

Meals on Wheels

Surrey/North Delta

142 6832 King George Blvd. Surrey BC V3W 4Z9

Tel: 778-590-1433 www.sndmow.com sndmow@telus.net

Serves the Fraser River to the Langley border and South to 40th Ave. All areas of Surrey, Cloverdale and North Delta. Delivers hot meals 5 days a week at noon. \$7.25 regular meal, \$7.75 for a large and \$3 bagged lunch.

White Rock

PO Box 39587 WR Postal Outlet Surrey BC V4A 0A9

Tel: 604-541-6325

Delivers meals Mon, Wed, and Fri in White Rock and South Surrey areas for \$6.00 per meal. Hot meals delivered between 11am and 12:30pm. Service boundaries are 0 Ave – 40th Ave and Crescent Beach - 186th St.

Transportation

BC Bus Pass

Tel: 1-866-866-0800

www.buspass.gov.bc.ca

Offers a reduced cost, annual bus pass for low income seniors and clients receiving disability assistance from the Province of British Columbia. Valid in communities serviced by BC Transit or TransLink. Valid for the eligible rider and is non-transferable. Handy Dart is not included. Cost is \$45 per year and not prorated. To qualify, must be receiving any of following:

- * Receiving Federal Guaranteed Income Supplement (GIS), or the Federal Allowance, or the Allowance for the Survivor;
- * 18 – 64 years of age and receiving Income Assistance for Persons with Disabilities from the Province of British Columbia;
- * 60 – 64 years of age and receiving Income Assistance from the Province of British Columbia;
- * Over 65 years of age and would qualify for GIS but does not meet the Canadian 10 year residency requirement;
- * 18 - 64 years of age, living on a First Nations reserve and receiving disability assistance from the band office; or
- 60 – 64 years of age, living on a First Nations reserve and receiving assistance from the band office.

BC Ferries Discounts

Tel: 1-888-223-3779 www.bcferries.com

Seniors: B.C. Seniors receive reduced rates on passenger fares on some routes and sailings. To take advantage of this program, please present your B.C. Services Card, B.C. Gold Care Card (age 65 or greater), or either a valid BC Driver's License, BC Identification Card or Birth Certificate coupled with proof of residency in BC when you arrive at the terminal. Discount is for Mon-Thursday and receive 50% rate.

BC Ferries Discounts (Continued)

People with Disabilities: Discount fares are available for residents of British Columbia who have a permanent disability (this applies to passenger fares only). To receive them, you must present your BC Ferries Disabled Status Identification (DSI) card when you arrive at the terminal. Discount rate available everyday, 50% off for themselves and one escort.

Better at Home—Newton (formerly CASI)

#1107, 7330 - 137th Street, Surrey, BC, V3W 1A3

Tel: 604-507-2266 www.betterathome.ca

betterathomewest@dcrcs.ca

Provides a wide range of non-medical services to seniors, 65 years and older who want to live independently in their homes. This includes transportation to medical appointments. A small fee for services, a sliding scale ranges from \$2.00 to \$20.00, depending on the service required and income. Newton area only: between 120 to 160th Street and 48th to 88th Ave.

Better at Home—Whalley

205-12725 80th Avenue Surrey, BC V3W 3A6

Tel: 604-512-3870 (Sonia) www.betterathome.ca

sonia.chaudhary@pics.bc.ca

#206-10090 152nd Street, Surrey, BC, V3R 8X8

Tel: 604-596-7722 ext 130 candy.tong@success.bc.ca

For seniors, 65 years and older and is aimed at helping individuals stay in their homes. Will offer transportation to appointments, light housekeeping and grocery shopping. A small fee for services, on a sliding scale depending on income.

Concession transit fares

Less expensive transit fares for children 5 to 13 years old, secondary students ages 14 to 19 with a valid [GoCard](#), seniors 65+ with proof of age and [HandyCard](#) holders riding conventional transit. Children 4 years old and younger ride for free when accompanied by an adult.

Cycling

General city site:

www.surrey.ca/city-services/7773.aspx

Surrey is continuing to expand its cycling infrastructure throughout the city and there are some great routes existing now.

Faresaver/Translink passes

For regular transit users these booklets can reduce costs. Can be purchased at authorized Faresaver dealers including Mac's, 7-Eleven, Safeway or London Drugs.

HandyCard

Tel: 604-953-3000 tinyurl.com/a8227ty

For transit users with a permanent physical or cognitive disability. If you live within the TransLink service area, HandyCard lets you travel for Concession fares on the bus, SkyTrain, SeaBus and West Coast Express. If you're accompanied by someone who assists you they can ride for free. HandyCard can't be used on HandyDart.

HandyDART

Tel: 604-575-6600 tinyurl.com/ajghi82

A door-to-door shared-ride service makes going places easier. It uses specially-equipped vehicles designed to carry passengers with physical or cognitive disabilities who need assistance to use public transit. If you have a physical or cognitive disability and are unable to use public transit without assistance, you're eligible to use HandyDART. To apply, print out the application form from the website and send in or call 778-452-2860

Taxi Saver Program

Tel: 778-452-2860

TaxiSaver is available for people with permanent disabilities who have a HandyCard. Intended for emergencies or periodic use. Customer pays \$25 per book which gives them \$50 worth of taxi coupons. These are then used to pay for taxi rides. Must apply. The application has to be signed by a doctor and takes about 6 weeks.

Veteran Parking

www.surrey.ca/city-government/6593.aspx

Vehicles bearing a "veteran" license plate are granted complimentary parking on a year round basis at all City of Surrey on-street parking meters.

[Looking for services not covered in this brochure?](#)

Please ask at your local library. We are here to help.
www.surreylibraries.ca or 604-598-7300.

You can also call 211 for a free, confidential, multilingual information and referral line to a full range of community, social, and government services. Available 24 hours a day, 7 days a week.

Interested in some more resources or information? Ask library staff or check us out on the web here:

www.surreylibraries.ca/lowcost

If you would like further information or if you spot a change that is needed you can email us at

libraryinfo@surrey.ca



Inspired by
Surrey Poverty Reduction Plan

Updated 03/0714

Low Cost and Free

Food & Transportation



www.surreylibraries.ca

Free or Low Cost Meals

Alexandra Neighbourhood House

2916 McBride Ave. Crescent Beach BC

Tel: 604-535-0015 alexhouse.net

communityprograms@alexhouse.net

Monthly lunch offered Sept-June on the second Wednesday of the month. Registration not required but preferred. \$8 for members/ \$10 for non-members.

Cloverdale Community Kitchen

5337 180 street Surrey, BC

Tel: 604-574-4001 front.desk@pacificcommunity.ca

pacificcommunity.ca/

Three full meals a week. Mondays at 6:30, Wednesdays at 6:30 and Thursdays at noon. Open to all ages.

Community Dinner

@ Oak Ave Neighbourhood Hub

12740 – 102 Ave Surrey BC

Tel: 604-582-7088 www.oanh.ca

Every 2nd Saturday of each month, with support from various community groups, Oak Avenue Neighbourhood Hub hosts a free meal (drop-in) for the community at the Hub. A full meal is served. Doors open at 4:00pm and dinner is served at 4:30pm.

The Front Room

10667 – 135A St. Surrey BC

Tel: 604-589-7777 keysolutions.org/front-room/
frontroom@southfraserservices.bc.ca

Free daily meals are available, along with a number of other services.
Dinner every night @ 6PM, breakfast @ 7AM for the first 55 people. 1st come first served.

Gateway of Hope

5787 Langley Bypass, Langley

Tel: 604-514-7375 gatewayofhope.ca info@gatewayofhope.ca

Lunch: Monday, Wednesday, Friday & Saturday at 12:30PM Dinner:
Tuesday, Thursday & Sunday at 5:00pm

Gracepoint Community Church

3487 King George Blvd, Surrey BC

Tel: 604-538-1825 gracepoint.ca

Free meals. (Sunday, 5:00pm)

Middle Eastern Friendship Centre

13483 108th Ave Surrey BC V3T 2K2 (next to Gateway Station)

Tel: 604-288-5588 www.mefriendshipcentre.com

Hours: Wednesday to Friday, 11:00 am to 6:00 pm, Sat 10:00-6:00pm
Potluck on the last Wednesday of the month at 6:00pm. Occasionally
free bread and vegetables on Saturdays.

Multi-Cultural Cooking Club

@ Oak Ave Neighbourhood Hub

12740 – 102 Ave Surrey BC

604-582-7088 www.oanh.ca

Every 1st & 3rd Thursday of the month from 10:30-1:30pm. Members
of the neighbourhood who enjoy food and cultures cook together.

NightShift Street Ministries

10635 King George Boulevard, Surrey, BC V3T 2X6

Tel: 604-953-1114

Food, clothing, and counselling for people living on the streets, meals
from an outreach van at 7 pm-8:30pm year-round, except Christmas
Eve. Office hours are 9 am to 5 pm Mon-Fri.

Salvation Army Community & Family Services

13474 96 Avenue, Surrey, BC V3V 1Y9

Tel: 778-395-4357

Open Tues and Wed 9:00am-2:30pm. Emergency assistance for food
and clothing, as well as a variety of other services.

Seniors Drop-in Tea @ Oak Ave Neighbourhood Hub

12740 – 102 Ave Surrey BC

604-582-7088 www.oanh.ca

Every 3rd Wednesday of the Month, 1:00-3:00pm, seniors gather at
the hub while enjoying coffee, tea and snacks.

Seniors Healthy Cooking Club

@ Oak Ave Neighbourhood Hub

12740 – 102 Ave Surrey BC

604-582-7088 www.oanh.ca

Every 1st and 3rd Monday, each month: 10:30am – 1:30pm. Seniors get
together and learn about new food trends and try new healthy reci-
pes. Registration required.

Seniors Luncheon @ Oak Ave Neighbourhood Hub

12740 – 102 Ave Surrey BC

Tel: 604-582-7088 www.oanh.ca

Every 2nd and 4th Monday, each month: 11:30-1:30pm. Free drop-in
lunch for seniors to socialize, enjoy soup and sandwiches.

Interested in more meals like this in your area? The **Seniors' Resource Directory, has a number of listing for similar lunches in other Surrey neighbourhoods on pages 36-38. The directory is available in all Surrey Libraries branches or online: comeshare.ca/?page_id=479*

Sikh Gurdwaras

Local Gurdwaras (temples) offer free meals and all are welcomed.

Sources – Women's Place

15318 20th Ave, Surrey

Tel: 604-536-9611 (ext. 1801)

Hot nutritious lunch: Tues-Fri 12:00 – 1:30 pm for women and chil-
dren. Also offer laundry and shower facilities by appointment and a
wide range of other supports for women. Open from 10:30-2:30pm
for other services like laundry and coffee etc.

Surrey Urban Mission

10776 King George Blvd. Surrey BC

Tel: 604-581-5172 surreyurbanmission.org sums@telus.net

Free meals offered on Mon, Wed and Fri noon until 1pm Sat 9 am -
10am. Sun 5 pm-6 pm on the 1st, 2nd, 3rd and 4th Sundays of the
month but not the 5th.

St. John's Presbyterian Church

1480 George Street White Rock BC V4B 4A3

Tel: 604-536-9322

Friday lunch program 11:00am to 1:00pm. Cost: By Donation

Star of the Sea Centre

15262 Pacific Ave White Rock BC

Tel: 604-538-2533

Meals Tuesday 4 – 6pm, doors at 3:45pm.

Low Cost Groceries

A couple of tips:

- Try to purchase bulk food. Many stores called “markets” buy and sell in bulk
- Asian markets are often less pricy for fruits and vegetables
- Large stores with memberships often give special prices to their members

- Try purchasing as a group to get the case price
- Purchase wholesale for bread and freeze what you do not use right away
- The library has books on how to save on food costs

For more tips check out:

www.mamashealth.com/savemoney/food.asp

Community Gardens

Tel: 604-501-5050 parksrecculture@surrey.ca

www.surrey.ca/culture-recreation/7108.aspx

The city of Surrey hosts four community gardens in city parks. They are a chance for local people to grow vegetables if they won't have the space at home.

Djaef Mahler Grocery

10697 135A St. Surrey BC

Tel: 604-588-9004

High-protein food bank for residents in the South Fraser region,
living with HIV and in need of nutritional support. Also offers Posi-
tive Haven which has a number of support services for those living
with HIV.

God's Little Acre

16582 40 Ave Surrey, BC V3S 0L2

Tel: 604-375-1172 www.godslittleacrefarm.com

Market open to the public with over 100 items grown on site. Prices
well below retail, no pesticides. Call ahead.

Harvest Boxes

tinyurl.com/cxjr2bm

Fresh, seasonal fruits and vegetables at below supermarket prices.
\$8 per box. Information, signup and pickup at your local Surrey re-
creation centre.

Middle Eastern Friendship Centre

13483 108th Ave Surrey BC V3T 2K2 (next to Gateway Station)

Tel: 604-288-5588 www.mefriendshipcentre.com

Hours: Wednesday to Saturday, 11:00 am to 6:00 pm

Potluck on the last Wednesday of the month at 5:30pm. Free bread
and vegetables on Saturdays. Also offer a variety of other services
like Arabic lessons, Arabic translation for job search when compos-
ing resumes and cover letters.

Quest Food Exchange

1-13890 104th Ave, Surrey, BC V3T 1W9

Tel: 604-588-3476

Hours of Operation: 9am-4:15pm Monday-Saturday. Surrey store
offers affordable food and household accessories. Must be referred
either by Income Assistance or one of Quest's 400 different partners
which are listed on Quest's website. Ask at the library if you are
having trouble with referrals and we will try to find you a different
local partnering agency.

Food Banks

Muslim Food Bank

Surrey Warehouse: 101 – 11558 132A Street Surrey, B.C. V3R 7S2

Tel: 1-866-824-2525 www.muslimfoodbank.com

Serves both Muslims and Non-Muslims. Provides food hampers on a
monthly basis to those in need who have dietary restrictions whether
religious or cultural. The hamper will normally include rice, flour, oil,
sugar and other non-perishable foods. Call to register or pick-up a ham-
per.

Sources – White Rock/South Surrey Food Bank

2343 156th St. Surrey BC V4A 4V5

Tel: 604-531-8168

Tuesdays 9:00-6:00pm

Wed and Thurs 10:00-2:00pm

Register in person. Must live within White Rock or South Surrey (0 Ave-
40th Ave and up to 196th St.) Bring picture ID and care cards for any
dependents and mail from the last 2 months to prove address. Dona-
tions 8:30-4pm. Mobile delivery services now available.

Surrey Food Bank

10732 City Parkway Surrey BC V3T 4C7

Tel: 604-581-5443 www.surreyfoodbank.org

Food distribution hours: Monday, Tuesday, Thursday and Friday 9:30 to
1:00 pm. Tiny bundles only: Wednesday 9:00 to 1:00 Every 2nd Thursday
6:00-7:00pm (call for dates). Must register (picture ID, proof of address
and income, and medical cards for all family members required). Call to
setup a registration appointment. Donations can be made at the food
bank, most local grocery stores or any Fire hall in Surrey.

**Also food bank depots in Delta, Newton and Cloverdale. Call for dates
and location.**

Offers **Hamper to Your Home** program for food bank patrons with mo-
bility issues.

The Salvation Army White Rock Church

15417 Roper Avenue, White Rock, BC

Tel: 604-531-7314

Individuals or families who are struggling financially may visit a maxi-
mum of one time per month for a food hamper of non-perishable food
and household items. Each client must provide the following upon re-
quest: Photo ID, ID for each household member or dependant, proof of
address and proof of income. Tuesdays and Fridays: 10 a.m. to 12 p.m.