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"Updated as of: June 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
<b>Food Banks/Emergency Food</b>												
Food Bank - North Delta	North Delta Evangelical Free Church 11300 84 Ave, Delta	Surrey Food Bank 604-581-5443 Ext. 111	<a href="http://www.surreyfoodbank.org/programs/other-foodbanks/north-delta">http://www.surreyfoodbank.org/programs/other-foodbanks/north-delta</a>	Must be a registered client, registration must be updated every 6 months. Available to residents of North Delta and North Surrey.	FREE		every other Tuesday 10am - noon					
Food Bank - South Delta	South Delta Food Bank Lighthouse Church 5545 Ladner Trunk Road, Delta	604-946-4430	<a href="http://www.ladnerlife.com/programs/south-delta-food-bank">http://www.ladnerlife.com/programs/south-delta-food-bank</a>	Must be registered. Available to residents of Ladner or Tsawwassen. Volunteers provide soup to members of the community that come to the food bank. Hours: Wednesday's 9am-11am (hours of food bank)	FREE			9am to 11 am Includes soup				
Food Bank - Tiny Bundles	Surrey Food Bank 10732 City Pkwy, Surrey	Surrey Food Bank 604-581-5443 Ext. 111	<a href="https://www.surreyfoodbank.org/programs/for-toddlers-kids/">https://www.surreyfoodbank.org/programs/for-toddlers-kids/</a>	Surrey Food Bank program specifically designed for pregnant moms and families with babies aged newborn to one year. Tiny Bundles families receive food every week instead of every two weeks. Available to Delta residents but must pick up at Surrey location.	FREE			Wednesday 9am to 1 pm				
Hamper to your Home	Surrey Food Bank 10732 City Parkway, Surrey	Surrey Food Bank 604-581-5443 Ext. 111	<a href="https://www.surreyfoodbank.org/programs/hamper-to-home/">https://www.surreyfoodbank.org/programs/hamper-to-home/</a>	CHECK AVAILABILITY as there may be waitlists. Provides home delivery service for registered food bank clients who have a mobility condition (mobility status and need for delivery validated by a medical doctor) and are unable to travel to the food bank;	FREE							
New Hope Christian Church free bread and emergency dry goods cupboard	New Hope Christian Church 11838 - 88th Avenue Delta, BC	604 596-8178	<a href="http://www.new-hope.ca/">http://www.new-hope.ca/</a>	Cobs bread program every thursday 9AM - 1PM (free for anyone in delta) and an emergency dry goods cupboard that is open once every 6-8 weeks.	FREE				Thursday 9am - 1:00pm			
Weekly Bread Gleaning Program	Deltassist 9097 120th St, Delta	604-594-3455	<a href="http://www.deltaassist.com/community/food-security-in-delta">http://www.deltaassist.com/community/food-security-in-delta</a>	Bread available every day of the week. For information on how, when and where bread is available please call our office at 604-594-3455	FREE							
Muslim Food Bank	13085 - 115 Avenue, 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 and 3rd Saturday of the month	
Deltassist Community Fund Emergency Food	Deltassist North Delta: 9097 120th St, Delta Ladner: #202-5000 Bridge St, Delta	North Delta - 604.594.3455 Tsawwassen/Ladner - 604-946- 9526	<a href="http://www.deltaassist.com/community/community-fund-emergency-food">http://www.deltaassist.com/community/community-fund-emergency-food</a>	To assist low-income Delta residents who are in crisis situations by providing emergency food and food vouchers. It is not a Food Bank but rather a stop-gap for emergency situations.	FREE							
<b>Community Meals/Snacks</b>												
Community Meal - North Delta	Crossroads United Church Community Dinner 7655 – 120 Street, Delta	778-593-1043	<a href="http://www.crossroads-united-church.ca/">http://www.crossroads-united-church.ca/</a>	Community Dinner	FREE						4th Saturday of each month 5 pm	

Community Meal - Ladner	All Saints Anglican Church, Ladner 4755 Arthur Drive, Delta	604-946-8413	<a href="http://www.allsaintsladner.org/">http://www.allsaintsladner.org/</a>	Community Meal	FREE		6 pm - Tuesday, once per month (the day before Income Assistance Payment Dates)					
Community Meal - Tsawwassen	South Delta Baptist Church 1988 - 56 St, Delta	604-943-8244 info@southdelta.org	<a href="http://www.southdelta.org/">http://www.southdelta.org/</a>	Community Dinner	FREE		1st Tuesday of the month 630 - 8 pm					
Coffee/Tea/Pastries	Ladner United Church 4960-48th Ave, Delta	604 946-6254 office@ladnerunited.org	<a href="https://www.ladnerunited.org/">https://www.ladnerunited.org/</a>	Open invite to general public	FREE				2 pm every Thursday rain or shine			
<b>Community Kitchens</b>												
Community Kitchens	DIVERSEcity - Current Kitchen location: 13455 76 Avenue, Surrey	604-547-1325 kitchen@dcrs.ca	<a href="http://www.dcrs.ca/services/settlement-services-and-community-programs-department/food-security-program/">http://www.dcrs.ca/services/settlement-services-and-community-programs-department/food-security-program/</a>	Workshops on Canadian foods, Canadian kitchens, nutrition, meal planning, safe food handling, canning and preservation, budgeting and creating recipes, tours of stores and given information about community food supports for those on a low income. The best way to register for the programs is to contact the kitchen email. If there is enough interest they may organize 1-4 week kitchen programs at the main site on 76th avenue for specific language/cultural groups, or collaborate with other DIVERSEcity staff who have clients who would benefit from the services	FREE							
<b>Programs with Food</b>												
Starfish Backpack Program	Deltassist North Delta: 9097 120th St, Delta	Carly Geistlinger, 604-594-3455, ext 121, carlyg@deltassist.com.	<a href="http://www.deltassist.com/community/starfish-backpack-program">http://www.deltassist.com/community/starfish-backpack-program</a>	Partnership between Deltassist and North Delta. Backpacks with food for children and families are sent home each Friday for the weekend during the school year. Schools identify students to participate.	FREE						Fridays during the school year	
Christmas Hamper program	Deltassist North Delta: 9097 120th St, Delta Ladner: #202-5000 Bridge St, Delta	604-594-3455 inquiry@deltassist.com	<a href="http://www.deltassist.com/community/food-security-in-delta">http://www.deltassist.com/community/food-security-in-delta</a>	Deltassist coordinates the collection of food and distribution of Christmas hampers for low-income Delta residents during the Christmas season. Contact Deltassist to register.	FREE							
Harvest Box Program	Delta Food Coalition Earthwise Garden 6400 - 3rd Ave Delta, BC	Earthwise Society 604-946-9828 info@earthwisesociety.bc.ca	<a href="http://earthwisesociety.bc.ca/collaboration/delta-food-coalition/family-harvest-box/">http://earthwisesociety.bc.ca/collaboration/delta-food-coalition/family-harvest-box/</a>	Program that provides fresh, seasonal vegetables, resources on growing food organically, and information on healthy eating. Hands-on program at Earthwise Farm. Families are referred and receive a harvest box after each session attended. Families can attend as many sessions as they like. The program is a community-based initiative that aims to provide more volunteers have access to fresh and nutritious vegetables throughout the community, which is distributed through participating social service organizations. You can participate as a homeowner with excess produce growing in your yard or as a volunteer who harvest and receives the food.	Participating families receive a Harvest Box valued at \$25							
Shared Harvest Program	Delta Food Coalition 6400 - 3rd Ave Delta, BC	Earthwise Society 604-946-9828 info@earthwisesociety.bc.ca	<a href="http://www.earthwisesociety.bc.ca/collaboration/delta-food-coalition/shared-harvest/">http://www.earthwisesociety.bc.ca/collaboration/delta-food-coalition/shared-harvest/</a>	Program that provides fresh, seasonal vegetables, resources on growing food organically, and information on healthy eating. Hands-on program at Earthwise Farm. Families are referred and receive a harvest box after each session attended. Families can attend as many sessions as they like. The program is a community-based initiative that aims to provide more volunteers have access to fresh and nutritious vegetables throughout the community, which is distributed through participating social service organizations. You can participate as a homeowner with excess produce growing in your yard or as a volunteer who harvest and receives the food.	FREE	Locations and times vary						
Pocket Markets	Delta Food Coalition 6400 - 3rd Ave Delta, BC	Earthwise Society 604-946-9828 info@earthwisesociety.bc.ca	<a href="http://www.earthwisesociety.bc.ca/collaboration/delta-food-coalition/pocket-markets/">http://www.earthwisesociety.bc.ca/collaboration/delta-food-coalition/pocket-markets/</a>	Program that brings mini farmer's markets to seniors' residences in the community. Pocket Markets offer freshly harvested organic produce from the Earthwise Farm, free produce from Shared Harvest (as available) as well as discounted prices on organic produce.	at cost	Locations and times vary						

Healthiest Babies Possible	Lunch club at St Cuthbert's Church 11601 - 82nd Ave, Delta Community Kitchen at 100-6846 King George Blvd, Surrey	604-583-1017 hbp@options.bc.ca	<a href="http://www.options.bc.ca/families-children/healthiest-babies-possible">http://www.options.bc.ca/families-children/healthiest-babies-possible</a>	Pregnancy outreach program from pregnancy until baby is 6 mo old. 1 hr grocery store tour with dietitian, once every 2 months at Newton Superstore in Surrey; gift cards are given (\$10 for every participant). Bus tickets provided. Service in punjabi, urdu, and hindi, and pashto. Community kitchen - 2 hour class on preparing a meal with participants. Call for more information. 2x/month class run by nurse about breastfeeding. For residents of Surrey, White Rock and Delta. Must register for program	FREE								
Growing and Learning Together Young Moms Group	North Delta Recreation Centre - 11415 84 Avenue, Delta	Roxanna Clark - 604.591.9262, ext. 110	<a href="http://www.bgcabc.ca">www.bgcabc.ca</a>	Program for young moms to connect, bring questions, share ideas and have fun while learning new skills. Free baby supplies, bus tickets and lunch provided	FREE					12:30 pm - 2:30 pm			
Food Skills for Families	BC Centre for Disease Control - see website for local community contacts and dates	foodskillsBC@bccdc.ca	<a href="http://www.bccdc.ca/our-services/programs/food-skills-for-families">http://www.bccdc.ca/our-services/programs/food-skills-for-families</a>	Hands-on, 6 session cooking program where participants learn how to make healthy meals, snacks and beverage choices and gain confidence in the kitchen. Programs are delivered to at risk populations, hosted in community facilities and taught by trained and certified community facilitators. Check website as programs are run at different locations / times.	FREE								
Boys & Girls Clubs of South Coast BC	See website for lists of individual Clubs	Various locations (please see website)	<a href="http://www.bgcabc.ca">www.bgcabc.ca</a>	After school programs run from September through June. Snack is provided to all participants that want it. Membership is required for the afterschool programs and can be discussed by contacting the site you are interested in directly. The Club is a place where kids can hang out with their friends, make new ones and so much more. It's a safe place that provides them with three of the things they need most: a sense of belonging, a sense of success, and positive relationships. That happens through a wide range of activities that are not only of interest to kids, but that are	FREE	Clubs generally operate from after school (varies by school) to 6pm at most sites but there are variances by site	Clubs generally operate from after school (varies by school) to 6pm at most sites but there are variances by site	Clubs generally operate from after school (varies by school) to 6pm at most sites but there are variances by site	Clubs generally operate from after school (varies by school) to 6pm at most sites but there are variances by site	Clubs generally operate from after school (varies by school) to 6pm at most sites but there are variances by site			
Viola's Drop-In!	Meeting room at the 'Sundance Pub' 6574 Ladner Trunk Rd.	Viola 604 943-1302 violakiess@dccnet.com		You MUST contact Viola before coming so they expect you. For adults coping with a mental illness every day. Lunch, meet friends, socialize, games, music, movies to rent, speakers of your choice, etc. Door Prizes one month and Sundries the next month.	\$5 for lunch			1st Tuesday of the month 12:00 noon					
<b>Community Gardens</b>													
Community Gardens	City of Delta listings of Community Gardens		<a href="http://www.delta.ca/environment-sustainability/environmental-initiatives/community-gardens">http://www.delta.ca/environment-sustainability/environmental-initiatives/community-gardens</a>	Community garden space to benefit from locally grown food and grow your own produce.									
Community Garden - North Delta	McKittrick Park - Sungod Community Garden Society 7815 - 112th St, Delta	<a href="mailto:sungodcommunitygarden@gmail.com">sungodcommunitygarden@gmail.com</a>	<a href="https://sungodcommunitygarden.wordpress.com/">https://sungodcommunitygarden.wordpress.com/</a>	Community Garden - Plots are rented for \$30/yr. Please email them to request a plot or add you to the waitlist. Organic gardening practices, no chemicals or pesticides used. Applications for membership accepted between Oct thru March 31.	\$ 30/yr								

Community Garden - Ladner	Kensington Park North Ladner Community Garden Society 6467 Holly Park Drive	<a href="mailto:deltagardener@dccnet.com">deltagardener@ dccnet.com</a>	<a href="http://ladnercommunitygarden.blogspot.ca">http://ladnercommunitygarden.blogspot.ca</a>	Community Garden ~40 plots - Plots are rented for a nominal fee. Please contact them to check if plots are available or if there is a waitlist.	Nominal fee								
Community Garden - Ladner	Ladner United Church 4960 48th Ave, Delta	604 946-6254 office@ladnerunited.org	<a href="https://www.ladnerunited.org/">https://www.ladnerunited.org/</a>	Community Garden - all plots currently taken. Contact to be placed on a waitlist.	\$ 75/yr								
Community Gardens - Tsawwassen	Boundary Bay Earthwise Garden 6400 - 3rd Ave, Delta	604-946-9828 info@earthwisesociety.bc.ca	<a href="http://www.earthwisesociety.bc.ca/garden/community-gardens/">http://www.earthwisesociety.bc.ca/garden/community-gardens/</a>	Community Garden - 40 plots	Nominal fee								
Community Gardens - Tsawwassen	South Delta Baptist Church 1988 - 56 St, Delta	604-943-8244 info@southdelta.org	<a href="http://www.southdelta.org">www.southdelta.org</a>	Community Garden - Plots are free. Please contact to see if plots are available or if there is a waitlist.	FREE								
<b>Grocery and Meal Delivery</b>													
Meals on Wheels - Surrey/North Delta (SNDMOW)	#332, 7360 - 137 St, Surrey, BC V3W 1A3	778-590-1433 sndmow@gmail.com	<a href="http://www.sndmow.com">www.sndmow.com</a>	For residents in Surrey and North Delta. Delivers freshly prepared hot meals. Can provide diabetic meals, renal diets, pureed and minced diets, low sodium and food allergies. No delivery fee. Requires registration. No delivery on statutory holidays.	\$8.50 regular meal \$9 large portion \$4.00 bag lunch	10:30 am - 1 pm	10:30 am - 1 pm	10:30 am - 1 pm	10:30 am - 1 pm	10:30 am - 1 pm	no delivery	no delivery	
Meals on Wheels - South Delta	202 - 5000 Bridge Street Delta	604-946-9526	<a href="http://www.deltaassist.com/about-deltaassist/organization?id=741">http://www.deltaassist.com/about-deltaassist/organization?id=741</a>	For residents in South Delta. Delivers a hot meal to people who are unable to adequately prepare meals for themselves. Can provide low-sodium, pureed, salt-free, and diabetic meals, as well as regular meals.	\$ 7/meal	11:30 am - 1 pm	11:30 am - 1 pm	11:30 am - 1 pm	11:30 am - 1 pm	11:30 am - 1 pm	no delivery	no delivery	
Better Meals	5742 Beresford St, Burnaby	604-299-1877 888-838-1888	<a href="http://www.bettermeals.ca">www.bettermeals.ca</a>	Fully cooked and frozen meals, including soup, entrée & dessert. Delivers to Delta. Regular and special diet meals available. See website for prices and menu.	Prices vary. See website. Free delivery with \$30.00 minimum order.	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm Meals delivered to Delta on Tuesday	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	<a href="http://www.casalinga.ca">www.casalinga.ca</a>	Fresh and frozen meals. Includes regular, gluten-free and vegan items. Delivers to all of Fraserhealth up to Hope (not Boston Bar). Can also pick up in Burnaby with 24 hrs notice. See website for prices and menu.	Prices vary. See website. Free delivery with \$40.00 minimum order.								
Phone Shopping For Seniors	Deltassist 202-5000 Bridge Street, Delta	604-946-9526 inquiry@deltaassist.com	<a href="http://www.deltaassist.com/seniors/volunteer-provided-services-free-of-charge">http://www.deltaassist.com/seniors/volunteer-provided-services-free-of-charge</a>	Assists seniors or people with a disability that cannot manage their grocery shopping on their own; available in North Delta, (Sunshine Hill Safeway) on Tuesdays morning, and in Ladner and Tsawwassen (Save on Food) on Wednesdays. Need to call and register first	FREE minimum order of \$35								
Thrifty Foods online			<a href="http://www.thriftyfoods.com">www.thriftyfoods.com</a>		Delivery fee added								
Save on Foods online			<a href="http://www.saveonfoods.com">www.saveonfoods.com</a>	Online grocery ordering and delivery. Cost of groceries and delivery fee	Delivery fee added, minimum order of \$40								

Walmart			<a href="http://www.walmart.ca">www.walmart.ca</a>	Online grocery ordering and delivery. Cost of groceries and delivery fee	Delivery fee added, minimum order of \$50								
Real Canadian Superstore online			<a href="http://www.realcanadiansuperstore.ca">www.realcanadiansuperstore.ca</a>	Online grocery ordering and delivery. Cost of groceries and delivery fee	Delivery fee added, minimum order of \$10								
Dairyland Home Delivery	Dairyland Home Service Saputo Dairy Products 6800 Lougheed Highway Burnaby, BC	1-877-341-8700 dhs.bc@saputo.com	<a href="http://www.morethanmilk.ca">www.morethanmilk.ca</a>	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								