
 <b>Low-Cost and Free Food Programs in Chilliwack</b>												
Better health. Best in health care.												
Name	Address	Contact	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Food Banks</b>												
Provide food and emergency hampers. To register bring: proof of address, proof of income source and care cards for every family member.												
Food Bank	Oasis Outreach Society 46191 Yale Rd, Chilliwack, BC V2P 2P2	604-392-2091	<a href="http://www.oasisoutreachsociety.org/">http://www.oasisoutreachsociety.org/</a>	The Oasis is a low income traditional grocery outlet for individuals and families where they can choose what they would like to buy based on preference, ethnicity and dietary needs. For individuals, income must be \$20,000 or less; for each additional family member add an extra \$2,000.								closed
Food Bank	Salvation Army Care & Share Centre 45746 Yale Road, Chilliwack, BC	604-792-0001	<a href="http://www.salvationarmychilliwack.ca/care-and-share/food-bank/">http://www.salvationarmychilliwack.ca/care-and-share/food-bank/</a>	Available to residents in need of short-term assistance and can be accessed once per month with a total of 9 per year. Clients must book an appointment with an intake worker from the Care & Share Centre		9:30 am-12 pm 2:45 pm	9:30 am-12 pm 2:45 pm	9:30 am-12 pm 2:45 pm	9:30 am-12 pm 2:45 pm	9:30 am-12 pm 2:45 pm		
<b>Community Meals</b>												
Soup Kitchen	Salvation Army Care & Share Centre 45746 Yale Road, Chilliwack, BC	604-792-0001	<a href="http://www.salvationarmychilliwack.ca/care-and-share/food-bank/">http://www.salvationarmychilliwack.ca/care-and-share/food-bank/</a>	Offers one free meal a day during the lunch hour and is for adults (19+) only. People with children are referred to the Food Bank.		12 pm - 1 pm	12 pm - 1 pm	12 pm - 1 pm	12 pm - 1 pm	12 pm - 1 pm		
Community Dinner	Ruth and Naomi's Mission 46130 Margaret Ave Chilliwack, BC	604-795-2322 604-792-0001	<a href="http://www.ranmission.ca">http://www.ranmission.ca</a>	A safe house in the inner city of Chilliwack, they provide evening meals, clothing, showers, health information, counselling and spiritual guidance to the homeless as well as those in need.		Families with children 6 pm Others at 7 pm	Families with children 6 pm Others at 7 pm	Families with children 6 pm Others at 7 pm	Families with children 6 pm Others at 7 pm	Families with children 6 pm Others at 7 pm	Families with children 6 pm Others at 7 pm	
Community Dinner	Keystone Chilliwack Church - On the Way 45635 Yale Rd Chilliwack, BC (Ruth and Naomi's Mission)	604-402-0202		A community outreach program designed to work alongside Ruth and Naomi's Mission to provide soup, sandwiches and good conversation weekly. If you're interested in participating, please contact the church office.								6 pm - 730 pm
Youth Shelter	Cyrus Centre 45845 Wellington Ave Chilliwack, BC	604-795-5773	<a href="http://www.cyruscentre.com">http://www.cyruscentre.com</a>	24/7 Youth shelter and Resource Centre for homeless and/or at risk youth (for 18 and under). Food bank is planned	free	Dinner 6 - 7 pm	Dinner 6 - 7 pm	Dinner 6 - 7 pm	Dinner 6 - 7 pm	Dinner 6 - 7 pm	Dinner 6 - 7 pm	Dinner 6 - 7 pm
<b>Programs with Food</b>												
Soup Kitchen	Chilliwack Community Services 45938 Wellington Ave, Chilliwack, BC	604-792-4367		Offered every Saturday at one of 4 churches. To find out which church is serving soups this week pick up a brochure at the Chilliwack Community Services Wellington office 45938 Wellington Ave, Chilliwack, BC								rotating Saturdays see Brochure 12 pm - 1 pm
Soup Kitchen - for At Risk Youth	UFE Culinary 8937 School Street Chilliwack, BC	604-792-6632		Provided by the UFE Culinary class						Afternoon		

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Better Beginnings Prenatal Nutrition Program	Neighborhood Learning Centre 46361 Yale Rd Chilliwack, BC	604-701-4978 ext 4	<a href="http://www.comserv.bc.ca/better-beginnings/">http://www.comserv.bc.ca/better-beginnings/</a>	Pregnancy Outreach program dedicated to providing pregnant women and mothers with infants less than 6 months old with nutrition, healthy lifestyle, and infant care support. Breakfast and lunch on Thursday Pre-registration required must be pregnant.				1 - 3 pm informal drop - in new families welcome	9:30 - 10:30am Breakfast 11am - 12 pm Lunch			
Single Parents in Need Program (S.P.I.N.)	Christian Reformed Church 9800 McNaught Road	604-792-2517	<a href="http://www.cornerstonecrc.ca/SPIN.cfm">http://www.cornerstonecrc.ca/SPIN.cfm</a>	S.P.I.N. provides support, workshops and a variety of activities with a Christian focus. Support group for single mothers and their children. Volunteers transport parents to and from the meeting when possible. Children are welcome to attend with their mothers and there is programming provided for them to give mothers a break. There is a special Christmas lunch with hampers provided from donations. Clothing donations and care packages are available.							2nd Saturday of the month (September to June)	
Food Skills for families program	Canadian Diabetes Association BC / Yukon - see website for local community contacts and dates	604-732-1331 ext 248 foodskillsforfamilies@diabetes.ca	<a href="http://www.foodskillsforfamilies.ca/hosts/current-active-hosts/">http://www.foodskillsforfamilies.ca/hosts/current-active-hosts/</a>	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.	FREE							
<b>Grocery and Meal Delivery</b>												
Better Meals	5742 Beresford Str, Burnaby	604-299-1877 1-888-838-1888	<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, gluten free and pureed entrees and a la carte items are available. No MSG or preservatives added. Order online or by phone.	Prices Varies see website. Regular entrée \$6.25 Free delivery for all areas with \$25 minimum order	Office Hours 8:30am- 5pm	Office Hours 8:30am- 5pm	Office Hours 8:30am- 5pm	Office Hours 8:30am- 5pm	Office Hours 8:30am- 5pm Delivery Day		

