
 Low-Cost and Free Food Programs in Burnaby												
Better health. Best in health care. "Updated as of: July 2017 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
Food Banks	Provide food and emergency hampers. To register bring: proof of address, proof of income source and care cards for every family member.											
Food Bank	Vancouver Food Bank 1150 Raymur Ave. Vancouver Various Pick Up Locations	604-876-3601 foodbank@foodbank.ca	www.foodbank.bc.ca/	2 day food supplies provided for families in need. "These churches are food depots for the Greater Vancouver Food Bank Society"	FREE	930 - 1030am 1030-11 am United Church 7591 Grey Ave	930am - 11am Southside Community Church 7135 Walker Ave		12 pm - 1 pm St. Timothy's Anglican Church 4550 Kitchener Str			
Grocery Market	Quest Not-For-Profit 7753 6th Str, Burnaby	604-553-0636	www.questoutreach.org	Selection of food and household items to clients at significantly reduced cost. Clients must have referral from a not-for-profit association, government office, health practitioner, school or church. Have limits for food due to low supplies.	Varies, no taxes	9 am - 415 pm	9 am - 615 pm	9 am - 615 pm	9 am - 615 pm	9 am - 615 pm	9 am - 415 pm	
Community Meals												
Community Lunch	Jubilee United Church 7551 Grey Ave	604-434-8323	http://wbuc.ca/	Providing weekly Lunch meals * Hot meals until June 21. Bagged lunch from June 28 - Aug 16, 2016 *Due to moving locations Close See below	FREE		12-12:30pm					
Programs with Food												
Baby and Me Postnatal Program	Burnaby Family Life	604-659-2228 Call to register	www.burnabyfamilylife.org	A weekly educational support group for high-risk women with babies 0-6 months of age that include; a nutritious lunch, a one hour education session, infant weight gain monitoring, services of an Outreach worker, Dietitian and Public Health Nurse. Food coupons, vitamins, bus tickets and childcare services are available to clients. Registration is required and seating is limited.	FREE		1030 am - 1 pm Oliver Baptist Church		1130 am - 2 pm Edmunds Resource Centre Rm 104			
Pregnant Outreach Program Prenatal Program	Burnaby Family Life Edwards Resource Centre 104 - 7355 Canada Way	604-659-2228 Call to register	www.burnabyfamilylife.org	Weekly support group for high risk women that include nutritious lunch, a one-hour education session, the services with an Outreach worker, Dietitian and Public Health Nurse. Food coupons, vitamins, bus tickets and childcare services are available to clients. Registration is required and seating is limited. Form available online "Pre & Postnatal Programs" in "Programs"	FREE		Postnatal 1030 - 11 am 12-230 pm	1130 am - 2 pm	Postnatal 1130 - 2 pm			
Community Kitchen	Various	Patricia Davidson, Program Facilitator 604-525-9144	www.fsgv.ca	Family Service of Greater Vancouver : Various days, locations and times (Shiloh-6th Ave Church, Queensborough Community Centre; Century House). No fixed times d/t reliance on funding. Call ahead and ask for Patricia Davison, Program Facilitator for current calendar.	FREE		12 - 230 pm					

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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							
Grocery and Meal Delivery												
Meals on Wheels		604-299-5754	www.mealsonwheels-burnaby.com	Volunteer delivery reasonably priced hot and frozen meals by car to those who have handicaps which their ability to obtain or prepare meals for themselves. Western and Chinese menu available. All meals are low sodium, MSG free, and nutritionally balanced. Delivery 2 days after order	Hot meal \$6.25 Frozen meal \$5.50	Deliver from 11 am - 1 pm Phoneline 8am - 2 pm	Phoneline 8am - 2 pm	Deliver from 11 am - 1 pm Phoneline 8am - 2 pm	Phoneline 8am - 2 pm	Deliver from 11 am - 1 pm Phoneline 8am - 2 pm		
Better Meals	5742 Beresford Str, Burnaby	604-299-1877 1-888-838-1888	www.bettermeals.ca	Fully cooked and frozen meals, including soup, entrée & dessert, with Regular and diet items available: diabetic, low salt and expanded pureed entrees menu options 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	Order Desk Hours 8:30am- 3pm Delivery Day depending on address	Order Desk Hours 8:30am- 3pm Delivery Day depending on address	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm	Order Desk Hours 8:30am- 3pm		
Meal Service	Casalinga 7624 Winston Str, Burnaby V5A 2H4	604-435-1994 1-855-768-1994	www.casalingafoods.com	Frozen meals and ready-made food items for delivery or pick-up. Gluten-free options available. Order 2 business days prior 9-4 phone calls, 9-5 office	Varies					Delivery Day 8 am - 12 pm		
Dairyland Home Delivery	1-800-667-1228 ---- (toll free) 604-421-4663		http://www.morethanmilk.ca	Serves Fraser Health Communities west of 240, no deliveries east of 240 no drivers available at this time, no deliveries to some of Langley and MapleRidge based on address 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 outside for the driver on delivery day. Order by 4 PM the day before your delivery day	FREE delivery 10% Seniors discount by request							