



SENIORS BUS

Delta seniors aged 65+ can book free transportation to help access food programs and services in Delta.

Rides are available:

Monday-Friday between 9:00am-4:00pm
To register, please call 604-597-4876

THANK YOU

The City of Delta extends a sincere thank you to Fraser Health Authority, Delta Food Coalition, North Delta Food Security Group and members of the Delta Poverty Reduction Action Table for their input during the development of this brochure.

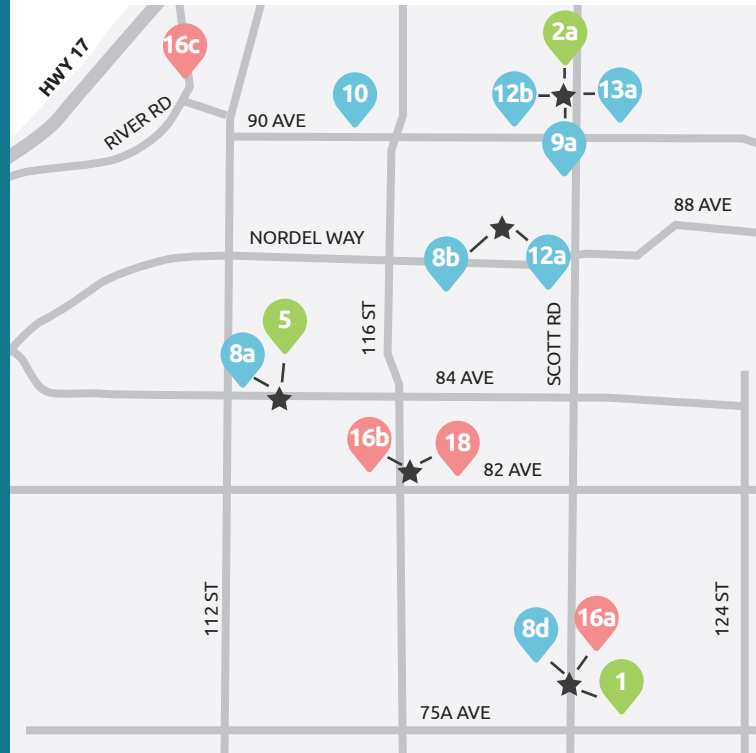
Their food programs and services are vital in helping residents achieve food security and we are inspired by their dedication to serving this community.

Last updated in March 2023.

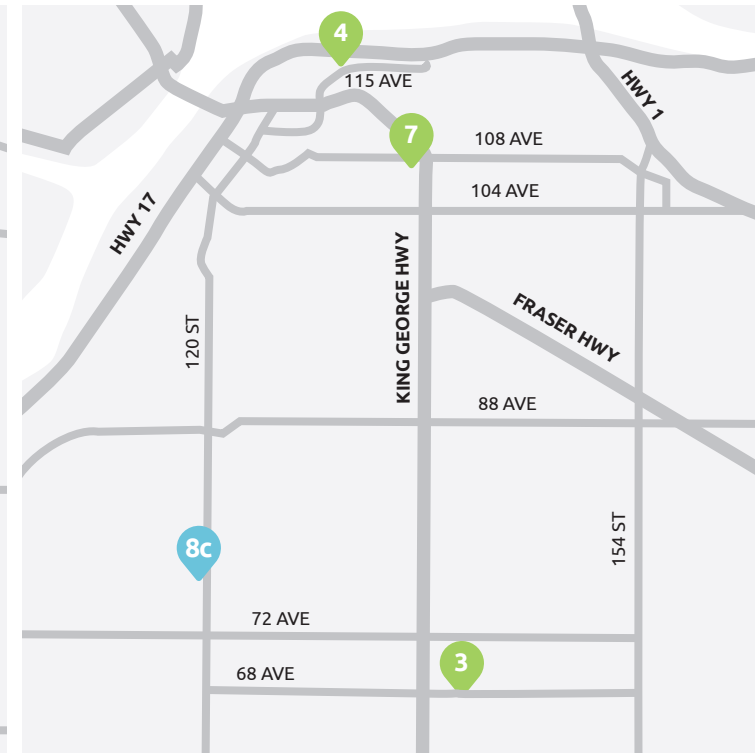


Please scan the QR code for information on other supportive services in Delta.

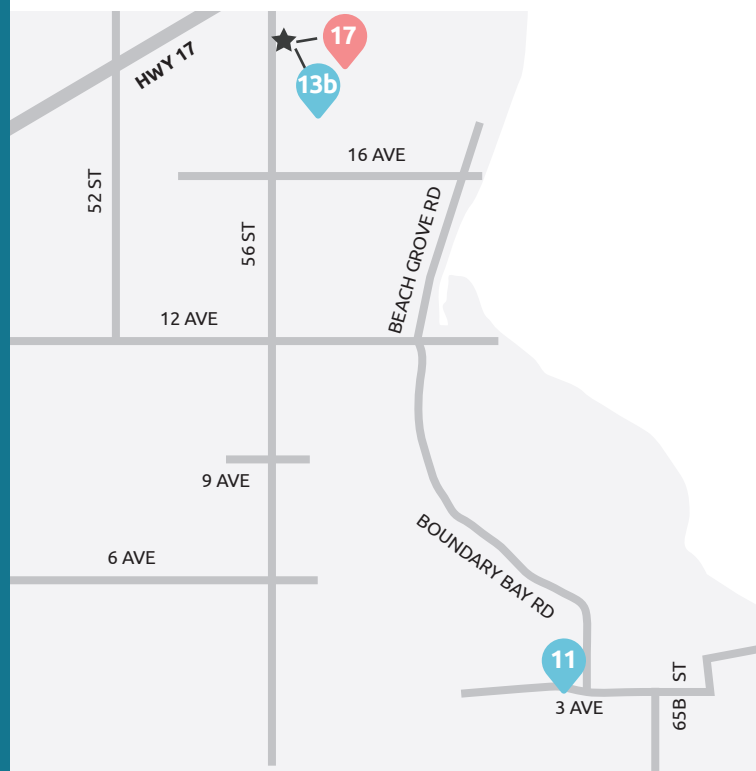
NORTH DELTA



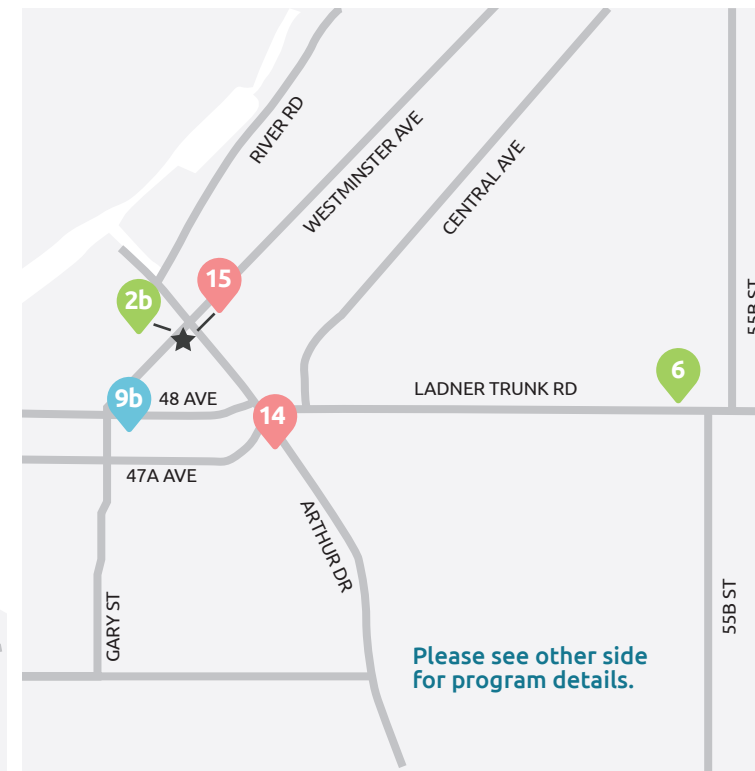
SURREY



TSAWWASSEN



LADNER



Please see other side for program details.



FEEDING DELTA

COMMUNITY FOOD RESOURCES



FOOD BANKS & FOOD HAMPERS

OTHER FOOD PROGRAMS

COMMUNITY MEALS & SNACKS

GROCERY & MEAL DELIVERY

- 1 COMMUNITY HARVEST: CROSSROADS UNITED CHURCH**
Free produce. Please bring bags.
First & third Sun: 2pm (Line up starts at 1:30pm)
7655 120th St, Delta | 778-593-1043
- 2 DELTASSIST COMMUNITY FUND: EMERGENCY FOOD**
Free, short term emergency grocery support.
Mon-Fri: 9am-4:30pm
a) N. Delta: 9097 120th St, Delta | 604-594-3455
b) Ladner: 202-5000 Bridge St, Delta | 604-946-9526
- 3 *GURU NANAK FOOD BANK**
Free monthly vegetarian groceries. Please book an appointment to register online at gnfb.ca
Mon-Fri: 1pm-6pm | Sat-Sun: 11am-6pm
11188 84 Ave, Delta | 604-580-1313
- 4 **MUSLIM FOOD BANK & COMMUNITY SERVICES**
Free groceries for residents with vegan & religious dietary needs.
Sat: 7am-10am | 104-12941 - 115 Ave, Surrey
1-866-248-3868 | coordinator@muslimfoodbank.com
- 5 *NORTH DELTA DEPOT: SURREY FOOD BANK**
Free bi-weekly groceries. Halal foods available.
Please call to book an appointment for registration.
Every other Tue: 10am-12pm
Northside Community Church | 11300 84 Ave, Delta
604-581-5443 Ext. 105
- 6 *SOUTH DELTA FOOD BANK**
Free weekly groceries. Please register in person during food bank hours.
Wed: 8:30am-11am
Lighthouse Church | 5545 Ladner Trunk Rd, Delta
604-946-4430 | southdeltafoodbank@gmail.com
- 7 ** TINY BUNDLES: SURREY FOOD BANK**
Free food and items for pregnant persons or children under 5yrs old.
Wed: 9am-1pm
10732 City Pkwy, Surrey | 604-581-5443 Ext. 111

- 8 NICK'S NOOK PANTRY**
Free pantry items for the community.
Mon-Sun: 24 hrs | NDsmallpantry@gmail.com
a) Northside Church | 11300 84th Ave, Delta
b) New Hope Church | 11838 88th Ave, Delta
c) Sunshine Ridge Baptist Church | 6230 120 St, Surrey
d) Crossroads Church | 7655 120 St, Delta (May 2023)
- 9 *DELTASSIST CHRISTMAS HAMPER PROGRAM**
Free Christmas hampers for qualified families.
a) North Delta | 9097 120th St, Delta
b) Ladner: 202-5000 Bridge St, Delta
604-594-3455 | inquiry@deltaassist.com
- 10 *GROWING AND LEARNING TOGETHER YOUNG MOMS PROGRAM**
Free baby supplies, bus tickets, and lunch for young moms.
Thu: 12:20-2:30pm
Gibson Elementary School | 11451-90th Ave, Delta
604-999-7457 | rsandhu@bgcbc.ca
- 11 **EARTHWISE SOCIETY Delta Food Coalition Harvest Box Program**
Free local produce and cooking resources.
Garden Program
Virtual and in person workshops on growing food and sustainable living throughout the year.
Shared Harvest Program
Free gleaned fruit shared with volunteers, participating homeowners and residents.
6400 - 3rd Ave, Delta
604-946-9828 | info@earthwisesociety.bc.ca
- 12 FREE BREAD**
Donated by Cobs Bread
a)**New Hope Church | Wed : 7pm
11838 88th Ave, Delta | 604-596-8178
Donated by Monte Cristo Bakery
b) **Deltassist
Mon - Fri: 9am-12pm & 1pm-4:30pm
9097 120th St, Delta | 604-594-3455
inquiry@deltaassist.com
- 13 *STARFISH PACK PROGRAM**
Free packs of food every Friday for families identified by school staff. Contact local school for other support programs.
a) North Delta Rotary/Deltassist | 9097 120th St, Delta
604-594-3455, ext 121 | kamd@deltassist.com
b) South Delta Baptist Church | 1988 56th St, Delta
mgrierson@southdelta.org

- 14 LADNER COMMUNITY MEAL**
Free dinner and dessert. Everyone welcome.
Tue before income assistance: 6pm-7pm
All Saints Anglican Church | 4755 Arthur Dr, Delta
604-946-8413
- 15 LADNER SNACK**
Free coffee, tea and pastries. Everyone welcome.
Tue: 2pm-4pm
Ladner United Church | 4960 48 Ave, Delta
604-946-6254
- 16 NORTH DELTA COMMUNITY MEAL**
Free nutritious dinner. Everyone welcome.
Fourth Sat: 5pm
a) Crossroads United Church | 7655 120 St, Delta
778-593-1043
\$5.00 warm lunch. Everyone welcome.
Every second Mon: 12pm -1:15pm
b) St Cuthbert Anglican Church | 11601 82 Ave, Delta
604-594-8822
Free meals during community events.
c) **Trinity Lutheran Church | 11040 River Rd, Delta
604-584-0111
- 17 TSAWWASSEN COMMUNITY MEAL**
Free lunch for seniors from September to May.
Third Tue: 11:30am
South Delta Baptist Church | 1988 56 St, Delta
604-943-8244
- 18 *HEALTHIEST BABIES POSSIBLE LUNCH CLUB**
Free lunch, pre-natal vitamins, grocery store gift cards, and baby clothes for pregnant and new parents.
Every other Fri: 11am-1pm
St. Cuthbert's Church | 11601 - 82nd Ave, Delta
604-583-1017 | hbp@options.bc.ca

- A *SURREY FOOD BANK: HAMPER TO YOUR HOME**
Free hamper delivery for users with verified mobility limitations.
604-581-5443 Ext. 111
- B MEALS ON WHEELS: SURREY/NORTH DELTA**
Meal delivery for users with physical limitations.
Bagged lunch \$5 | Hot meals \$10.50
Mon-Fri: 10am-1pm
778-590-1433 | sndmow@gmail.com
- C MEALS ON WHEELS: LADNER TSAWWASSEN**
Meal delivery to seniors, and those with a disability or illness.
Meals from \$8 | easdowns@hotmail.com
1) S. Delta: Mon | Wed | Fri
2) Tsawwassen: Tues | Thurs
- D *BETTER MEALS**
Meal delivery for seniors with dietary restrictions.
Meals from \$1.50-\$9 | Minimum order \$30
Mon-Fri: 8:30am-3pm | contact@bettermeals.ca
604-299-1877 | 1-888-838-1888
- E *DELTASSIST PHONE SHOPPING FOR SENIORS**
Free grocery shopping for seniors or those living with disabilities.
Minimum order of \$35 | 604-946-9526
- F *LADNER AND TSAWWASSEN MEALS ON WHEELS**
Meal delivery to seniors, and those with a disability or illness.
Meals from \$8 | easdowns@hotmail.com
1) S. Delta: Mon | Wed | Fri
2) Tsawwassen: Tues | Thurs

*Registration is required - call or email for details.
**Call for exact dates and hours of operation.
Please see other side for program locations.

MONDAY	2	3	8	12b	16b	17	B	C1	D	F1		
TUESDAY	2	3	5	8	12b	14	15	17	B	C2	D	F2
WEDNESDAY	2	3	6	7	8	10	12a	12b	B	C1	D	F1
THURSDAY	2	3	8	10	12b	B	C2	D	F2			
FRIDAY	2	3	8	12b	13	18	B	C1	D	F1		
SATURDAY	3	4	8	12b	16							
SUNDAY	1	3	8	12b	Please see corresponding numbers for program details.							