

FOOD SECURITY in Surrey / White Rock

Short Term Food Relief

These actions provide immediate and temporary relief for hunger and food issues. These activities are often completed by non profit organizations and may not directly involve those impacted by food insecurity.

COMMUNITY MEAL PROGRAMS SUMMER Hours and Service MAY vary.

Organization	Address	Phone Number	Days of Service	Times	Audience
Sources Women's Place www.sourcesbc.ca	15318 - 20 th Ave South Surrey. V4A 2A2	604.536.9611	Tuesday-Friday	12:00 – 1:30 LUNCH (CALL childcare provided)	Free – all ages Women and Children
Oak Avenue Neighbourhood Hub www.oanh.ca	12470-102 Avenue Surrey, BC V4V 2Z9	604.582.7088	Every 2 nd SATURDAY of the month	Doors open at 4:00 pm and dinner is served at 4:30 pm	FREE-Men. Women and Children
The Kings Banquet Star of the Sea Parish	Star of the Sea HALL 15262 Pacific Ave. White Rock	604.531.5739	TUESDAY - all ages Coffee Time & SUPPER	4:15 – 6:00 pm SUPPER	FREE Men, Women, Children donations of funds accepted
Alexandra Neighbourhood House www.alexhouse.net	2916 McBride Avenue S. Surrey V4A 3G2	604.535.0015 CALL ahead	1 st WEDNESDAY of the month <i>September-June</i>	12:00 – 1:00 LUNCH Reservations not required but preferred.	Members \$8, Non members \$10 <i>Transportation available in Cres. Beach/Ocean Park local BUS #351 access</i>
St. John's Presbyterian Church www.saint-johns.ca	1480 George St. White Rock V4B 4A3	604.536.9322	FRIDAY LUNCH Hut - all ages Men, Women, Children	11:00 – 12:30 pm LUNCH	Free or by donation
Kent Street Activity Centre Fresh & Lively http://www.whiterockcity.ca	1475 Kent St. White Rock V4B 5A2	604.531.9400 Ext. 205 CALL ahead	First 3 FRIDAY's each month Call Ervin to register. Closed for summer	Seniors Program & Hot LUNCH 12:00- 2:30 p.m. reservations required	\$6. <i>transportation may be arranged ask, if volunteers available (& Seniors Support Service clients)</i>
Nightshift Street Ministries www.nightshiftministries.org	10635 King George Blvd. Surrey V3T 2X6	604.953.1114	DAILY Meals from an outreach van.	8:30 pm year round, except Christmas Eve.	No charge

White Rock Baptist Church Friday Friendship www.whiterockbaptist.ca	1657 – 140 St. South Surrey V4A 4H1	604.531.2344 CALL ahead and sign up the week before	1st and 3rd FRIDAY of every month except June (1 st Friday only) September -June only	Full Course Hot LUNCH At 12:00 noon	Lunch meal \$8.00 Pick up bus – Sundays only Call the number to arrange by Friday
Gracepoint Community Church www.gracepoint.ca	3487 King George Blvd. South Surrey	604.538.1825	SUNDAY Community Dinner - all ages Men, Women, Children	5:00 p.m. SUPPER	Free - ALL Welcome Donations accepted
The Front Room www.southfraserswervices.bc.ca/frontroom.html	12470-102 Ave. Surrey, BC V4V 4Z9	604.589.7777	Free DAILY meals	Breakfast at 7 am (First come, first served for first 55 people) Dinner at 4:30 pm	Free- ALL Welcome
Seniors COME SHARE SOCIETY Adult Day Care http://comeshare.ca/	15008 26 Ave Surrey, BC V4P 3H5	604.531.9400 Ext 23	Lunch & Program	Clients ONLY Via Continuing Care - Fraser Health	\$4 per meal Mon - Sat
Seniors COME SHARE SOCIETY Spice of Life http://comeshare.ca/	Cloverdale Recreation Centre 6188 – 176 Street Closed July & August	604.531.9400 Ext 205	2nd & 4th THURSDAY of each month	11:30 – 2:00 pm	\$8.00 Lunch & Entertainment
Seniors COME SHARE SOCIETY Spice of Life http://comeshare.ca/	Newton Seniors Centre 13775 – 70th Avenue Surrey Year Round except stat holidays	604.531.9400 Ext 205	1ST & 3RD WEDNESDAY of each month	11:00-1:00 pm	\$7.75 Entertainment & Lunch
Seniors COME SHARE SOCIETY Forever Young http://comeshare.ca	Chuck Bailey Recreation Centre 13458 – 107A Avenue Surrey Year round except statutory holidays	604.531.9400 Ext 205	4th Wednesday of each month	10:30 – 12:30pm	\$7.00 Entertainment and Lunch

Seniors Luncheon Oak Avenue Hub Society www.oanh.ca	12470-102 Avenue Surrey, BC V4V 4Z9	604.531.9400	2nd and 4th Monday of each month	11:30 am -1:30 pm	By donation for Seniors
First United Church www.firstunitedwhiterock.com	15385 Semiahmoo Ave White Rock, BC V4B 1T6	604.531.4850	1st and 3rd THURSDAY of the month	5 pm Donation accepted	Call 604.531.4850 for information on meals.
Surrey Urban Mission www.surreyurbanmission.org/	10776 King George Boulevard Surrey, BC	604.581.5172	Mon, Wed and Friday lunch SATURDAY breakfast 3rd SUNDAY of each month	Noon – 1:00 pm 9:00-10:00 am 5:00-6:00 pm	Call for more details
Salvation Army Community and Family Services http://www.salvationarmy.ca/britishcolombia/communityandfamilyservices/	13474-96 Avenue Surrey, BC V3V 1Y9	778.395.4357	TUESDAY AND WEDNESDAY	9 :00 am -2 :00 pm	Emergency Assistance for food
Sikh Gurdwara www.gurunanakurdwara.ca	7050 120 St Surrey, BC V3W 3M8	604.594.8117	DAILY MEALS	Call for times	All are welcome
Pacific Community Church www.pacificcommunity.ca	5337-180 Street Surrey, BC V3S 4K5	Contact Gloria Fraser 604.530.5364	THURSDAY LUNCH MONDAY AND WEDNESDAY DINNER	Noon-1 pm 6:00-7:30 pm	All are welcome
Cloverdale Christian Fellowship www.cloverdalechurch.ca	102-17802 66 Ave Surrey, BC V3S 7X1	604.574.1725 CALL ahead	LUNCH Congregate MEAL MON, TUES, THUR, FRI	10:30am – 1pm	No fee Donations accepted

Low Cost Groceries

Organization	Address	Phone Number	Days of Service	Times	Audience
Djaef Mahler Grocery	10697 135A Street Surrey, V3T 4E3	604.588.9004	WEDNESDAYS except on Ministry cheque days Must be registered with a food bank	12:00 pm to 3:00 pm	High protein food bank for residents in South Frasert region, living with HIV and AIDS in need of nutritional support.
Quest Food Exchange and Low Cost Groceries http://www.questoutreach.org/	#1-13890-104 th Avenue Surrey, BC V3T 1W9	604.588.3476	MONDAY TO FRIDAY SATURDAY	9 am -4:15 pm	Must be referred by either Income Assistance or one of Quest's 400 partners listed on the Quest website.
Harvest Box City of Surrey http://www.harvestbox.org/surrey-2/	All Surrey Recreation Centres and Kwantlen Polytechnic University locations in Surrey	Contact your local recreation centre in Surrey.	SECOND AND LAST THURSDAY of each month	Recreation Centre hours	The program offers three boxes and prices range from \$8 to \$15 per box

Food Banks

Organization	Address	Phone Number	Days of Service	Times	Audience
Muslim Food Bank www.muslimfoodbank.com	11558-132 A Street Surrey, BC V3R 7S2	778.297.4252	Call to register or pick up a hamper.	Call for times	Serves Muslims and non-Muslims. Provides food hampers on a monthly basis to those in need who have diet restrictions (religious and cultural).
Salvation Army Church and Community Ministries www.salvationarmy.ca	Surrey Family Services 13474 96 Avenue, Surrey, BC V3V 1Y9	778.395.4357	MONDAY TO THURSDAY TUESDAY AND FRIDAY	9:00 am – Noon Newton and North Surrey 10:00 am-2:00 pm South Surrey and White Rock	Open to all.
White Rock Community Church www.wrcconline.com/	15147 Roper Avenue White Rock, BC	604.531.7314	TUESDAYS AND FRIDAYS	10:00 am -2:00 pm	Individuals or families may visit once per month for non-perishable food hampers. Must provide photo ID, ID for each household member and proof of address and income

<p>Surrey Food Bank www.surreyfoodbank.org</p>	<p>10732 City Parkway Surrey, BC V3T 4C7</p>	<p>604.581.5443</p>	<p>MON, TUES, THURS, FRIDAY</p> <p>WEDNESDAY</p> <p>EVERY SECOND THURSDAY (CALL FOR DATES)</p>	<p>9:30 am -1:00 pm</p> <p>9:00 am -1:00 pm</p> <p>6:00-7:00 pm</p>	<p>Open to all</p> <p>Tiny Bundles only</p> <p>Must register with photo ID, proof of address and income and medical cards for all family members.</p>
<p>Sources Food Bank http://www.sourcesbc.ca</p>	<p>2343-156 Street Surrey, BC</p>	<p>604.531.8168</p>	<p>TUESDAYS</p> <p>WED AND THURSDAYS</p>	<p>9:00-6:00 pm</p> <p>10:00 am -2:00 pm</p>	<p>Register in person. Must live in White Rock or South Surrey (0 Ave to 40th Ave and up to 196 Street)</p> <p>Register in person, bring photo ID, Care Cards for dependents and mail from last 2 months to prove address.</p>

MEALS-ON-WHEELS

Organization	Location	Phone Number	What's Provided	Times	Details
White Rock/South Surrey	PO Box 39587 WR Postal Outlet Surrey, BC V4A 0A9	604.541.6325 CALL ahead	DELIVERY ON MON. + WEDS. + FRIDAY Hot meals - ready to heat-soup, juice, entrée, dessert	Drivers come about 11:00 - 12:30 pm	\$6 per meal free delivery Service boundaries are 0 Ave - 40 th Ave and Crescent Beach-186 Street.
North Surrey/ North Delta www.sndmow.com	Unit 233- 13352 Old Yale Road. Surrey, BC V3T 5A4	604.588.6325 CALL ahead	Hot meals including soup, entrée & dessert	11:00 a.m. - 1:00 p.m.	Regular \$7.00 Large \$7.50 Bagged Lunch \$3.00

Capacity Building Programs:

These programs are more intensive in terms of time and manpower and require commitment from participants and are steps to build the capacity through empowering people to prepare/purchase their own food.

(Examples: community kitchens, community gardens, food buying clubs)

Organization	Location	Phone Number	Dates	Times	Details
DiverseCity Community Kitchen	2916 McBride Avenue Crescent Beach	604.597.0205 Ext. 1325	TUESDAYS from September to December	10:00 am -2:00 pm	Call for more details.
DiverseCity Community Kitchen	Cloverdale Community Recreation Centre 6188-176 th Street Surrey	604.597.0205 Ext. 1325	TUESDAYS AND THURSDAY March to December	3:30-7:30 pm	Call for more details.

Alexandra House www.alexhouse.net	2916 McBride Avenue Surrey	604.535.0015 CALL ahead	Kitchen Kapers – Community Kitchen; + KIDS Kitchen series 8 weeks beginning Wed Sep 29	3:15 – 5:15 pm Call for future session dates	You make a week's variety of meals for family of 4 for \$85.00 each week, includes childcare
Sources Food Bank Food for Thought Garden	2343-156 Street Surrey	604.581.5443	Opens September 13, 2013 Hours TBA		Contact Deirdre@teampayconsulting.com for more details
Sources Women's Place	15318 - 20th Ave Surrey V4A 2A2	604.536-9611	TUESDAY-FRIDAY		Call for more details
Camp Alexandra	2916 McBride Avenue Crescent Beach, BC V4A 3G2	604-560-5520	Anytime		Call Neil Fernyhough for details
Hazelnut Meadows Community Garden	14069 68 Ave Surrey, BC	604-501-5050			Contact City of Surrey
Dunsmuir Community Gardens	2900 Dunsmuir Road Surrey, BC	604-501-5050			Contact City of Surrey
Holly Park Community Gardens	10706 - 148 Street Surrey, BC	604-501-5050			Contact City of Surrey
North Surrey Organic Community Garden	10222 141 Street Surrey, BC	604-501-5050			http://nscommunitygarden.wordpress.com/ Contact: nsocgardener@hotmail.com
Surrey Urban Mission Garden	10776 King George Boulevard	604.581.5172	In development		Contact sums@telus.net for more information
A Rocha	19353 16th Ave Surrey, BC V3S 9V2	604.542.9022	Community Garden Network through church groups		Contact Queenie at communitygardens@arocha.ca

Berea Baptist Church	6062 132 St Surrey, BC V3X 1M8	604.591.3599	Church Hours: Monday to Thursday 8:30 am to 2.30 pm.		Registration for the Garden
Sunshine Ridge Baptist Church	6230 120 Street Surrey, BC	604.594.5512	Plots available in 2014		Elin Hoffman or office@srbc.ca www.srbc.ca
Green Timbers Covenant Church	14219 88 Avenue Surrey, BC V3W 3L5	604.594.7133	Plans in place to develop a garden		Email: info@gtcovchurch.org www.gtcovchurch.org
Peace Portal Alliance Church	15128 27B Avenue Surrey, BC V4P 1P2	Sandy Colero 604.531.4733 Ext. 316 Anita Steinberg 604-531-4733 Ext. 324	All food is donated to Sources Food Bank- 3 plots	Potential for expansion in Spring 2014	anitas@peaceportalalliance.com sandyc@peaceportalalliance.com www.peaceportalalliance.com
St. Luke Lutheran Church	10167 148 Street Surrey, BC	604.584.6446	7 plots, no fees Plots available		Charles Metzger, charlie@metzgers.ca Church Website: www.sllc.ca
Surrey Organic Food Buying Association			Contact Michel for meeting times and details.		Contact Michel Touzard divinecosmos@yahoo.com

FARMERS MARKETS

Farmers Markets support local growers who make, bake and grow local products/produce.

Organization	Location	Contact Information	Hours of Operation	Dates
Surrey Urban Farmer's Market Association	102 Avenue and Central City Parkway adjacent to North Surrey Recreation Centre	778.228.FARM (3276) Managerinfo@surreymarket.org	Wednesday 1:00-6:00 pm	June 12 to October 9, 2013 Contact: http://surreymarket.org/
White Rock Farmer's Market	15154 Russell Avenue White Rock BC V4B 2P6	604-897-3276 wrfm2008@gmail.com	Sundays 9:00 am -1:00 pm	May 26-Oct 13 Contact: http://www.whiterockfarmersmarket.ca/
Art's Nursery Farmer's Market	8940 192nd Street, Surrey-Port Kells,	604.882.1201	Thursday 2:00-7:00 pm	May- October Contact

COMMUNITY SUPPORTED AGRICULTURE (CSA)

CSA's support community members becoming involved in growing their own food on local farm land. Typically shares are purchased and there is a requirement to participate in the process through planting, weeding and harvesting. Agreements vary from CSA to CSA.

Organization	Location	Phone Number	Dates	Details	Contact information
Gods Little Acre Club	16582-40th Avenue Surrey, BC V3S 0L2	604.375.1172	Thursday, Friday and Saturday 10:00-8:00 pm May to November	Call Jas Singh for details	Call for more information on how to join.
Sundog Vegetables	16990 Friesian Drive, Surrey, BC V3S 8P3	778.873.3276	May to October	20 week shares available Farm Gate Sales on Saturdays from 12-6 pm	Contact sundogfarmer@gmail.com
A Rocha Brooksdale Environmental Centre	19353 16 Ave, Surrey, BC	604.542.9022	Mid June to October	Full shares \$650.00 Half Shares \$300.00	Contact Canada@arocha.ca
Zaklan Heritage Farm	13278 84th avenue, Surrey, B.C.	604.355.1061	June 14th - October 25th	The 20 week CSA program costs \$500	Contact: doug@zaklanheritagefarm.com Website : http://zaklanheritagefarm.com/

FARM GATE SALES

Check out <http://www.bcfarmfresh.com>

GROCERY DELIVERY SERVICES

Organization	Type of shopping	Phone Number	Products	Delivery Details	Charges
SPUD Organic Food Delivery www.spud.ca	Shop online or by phone Monday to Friday 9 AM to 5 PM	604.215.7783	Sustainable Produce including drinks, snacks, produce, meat and seafood	Friday Deliver for Surrey and White Rock	They accept credit card (Visa, MasterCard, American Express) and pre-authorized debit.
Dairyland Home Service	Shop by phone M-F 8 am -4 pm	604.421.4663 CALL ahead	Milk, dairy products, juices, eggs, bread, meats, some staples; Organic produce - Fruit & Veg.	Delivery once a week	No delivery charge - Minimum purchase \$10/week
Safeway Home Delivery	Shop and arrange delivery online	1.877.505.4040	All shopping items in store	Submit your order by 8:30 am for delivery between 4:00 pm and 10:00 pm. The same day.	One hour delivery windows \$9.95 on purchases of \$150 or more (excluding applicable tax, delivery fee, fuel surcharge, bottle deposits and bag fees where applicable) and \$12.95 on purchases under \$150.
Sources Community Resources Society	Volunteer shoppers South Surrey / White Rock	604.542.4357 CALL ahead	All groceries purchased at Save-On Foods (Southpointe)	Order on Monday Delivery on Tuesday (10am – 4pm)	Delivery charge \$7.
SAVE-ON Phone-in-Shop Program	Shop by phone	604.536.6232 CALL ahead	All groceries from Save On Leave message other times	CALL between 9:30 am and 11:30 on Tues. & Thurs. Delivery confirmed on placing order.	Delivery charge \$5.

Thrifty Foods Sendial	#102- 15745 Croydon Drive Surrey	604.542.7851	Sendial is a grocery shopping and home delivery service for Thrifty Foods customers who cannot shop for themselves. 1.800.667.8280	Same day delivery if groceries purchased before 1 pm. To shop through Sendial call the number.	Delivery Charge \$5
Supermarket to You – IGA Plus	Shop by phone Cloverdale SURREY	604.584.2616 CALL ahead	Will accept return pop bottles & honour coupons	Cloverdale	\$7.00 delivery
Shop Easy	Shop by phone Cloverdale SURREY	604.576.2122 CALL ahead		Daily delivery service Cloverdale only	Free delivery
Better Meals	Delivery one time a week - Thurs WR/SS NO delivery charge **	299-1877 CALL ahead	Frozen meal - soup, entrée, dessert Therapeutic diets available	Mon - Fri. 7:30 to 5 pm	\$5.75/meal \$20.00 Min. order \$6.50/meal for diabetic \$2. delivery charge
Gold Card Catering	ORDER By noon Mon Store Site 80 th Ave Surrey	594-5520 CALL ahead Mon - Thurs 9 - 4 & Fri 9 - 12	Frozen meals -courses charged separately -Vegetable, salad available	Tues 8 - 12:30 Delivery WR/SS Or Pick Up	\$4.- 7-entrée \$25.00 min. order + \$2 delivery charge No delivery charge for orders over \$50.00
Candlelight Cuisine CATERING	12863 - 16 th Ave Ocean Park - S. Surrey	538-2662	Frozen Entrees Fresh & Frozen	PICK UP only Can place orders on site	Price range \$5 to 7