

Food Resources in Delta

"Updated as of: March 2018. 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/Emergency Food												
Food Bank - North Delta	North Delta Evangelical Free Church 11300 84 Ave, Delta	Surrey Food Bank 604-581-5443 Ext. 111	http://www.surreyfoodbank.org/programs/other-foodbanks/north-delta	Must be a registered client, registration must be updated every 6 months. Available to residents of North Delta and North Surrey.	FREE			every other Wednesday 10 am to noon				
Food Bank - South Delta	South Delta Food Bank Lighthouse Church 5545 Ladner Trunk Road, Delta	604-946-4430	http://www.ladnerlife.com/programs/south-delta-food-bank	Must be registered. Available to residents of Ladner or Tsawwassen. Light meal is served.	FREE			9am to 11 am. Includes a light meal				
Food Bank - Tiny Bundles	Surrey Food Bank 10732 City Pkwy, Surrey	Surrey Food Bank 604-581-5443 Ext. 111	https://www.surreyfoodbank.org/programs/for-toddlers-kids/	Surrey Food Bank program specifically designed for pregnant moms and families with babies aged newborn to one year. Tiny Bundles families receive food every week instead of every two weeks. Available to Delta residents but must pick up at Surrey location.	FREE			Wednesday 9am to 1 pm				
Hamper to your Home	Surrey Food Bank 10732 City Parkway, Surrey	Surrey Food Bank 604-581-5443 Ext. 111	https://www.surreyfoodbank.org/programs/hamper-to-home/	CHECK AVAILABILITY as there may be waitlists. Provides home delivery service for registered food bank clients who have a mobility condition (mobility status and need for delivery validated by a medical doctor) and are unable to travel to the food bank;	FREE							
Food Bank - Bread	New Hope Christian Church 11838 - 88th Avenue Delta, BC	604 596-8178	http://www.new-hope.ca/	Free Bread and coffee	FREE				Thursday 9am - noon			
Weekly Bread Gleaning Program	Deltassist 4891 Delta St, Delta	604-594-3455	http://www.deltaassist.com/community/food-security-in-delta	Deltassist administers a bread gleaning program every Wednesday from our North Delta office. For information on how, when and where bread is available please call our office at 604-594-3455	FREE			Wednesday - call for times/location				
Muslim Food Bank	13085 - 115 Avenue, Surrey	1-866-824-2525 contact@muslimfoodbank.com	www.muslimfoodbank.com	Serves both Muslims and Non-Muslims who have dietary restrictions whether religious or cultural. If you have NO dietary restrictions, please attend your local foodbank. Eligible Delta residents must pick up at the Surrey location. Also offers a range of supports for clients and new refugees to help aid with settlement.	FREE						1st and 3rd Saturday of the month	
Deltassist Community Fund Emergency Food	Deltassist 4891 Delta St, Delta	North Delta - 604.594.3455 Tsawwassen/Ladner - 604-946-9526	http://www.deltaassist.com/community/community-fund-emergency-food	To assist low-income Delta residents who are in crisis situations by providing emergency food and food vouchers. It is not a Food Bank but rather a stop-gap for emergency situations.	FREE							
Community Meals/Snacks												
Community Meal - North Delta	Crossroads United Church Community Dinner 7655 - 120 Street, Delta	778-593-1043	http://www.crossroads-united-church.ca/	Community Dinner	FREE						4th Saturday of each month 5 pm	
Community Meal - Ladner	All Saints Anglican Church, Ladner 4755 Arthur Drive, Delta	604-946-8413	http://www.allsaintsladner.org/	Community Meal	FREE		6 pm - Tuesday, the day before Income Assistance Payment Dates					
Community Meal - Tsawwassen	South Delta Baptist Church 1988 - 56 St, Delta	604-943-8244 info@southdelta.org	http://www.southdelta.org/	Community Dinner	FREE		1st Tuesday of the month 630 - 8 pm					
Coffee/Tea/Pastries	Ladner United Church 4960 48th Ave, Delta	604 946-6254 office@ladnerunited.org	https://www.ladnerunited.org/	Open invite to general public	FREE				Thursday 2 pm			

Community Kitchens												
Community Kitchens	DIVERSEcity - North Delta if funding allows	604-547-1325 kitchen@dcrs.ca	http://www.dcrs.ca/services/settlement-services-and-community-programs-department/food-security-program/	CURRENTLY NOT RUNNING IN DELTA. CALL TO SEE IF NEW KITCHENS HAVE BEEN FUNDED. Workshops on Canadian foods, Canadian kitchens, nutrition, meal planning, safe food handling, canning and preservation, budgeting and creating recipes, tours of stores and given information about community food supports for those on a low income.	FREE							
Programs with Food												
Starfish Backpack Program	Deltassist 4891 Delta St, Delta	Carly Geistlinger, 604-594-3455, ext 121, carlyg@deltaassist.com.	http://www.deltaassist.com/community/starfish-backpack-program	Partnership between Deltassist and North Delta. Backpacks with food for children and families are sent home each Friday for the weekend during the school year. Schools identify students to participate.	FREE						Fridays during the school year	
Christmas Hamper program	Deltassist 4891 Delta St, Delta	604-594-3455 inquiry@deltaassist.com	http://www.deltaassist.com/community/food-security-in-delta	Deltassist coordinates the collection of food and distribution of Christmas hampers for low-income Delta residents during the Christmas season. Contact Deltassist to register.	FREE							
Harvest Box Program	Delta Food Coalition Earthwise Garden 6400 - 3rd Ave Delta, BC	Earthwise Society 604-946-9828 info@earthwisesociety.bc.ca	http://earthwisesociety.bc.ca/collaboration/delta-food-coalition/family-harvest-box/	Program that provides fresh, seasonal vegetables, resources on growing food organically, and information on healthy eating. Hands-on program at Earthwise Farm. Families are referred and receive a harvest box after each session attended. Families can attend as many sessions as they want. Program runs from early April until November. Bus tickets provided.	Participating families receive a Harvest Box valued at \$25							
Shared Harvest Program	Delta Food Coalition 6400 - 3rd Ave Delta, BC	Earthwise Society 604-946-9828 info@earthwisesociety.bc.ca	http://www.earthwisesociety.bc.ca/collaboration/delta-food-coalition/shared-harvest/	Gleaning project where volunteers harvest excess fruit and vegetables throughout the community, which is distributed through participating social service organizations. You can participate as a homeowner with excess produce growing in your yard or as a volunteer who harvest and receives some of the food.	FREE	Locations and times vary						
Pocket Markets	Delta Food Coalition 6400 - 3rd Ave Delta, BC	Earthwise Society 604-946-9828 info@earthwisesociety.bc.ca	http://www.earthwisesociety.bc.ca/collaboration/delta-food-coalition/pocket-markets/	Program that brings mini farmer's markets to seniors' residences in the community. Pocket Markets offer freshly harvested organic produce from the Earthwise Farm, free produce from Shared Harvest (as available) as well as discounted prices on organic produce.	at cost	Locations and times vary						
Healthiest Babies Possible	Lunch club at St Cuthbert's Church 11601 - 82nd Ave, Delta Community Kitchen at 100-6846 King George Blvd, Surrey	604-583-1017 hbp@options.bc.ca	http://www.options.bc.ca/families-children/healthiest-babies-possible	Pregnancy outreach program from pregnancy until baby is 6 mo old. Food supports include lunch club, community kitchen group, prenatal vitamins, and grocery store gift cards. For residents of Surrey, White Rock and Delta. Must register for program	FREE							
Food Skills for Families	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/	Hands-on, 6 session cooking program where participants learn how to make healthy meals, snacks and beverage choices and gain confidence in the kitchen. Programs are delivered to at risk populations, and focus on healthy eating, not diabetes. Phone or check website as programs are run at different locations / times.	FREE							

Phone Shopping For Seniors	Deltassist 4891 Delta St, Delta	(604) 594-3455 inquiry@deltaassist.com	http://www.deltaassist.com/seniors/volunteer-provided-services-free-of-charge	Assists seniors or people with a disability that cannot manage their grocery shopping on their own; available in North Delta on Tuesdays, and in Tsawwassen on Wednesdays	FREE								
Thrifty Foods online			www.thriftyfoods.com	Online grocery ordering and delivery. Cost of groceries and delivery fee	Delivery fee added								
Save on Foods online			www.saveonfoods.com	Online grocery ordering and delivery. Cost of groceries and delivery fee	Delivery fee added								
Real Canadian Superstore online			www.realcanadiansuperstore.ca	Online grocery ordering and delivery. Cost of groceries and delivery fee	Delivery fee added								
Dairyland Home Delivery	Dairyland Home Service Saputo Dairy Products 6800 Lougheed Highway Burnaby, BC	604 421-4663 1-877-341-8700 dhs.bc@saputo.com	www.morethanmilk.ca	Need to set up an account. Can order online, by phone or leave form at the door. Regularly scheduled delivery of a dairy, organic produce and groceries, fresh baked goods, popular juices and beverages, dessert and household products. 10 % senior's discount by request. See website for items and prices.	FREE delivery. 10% Seniors discount by request								