# fraserhealth

#### **Low-Cost and Free Food Programs in Chilliwack**

"Updated as of: July 2016 These programs can change frequently-please call before attending to confirm details. Lists updated yearly by the Public Health Dietitians-send updated to Carole Chang: carole.chang@fraserhealth.ca

Name	Address	Contact	Website	Program Cos	t Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Food Banks	F	Provide food and eme	ergency hampers. To register bring:	proof of address, proof of income source and care cards for eve	ry family member.	•					
Salvation Army Community Food Bank	Salvation Army Care & Share Centre 45746 Yale Road, Chilliwack, BC	604-792-0001	http://www.salvationarmychilli wack.ca/care-and-share/food- bank/	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. The pantry - free bread / pastries	9:30 am-12 pm 1 - 3 pm Pantry 9 am - 4 pm	9:30 am-12 pm 1 - 3 pm Pantry 9 am - 4 pm	9:30 am-12 pm 1 - 3 pm Pantry 9 am - 4 pm	9:30 am-12 pm 1 - 3 pm Pantry 9 am - 4 pm	9:30 am-12 pm 1 - 3 pm Pantry 9 am - 4 pm		
Food Bank	Muslim Food Bank Lower Mainland 101-13085 115 Ave. Surrey	1-866-824-2525	https://www.muslimfoodbank.com	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. FREE 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						1st and 3rd Saturday of each month 7:30 - 10:30 am	
Community Meals											
Soup Kitchen	Salvation Army Care & Share Centre 45746 Yale Road, Chilliwack, BC	604-792-0001	http://www.salvationarmychilli wack.ca/care-and-share/food- bank/	Offers one free meal a day during the lunch hour and is for adults (19+) only. People with children are referred to FREE 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	http://www.ranmission.ca	A safe house in the inner city of Chilliwack, they provide drop in coffee time , Daily Women's Hour (coffee and crafts), evening meals, clothing, showers, health information, counselling and spiritual guidance to the homeless as well as those in need.  Emergency food hampers (apply only very 5 weeks) No food bank	Coffee 9:30 - 11:30 an Women's Hou Coffee & Craft 2 - 3 pm Dinner Families with children 6 pm Others at 7 pm	Women's Hour Coffee & Crafts 2 - 3 pm Dinner Families with children 6 pm	Coffee 9:30 - 11:30 am Women's Hour Coffee & Crafts 2 - 3 pm Dinner Families with children 6 pm Others at 7 pm	Coffee 9:30 - 11:30 am Women's Hour Coffee & Crafts 2 - 3 pm Dinner Families with children 6 pm Others at 7 pm	Coffee 9:30 - 11:30 am Women's Hour Coffee & Crafts 2 - 3 pm Dinner Families with children 6 pm Others at 7 pm	Coffee 9:30 - 11:30 am Women's Hour Coffee & Crafts 2 - 3 pm Dinner 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	http://www.cyruscentre.com	24 / 7 Youth shelter and Resource Centre for homeless and/or at risk youth (for 12-18 years). Food bank is bi-weekly Open Drop in Resource Centre 12 pm - 8 pm 7 days a week 8 pm Shelter 1st come 1st serve	Lunch 12:30 pm Snacks 3 pm Dinner 6 pm	Lunch 12:30 pm Snacks 3 pm Dinner 6 pm	Lunch 12:30 pm Snacks 3 pm Dinner 6 pm	Lunch 12:30 pm Snacks 3 pm Dinner 6 pm	Lunch 12:30 pm Snacks 3 pm Dinner 6 pm	Lunch 12:30 pm Snacks 3 pm Dinner 6 pm	Lunch 12:30 pm Snacks 3 pm Dinner 6 pm

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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	Chilliwack United Church 45835 Spadina Ave	604-792-4634	www.chilliwackunitedchurch.co	Phone to check the kitchen is being offered. Toiletries available.	FREE						12:00 PM	
Programs with Food												
Better Beginnings Prenatal Nutrition Program	Neighborhood Learning Centre 46361 Yale Rd Chilliwack, BC	604-701-4978 ext 5	http://www.comserv.bc.ca/bett er-beginnings/	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. Group Education includes Breakfast and Lunch on Thursday Pre-registration required must be pregnant.				1 - 2 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.)	Cornerstone Christian Reformed Church 9800 McNaught Road	604-792-2517	http://www.cornerstonecrc.ca/S PIN.cfm	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) 11 am	
Food Skills for families program	Canadian Diabetes Association BC / Yukon - see website for local community contacts and dates	604-732-1331 ext 2322 foodskillsforfamilies @diabetes.ca	http://www.foodskillsforfamilies _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 website as programs are run at different locations / times	FREE							

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Grocery and Meal Delivery												
Better Meals	5742 Beresford Str, Burnaby	604-299-1877 1-888-838-1888		Fully cooked and frozen meals, including soup, entrée & dessert, with Regular and diet items available: diabetic, low salt and pureed entrees 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	Prices Varies see website Regular entrée \$6.75 Free delivery for all areas with \$30 minimum order	Office Hours 8:30am- 3pm	Office Hours 8:30am- 3pm	Office Hours 8:30am- 3pm	Office Hours 8:30am- 3pm	Office Hours 8:30am-3pm Delivery Day		
Meals on Wheels	45938 Wellington Ave, Chilliwack, BC	604-793-7242 Office 830am - 12 pm	nttp://www.comserv.bc.ca/meai	A voluntary service consisting of delivery of reasonably priced hot meals to those whose physical, emotional, mental or social condition handicaps their ability to obtain or prepare adequate meals for themselves.  Volunteers deliver meals by car Monday to Friday	\$7.25 per meal	Delivery 11 am-1 pm						
Dairyland Home Delivery		1-800-667-1228 (toll free) 604-421-4663	http://www.morethanmilk.ca	Serves all Fraser Health Communities except Mission, Agassiz, Boston Bar. Free Weekly delivery of products including dairy, soy drinks, eggs, prepared meals, groceries, and deli products (full product list online).  10 % senior's discount by request. Place order online, via telephone, or complete order form and leave it ouside for the driver on delivery day. Order by 4 PM the day before your delivery day	discount by							