

Low-Cost and Free Food Programs in Whalley												
Name	Address	Contact	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
DIVERSEcity Community Resources Society Community Kitchens Program	1107-7330 137 Street, Surrey	604-597-0205	http://www.dcrs.ca/	Immigrant /refugee children (< 6 yrs) and families. Free Community Kitchens in 12 locations (pick up schedule at main address). Various times. English, Hindi, Punjabi and Spanish.								
Djaef Mahier Grocery	10697 135A Street, Surrey	604-588-9004	None	High protein food bank for residents age 18+ in South Fraser area that are HIV+				12 pm - 3 pm				
South Fraser Community Services Society The Front Room	10667 135A Street, Surrey	604-589-7777	http://keyssolutions.org/bread4life-2/?gclid=CLCC9IPFzLwCFa47Mg0dGF0AcQ	Bread4Life community kitchen	Free	Breakfast 7:00am Lunch 12:45pm Dinner 6:00pm	Breakfast 7:00am Lunch 12:45pm Dinner 6:00pm	Breakfast 7:00am Lunch 12:45pm Dinner 6:00pm	Breakfast 7:00am Lunch 12:45pm Dinner 6:00pm	Breakfast 7:00am Lunch 12:45pm Dinner 6:00pm	Breakfast 7:00am Lunch provided by community sponsors, Dinner 6:00pm	Breakfast 7:00am Lunch provided by community sponsors, Dinner 6:00pm
Surrey Community Church	13474 96th Avenue, Surrey	778-395-4357	http://sasurrey.com/FS.html	Weekly pizza and bread program; emergency food bank	Emergency Food Bank: Call for appointment - requires detailed documentation	9:00 am - noon	9:00 am - noon	9:00 am - noon	9:00 am - noon			
Surrey Food Bank Society	10732 City Parkway, Surrey	604-581-5443	http://www.surreyfoodbank.org/programs	Nutritious food hamper distribution	Registration required: photo ID, proof of low income, proof of dependents	9:30 am - 1:00 pm	9:30 am - 1:00 pm		9:30 am - 1:00 pm	9:30 am - 1:00 pm		
Surrey Food Bank Society	10732 City Parkway, Surrey	604-581-5443	http://www.surreyfoodbank.org/programs	65+ Seniors Distribution	Registration required: photo ID, proof of low income, proof of dependents			Every 1st and 3rd Wednesday of each month, 1:30 pm - 3:00 pm				
Surrey Food Bank Society	10732 City Parkway, Surrey	604-581-5443	http://www.surreyfoodbank.org/programs	Tiny Bundles Program (families with pregnant Mom's and children under 1-year of age)	Registration required: photo ID, proof of low income, proof of dependents			9:30 am-1:00 pm				

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The Surrey Urban Mission Sum Place	10776 King George Hwy, Surrey	604-581-5172	http://sumplace.org/	Community meals	Free	Lunch: 12 pm Monday Night Women's Group: 3:00pm-6:00pm		Lunch: 12 pm		Lunch: 12 pm	Breakfast: 9 - 11 am	Dinner 5 - 6 pm 1st, 2nd and 3rd Sunday of each month
Cedar Grove Baptist Church	10330 144th Street, Surrey	604-581-8933 ext. 260	http://www.the-grove.net/index.php/programs/monday-morning-ministries.html	Monday Morning Ministries: Coffee, tea, soup and treats	Free	8:30 am - 12:00 pm						
Maxxine Wright Community Health Centre	2 - 13733 92 nd Avenue, Surrey	604-587-3835	http://www.fraserhealth.ca/find-us/services/our_services?&program_id=9104	Daily hot lunch program for women who are pregnant or who have young children who are also impacted by substance use and/or violence and abuse.	Must be a client	Drop in 11:30 am - 3:30 pm	Drop in 11:30 am - 3:30 pm	Drop in 11:30 am - 3:30 pm	Drop in 11:30 am - 3:30 pm	Drop in 11:30 am - 3:30 pm		
Meals on Wheels	13352 Old Yale Road, Surrey	604-588-6325	http://www.sndmow.com/index.php	Hot meal deliveries to recipients' homes	regular \$7.00 large \$7.50 lunch \$3.00	11 am-1 pm	11 am-1 pm	11 am-1 pm	11 am-1 pm	11 am-1 pm		
Night Shift Street Ministries Society	10635 King George Blvd, Surrey	604-953-1114	http://nightshiftministries.org/about/contact/	Mobile kitchen - serves between from the car park between MCC and the building we share with Sisters Thrift Boutique and The Care Centre		7 pm - 8:30 pm	7 pm - 8:30 pm	7 pm - 8:30 pm	7 pm - 8:30 pm	7 pm - 8:30 pm	7 pm - 8:30 pm	7 pm - 8:30 pm
Oak Avenue Neighbourhood Hub Society	12740 102 Avenue, Surrey	604-582-7088	http://www.oanh.ca/communitykitchens.html	Community kitchens		Seniors Cooking Club: every 1st and 3rd Monday of each month, 10:30am - 1:30pm Seniors Luncheon: every 2nd and 4th Monday of each month, 11:30am - 1:30pm		Seniors Drop-in Tea: every 3rd Wednesday of the month 1 - 2:30pm	Multicultural Cooking Club: every 2nd and 4th Thursday of each month 10:30 am - 1:30 pm		Community Dinner: every 2nd Saturday of each month, 4:00pm	

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Oak Avenue Neighbourhood Hub Society	12740 102 Avenue, Surrey	Program coordinator Joyce at 604-582-7088 ext 3	http://www.oanh.ca/communitykitchens.html	Burmese-specific community kitchen - once a month								
Tiny Bundles Food Hampers	10732 City Parkway, Surrey	604-581-5443	http://www.surreyfoodbank.org/programs/tiny-bundles	Information required: picture ID, proof of address and dependents, identification and source of income	Free			9:00-1:00pm				
Kla-how-eya Aboriginal Center	13629 108th Ave, Surrey	604-584-2008 Postnatal & Expectant Parents contact: Leah		The following services are provided: Tsu Dene (Post Natal) -- A support circle for new parents (children must be birth to 24 months), with the spiritual, emotional, physical and intellectual aspects of the medicine wheel. A nutritious lunch and transportation are provided. Childcare is provided for babies and siblings Expectant Parents -- A pre-natal health circle for Aboriginal expectant parents which promotes. Healthy babies through providing prenatal information and guidance. A nutritious lunch and transportation provided				Expectant Parents 10am - 12 pm	Post Natal 10 am - 12 pm			
Kla-how-eya Aboriginal Center	13629 108th Ave, Surrey	604-584-2008 ECD Parents & Children Drop-In contact: Natasha Family Drop In contact: Coreen		ECD Parents & Children Drop In -- A time for Aboriginal parents and their children (0-6) to socialize and meet new families. Transportation and nutritional lunch provided. Parents make friends, network and learn about child development while their child participates in craft activities, circle time, Aboriginal Drumming, music, story telling, and open play Family Drop - In -- An opportunity for families to share quality time with their children. There are a variety of activities such as powwow dancing, beading, carving and parenting circles to participate in. A light nutritious snack is provided		ECD Drop In 10 am - 1 pm		ECD Drop In 10 am - 1 pm Family Drop In 6 - 8 pm		ECD Drop In 10 am - 1 pm		
Harvest Box Whalley	Chuck Bailey Recreation Center 13458 107A Avenue	604-598-5898	http://www.harvestbox.org	About 10 pounds of fresh produce delivered twice a month.	\$8-\$15 per box				Boxes available 2nd and 4th Thursday of each month.			
Middle Eastern Friendship Centre	13483 108th Ave Surrey	604-288-5588	www.mefriendshipcentre.com					Potluck on the last Wednesday of the month @ 5:30pm.			Free bread and vegetables on Saturdays	

Low-Cost and Free Food Programs in Guildford												
Name	Address	Contact	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Johnston Heights Church	9612 152nd Street, Surrey	Ryan Proulx 604-589-3733	http://www.hopetoyou.com/#/reaching-out/community-meal	Community meal								2 pm - 4 pm - two Sundays per month (check website for dates)
Harvest Box Guildford	Guildford Recreation Center 15105 105 Avenue	604-502-6360	http://www.harvestbox.org	About 10 pounds of fresh produce delivered twice a month.	\$8-\$15 per box							
Quest Food Exchange	13890 104 Ave	604-588-3476	http://www.questoutreach.org/	Grocery store	Social Service Agency referral (see website)	9:00am-4:15pm	9:00am-4:15pm	9:00am-4:15pm	9:00am-4:15pm	9:00am-4:15pm	9:00am-4:15pm	

Low-Cost and Free Food Programs in Cloverdale												
Name	Address	Contact	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cloverdale Community Kitchen	5337 180 Str. Surrey email: communitykitchen@cloverdalechurch.ca	604-574-1725	http://www.cloverdalechurch.ca/communitykitchen.html	Monday Night Café: coffee, refreshments and snacks. Wednesday Night Lasagne, coffee and refreshments. Thursday Lunch Korean meal, coffee and refreshments.		6:30 pm coffee, refreshments, snacks		7 pm lasagne, coffee, refreshments	Noon: delicious Korean meal, coffee, refreshments			
Surrey Food Bank Society - Cloverdale	Zion Lutheran Church 5950 179 Street, Surrey	604.581.5443 Ext. 110	http://www.surreyfoodbank.org/programs/other-foodbanks/cloverdale	Food distribution	FREE		Alternate Tuesdays from 10 am to noon					
Harvest Box Cloverdale	Cloverdale Recreation Center 6188 176 Street	604-598-7960	http://www.harvestbox.org	About 10 pounds of fresh produce delivered twice a month.	\$8-\$15 per box				Boxes available 2nd and 4th Thursday of each month.			
Harvest Box Program	Kwantlen Polytechnic University - Cloverdale Campus Student Services 5500 180th Str, Surrey, BC	604-599-2100	http://www.harvestbox.org/	Harvest Box for contact details see website								

Low-Cost and Free Food Programs in South Surrey

Name	Address	Contact	Website	Program	Cost	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Alexandra Neighbourhood House	2916 McBride Avenue, Crescent Beach	604-535-0015	http://www.alexhouse.net/	Monthly lunch program	\$8 members, \$10 non-members, less or free if unable to afford			1st Wednesday of every month until June (off in summer) at noon				
Grace Point Community Church	3487 King George Boulevard, Surrey	604-538-1825	http://www.gracepoint.ca/reach-out/community-dinner	Community meal	Free							5:00 PM
King's Banquet Soup Kitchen	15262 Pacific Ave, White Rock	604-538-2533	None	Free meal	Free		4 pm - 6 pm					
Sources White Rock/South Surrey Food Bank	2343 156 St., South Surrey	604-531-8168	http://www.sourcesbc.ca/	Food bank			9am - 6pm pick up	10am-2pm pick up	10am-2pm pick up			
Sources Women's Place	15318 20 th Ave, Surrey	604-536-9611	http://www.sourcesbc.ca/	Hot Lunch Program for women and their children. Access the monthly events calendar through sources.bc.ca	Free		12 - 1:30 pm	12 - 1:30 pm	12 - 1:30 pm	12 - 1:30 pm		
St John's Presbyterian Church	1480 George Street White Rock	604-536-9322	http://www.saint-johns.ca/	Friday lunch program	Donation					11:00am		
White Rock Salvation Army Church	15417 Roper Ave, White Rock	604-531-7314	None	Emergency Food Bank			10 am -noon	10 am -noon	10 am -noon	10 am -noon		
Harvest Box White Rock	South Surrey Recreation Center 14601 20 Ave	604-592-6970	http://www.harvestbox.org	About 10 pounds of fresh produce delivered twice a month.	\$8-\$15 per box				Boxes available 2nd and 4th Thursday of each month.			
Meals on Wheels		604-541-6325		Hot meals - ready to heat-soup, juice, entrée, dessert	Delivers on Mon, Wed, and Fri. \$6.00 per meal.	11:00am-12:30pm		11:00am-12:30pm		11:00am-12:30pm		
God's Little Acre Club	16582 40Ave Surrey	604-375-1172	http://godslittleacrefarm.com/wp-content/uploads/2013/02/GLA-Promo-Flyer-Jan-2013.pdf	Farmer's market, open from May-November.	fresh produce below retail prices. Membership required, \$100/year				10:00am-8:00pm	10:00am-8:00pm	10:00am-8:00pm	

Other Low-Cost and Free Food Programs in Surrey

