Please contact for more details.	Minimal fee												
Simcoe Park Community Garden	Gardens at 8th and Royal, New West. New Westminster Community Garden Society. Mailing address: PO Box 303 – 720 6th Street, New Westminster		nwcommunitygarden@gmail.com	http://nwogs.ca/	Gardens provide space for an individual or family to grow their own food. Some gardens maintain donation plots focused towards charities or food banks.	Minimal fee												
St. Mary's Park Garden	Gardens at 205 Agnes St, New West. New Westminster Community Garden Society. Mailing address: PO Box 303 – 720 6th Street, New Westminster		nwcommunitygarden@gmail.com	http://nwogs.ca/	Gardens provide space for an individual or family to grow their own food. Some gardens maintain donation plots focused towards charities or food banks.	Minimal fee												
City Hall Community Garden	Gardens at 511 Royal Avenue, New West. New Westminster Community Garden Society. Mailing address: PO Box 303 – 720 6th Street, New Westminster		nwcommunitygarden@gmail.com	http://nwogs.ca/	Gardens provide space for an individual or family to grow their own food. Some gardens maintain donation plots focused towards charities or food banks.	Minimal fee												
Grocery and Meal Delivery																		

Quest Food Exchange	7753 6th Street, Burnaby	604-553-0636	questbby@questoutreach.org	www.questoutreach.org	Quest Food Exchange is a not-for-profit organization that provides dignified access to affordable and healthy foods to individuals facing food security challenges. Not open to the general public, Quest Food Exchange partners with community resource agencies to complete a client referral form that enables clients to shop at the markets. Contact a local social service or community resource agency to complete the referral process.	Reduced cost groceries	9am - 415pm	9am - 615 pm	9am - 615 pm	9am - 615 pm	9am - 615 pm	9am - 415pm	closed		
Fraserside Community Services Society Grocery Program in partnership with Quest	1115 Sixth Ave, New Westminster Referrals to participate obtained from Fraserside's Reception Desk at 2nd Floor - 519 Seventh Street, New Westminster	604-526-1007		http://www.fraserside.bc.ca/mental-health-and-counselling/quest-not-for-profit-grocery-market/	Will provide referrals to Quest program is based on total household income. Will need to provide Proof of New Westminster residency; Picture ID; Current Notice of Assessment for each adult in the household. Referrals to participate can be obtained from Fraserside's reception desk at the listed hours.	Reduced cost groceries		9am-noon 1pm-430 pm (closed Statuatory Holidays)	9am-noon 1pm-430 pm (closed Statuatory Holidays)	9am-noon 1pm-430 pm (closed Statuatory Holidays)					
Seniors Services Society Food Security Program	750 Carnarvon St, New Westminster	604-520-6621	support@seniorsservicessociety.ca	http://www.seniorsservicessociety.ca/sshome.htm	With our 16-passenger bus, we are able to offer trips every month to Quest Food Exchange in Burnaby (Tuesday), Independent Grocer in Coquitlam (Tuesday), and No Frills in Coquitlam (Wednesday). This gives our clients the opportunity to get enough healthy food for a reasonable price. Participants should be able to shop for themselves. If not, a volunteer may be able to assist them with their shopping. For more information, please call Seniors Services Society.	Free		Quest one Tuesday per month. Independent Grocer one Tuesday per month.	No Frills one Wednesday per month.						
Seniors Services Society Grocery Shopping Program	750 Carnarvon St, New Westminster	604-520-6621	support@seniorsservicessociety.ca	http://www.seniorsservicessociety.ca/sgs.htm	The grocery shopping program provides a supported shopping service to seniors that reside in New Westminster(60+) who find it difficult to shop or do not have others to shop for them.	\$ 10 delivery charge. Minimum \$ 40 order required	9am-11am - volunteer will take order		9am-11am - volunteer will take order. Delivery day.						
Seniors Services Society Meals on Wheels	750 Carnarvon St, New Westminster	604-520-6621	support@seniorsservicessociety.ca	http://www.seniorsservicessociety.ca/smow.htm	Hot meals include soup, entrée and dessert costs \$6.50. Frozen entrees can also be provided for days when regular delivery is not available or if frozen meals are preferred at a cost of \$5.50. Variety of main courses consisting of meat, fish, chicken and pasta dishes. There is a set menu rotation of 5 weeks. Diabetic and low salt diets can be accommodated.	\$5.50 - \$6.50	1030 am-1230 pm approximate delivery time range		1030 am-1230 pm approximate delivery time range						
Better Meals	5742 Beresford St, Burnaby	604-299-1877 1-888-838-1888		www.bettermeals.ca	Fully cooked and frozen meals, including soup, entrée & dessert. Delivers to New West. Regular and special diet meals available. Can also pick up in Burnaby. See website for prices and menu.	Prices vary. See website. Free delivery with \$30.00 minimum order.	Order Desk Hours 8:30am- 3pm Deliveries to New West.	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm.	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm				
Casalinga Food Services	7624 Winston Street Burnaby, BC	604-435-1994	mccannscaterers@telus.net	www.casalinga.ca	Fresh and frozen meals. Includes regular, gluten-free and vegan items. Delivers to New West. Can also pick up in Burnaby. See website for prices and menu.	Prices vary. See website. Free delivery with \$40.00 minimum order.									
Dairyland Home Delivery	Dairyland Home Service Saputo Dairy Products 6800 Lougheed Highway Burnaby, BC	604 421-4663 1-877-341-8700	dhs.bc@saputo.com	http://www.morethanmilk.ca	Need to set up an account. Can order online, by phone or leave form at the door. Regularly scheduled delivery of a dairy, organic produce and groceries, fresh baked goods, popular juices and beverages, dessert and household products. 10 % senior's discount by request. See website for items and prices.	FREE delivery 10% Seniors discount by request									
Save on Foods online				www.saveonfoods.com	Online grocery ordering and delivery. Cost of groceries and delivery fee	Delivery fee added									
Real Canadian Superstore online				www.realcanadiansuperstore.ca	Online grocery ordering and delivery. Cost of groceries and delivery fee	Delivery fee added									
Farmers Market															
New West Farmers Market at the Greater Vancouver Food Bank Food Hub - Low Cost	Olivet Baptist Church 613 Queens Ave, New Westminster	778-928-7236	info@newwestfarmers.ca	www.newwestfarmers.ca	The New West Farmers Market provides local produce at a discounted cost at the Food Hub, making wholesome produce accessible to those in need. We provide a selection of fresh-picked produce grown at a BC farm or community garden at very affordable prices alongside the typical food bank items.								At the Food Bank Hub 10:30-12:30		
New West Farmers Market Summer Market	Tipperary Park 315 Queens Ave, New Westminster	778-928-7236	info@newwestfarmers.ca	www.newwestfarmers.ca	Farm-fresh produce, plants, quality crafts from local artists and artisans, gourmet prepared foods, community information, live entertainment, and more								3pm-7pm (May - Oct)		
New West Farmers Market Winter Market	Belmont Street, New Westminster	778-928-7236	info@newwestfarmers.ca	www.newwestfarmers.ca	Farm-fresh produce, plants, quality crafts from local artists and artisans, gourmet prepared foods, community information, live entertainment, and more									1st and 3rd Saturday, 11 am - 3 pm. (Nov- April)	
Food Action or OTHER Organizations															
NW Community Food Action Committee	New Westminster		newwestfoodaction@gmail.com	https://www.facebook.com/NewWestminsterCommunityFoodActionCommittee/	Local food action table supporting food security/sovereignty in New West. Works on various initiatives and helps support/promote existing food work. Meets ad hoc.	Free	Ad hoc								

Plant a Row - Grow a Row (PAR-GAR)	New Westminster		Plantarowgrowarow@hotmail.com	https://www.growarow.org/	Program which encourages gardeners to plant one extra row of food to donate to their local food bank	Free											
ReFood	New Westminster		refoodcanada@gmail.com	www.refood.ca	Food program that picks up unused and excess food from various grocery stores, farms and restaurants, then cooks the meals for distribution to local shelters and schools. Currently in New Westminster, Burnaby, Richmond, Surrey, Vancouver and North Vancouver.	Free	Ongoing weekly										
Dan's Legacy	New Westminster		tom@danslegacy.com	www.danslegacy.com	Food Recovery Collection. Seeking volunteers.	Free	Ongoing										
Queensborough Community Centre	920 Ewen Ave, New Westminster	(604) 525-7388	active@newwestcity.ca	https://www.newwestcity.ca/parks-and-recreation/book-facilities-fields-and-parks/articles/5382.php	Has approved FH kitchen space available - contact for availability.												

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