

Salvation Army Community & Family Services

13474 96 Avenue, Surrey, BC V3V 1Y9

Tel: 604-496-5172 surreysa.ca

Emergency assistance for food and clothing, as well as a variety of other services.

Salvation Army—White Rock Community Church

15417 Roper Avenue, White Rock, BC

Tel: 604-531-7314

Individuals or families who are struggling financially may visit a maximum of one time per month for a food emergency hamper of non-perishable food. Clothing assistance and household items also available. Each client must provide the following upon request: Photo ID, ID for each household member or dependent, proof of address and proof of income. Tuesdays and Fridays: 10 a.m. to 12 p.m.

Sources – White Rock/South Surrey Food Bank

2343 156th St. Surrey BC V4A 4V5

Tel: 604-531-8168 foodbank@sourcesbc.ca

Provides community members in need a minimum of two days worth of food per person per week. Extra healthy food items are also provided for each school-age child as well as formula and diapers for babies. Register in person. Must live within White Rock or South Surrey (from 0 Ave to 40 Ave; from 120 St. to 196 St.).

Surrey Food Bank

Unit 1 - 13478 78th Ave, Surrey V3W 8J6

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

Offers food to clients every 14 days. Amount depends on size of family. Must register in person and set up an appointment to do so (picture ID, proof of address and income, and medical cards for all family members required). Offers Hamper to Your Home program for food bank patrons with mobility issues (waitlist currently for most routes, must be verified by a physician). Showers/Laundry/Lunch services on Sundays 12-4pm. Also have a seniors 65+ depot (call for dates). Also have depots in Cloverdale, Guildford, and North Delta.

Meals on Wheels

Cloverdale Community Kitchen Mobile Meals

Tel: 778-617-3000 mobilemeals@mycck.ca

www.mycck.ca/things-we-do/pages/mobile-meals

Deliver fresh, hot, nutritious and ready to eat meals to your doorstep Monday to Thursday. Each day you have the option of a regular meal with meat or vegetarian. On Thursday you have the option of ordering two meals to save one for Friday. \$6 per meal.

Surrey/North Delta

#332 7360 137 St. Surrey, BC V3W 1A3

Tel: 778-590-1433 www.sndmow.com sndmow@gmail.com

Serves Surrey, Cloverdale and North Delta. Delivers hot meals 5 days a week. Regular size: \$10.50, large size \$11.00 and bagged lunch \$5.00.

Library Resources

Surrey Libraries has a great selection of cookbooks featuring lower cost recipes. This is just a few of them:

Well Fed, Flat Broke: Recipes for Modest Budgets and Messy Kitchens by Emily Wight

Save With Jamie: Shop Smart, Cook Clever, Waste Less by Jamie Oliver

The \$5 Dinner Mom: One-dish Dinners Cookbook by Erin Chase
Budget Bytes: Over 100 Easy, Delicious Recipes to Slash your Grocery Bill in Half by Beth Moncel

If you want to try growing your own fresh vegetables:

Kitchen Gardening for Beginners by Simon Akeroyd

Edible Spots & Pots: Small-space Gardens for Growing Vegetables and Herbs in Containers, Raised Beds, and More by Stacey Hirvela

Transportation

BC Bus Pass

Tel: 1-866-866-0800

tinyurl.com/yckrhdy2

Offers a lower cost, annual bus pass for low-income seniors, people receiving disability assistance, and others that qualify. Valid in communities serviced by BC Transit or TransLink. Valid for the eligible rider and is non-transferable.

BC Ferries Discounts

Tel: 1-888-223-3779 www.bcferrys.com/routes-fares/ferry-fares

Seniors: BC Free sailing between Monday - Thursday for seniors on passenger fares on some routes and sailings. Not available for some peak dates and routes (exact days and routes on website). Also offer discounts for people with disabilities (need to apply for a BC Ferries Accessibility Fare Identification Card).

Better at Home

Tel: 604-268-1312

www.betterathome.ca info@betterathome.ca

For seniors, 65 years and older and aimed at helping individuals stay in their homes. Offers transportation to appointments, light housekeeping, yard work, social programs, friendly visitors and grocery shopping. A small fee for some services, on a sliding scale depending on income. Services vary somewhat depending on region so call for further details.

Concession transit fares

Discounted transit fares for HandyCard holders, seniors 65+, children 5 to 13 years, and youth 14 to 18 years. Youth must present valid photo ID proving age. Children under 12 ride free when with a paying guardian. Max of 4 children can ride for free with paying passenger.

Cycling

General city site: www.surrey.ca/cycling

There are great cycling routes in Surrey and the network continues to expand. You can pick up a cycling map up at most libraries. The MySurrey App also has the cycling map in it, or try Google Maps.

HandyCard

Tel: 604-953-3680 tinyurl.com/4h2zgd26

HandyCard is a photo-identity card for customers who cannot use the conventional system without assistance. Cardholders are entitled to Concession fares and their attendant travels for free when traveling on buses, SkyTrain, SeaBus, and West Coast Express. HandyCard holders are also eligible to purchase and use TaxiSavers, which are half-priced coupons for use as payment with participating taxi companies.

HandyDART

Tel: 604-575-6600 (book a trip) 604-953-3680 (sign up)

www.translink.ca/rider-guide/transit-accessibility/handydart

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 using 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.

SOURCES Volunteer Wheels

Tel: 604-542-4357 help@sourcesbc.ca

www.sourcesbc.ca/our-services/volunteer-services-volunteer-wheels/

Volunteer drivers provide assistance to residents of White Rock and South Surrey who are unable to use public transit and have no other means of reaching essential healthcare appointments in the Metro Vancouver area. Volunteer drivers pick up and return clients to their residences. A minimum of 1 week's notice is requested and a suggested fee guide is provided.

Looking for services not covered in this brochure?

Please ask at your local library. We are here to help. Visit us, call 604-598-7300 or at www.surreylibraries.ca/lowcost.

You can also call 211 for a free, confidential, multilingual help. Available 24 hours a day, 7 days a week. Online at bc.211.ca.

If you would like more information or if you spot correction email us at lowcost@surrey.ca

Surrey Libraries does not endorse or promote particular resources or programs, and inclusion here does not imply the Library's endorsement.



Free or Low Cost Meals

Alexandra Neighbourhood House

2916 McBride Ave. Crescent Beach BC

Tel: 604-535-0015 alexhouse.net

Monthly lunch offered Sept-June every second Wednesday. Cash-only cost is \$12 (\$10 for members).

Cloverdale Community Kitchen

5337 180 St. Surrey, BC

Tel: 778-617-3000 mycck.ca

Community meal Monday to Friday at 6pm. Have a number of other services including a food bank and mobile meal delivery.

Food Skills for Families

www.foodskillsforfamilies.ca

Connecting people in the kitchen, teaching hands-on cooking skills and making healthy eating, grocery shopping and cooking easy, quick and fun. A 'hands-on' skill-building program developed by dietitians and educators. Participants learn how to make healthy meals and how to make healthier snack and beverage choices while gaining confidence in the kitchen.

Fraser Region Aboriginal Friendship Centre

A101—10095 Whalley Blvd. Surrey BC

Tel: 604-595-1170 fracfa.org

Offer a range of programs for all ages. Many programs, including culture nights, have meals or refreshments.

Gateway of Hope

5787 Langley Bypass, Langley

Tel: 604-595-1170 gatewayofhope.ca

Lunches are 12:30pm on Monday, Wednesday, Friday, Saturday & Sunday. Dinners offered at 5:00pm on Tuesday & Thursday.

Gracepoint Community Church

3487 King George Blvd, Surrey BC
Tel: 604-538-1825 gracepoint.ca
Sundays from 5:00 PM until 6:00 PM starting September 4, 2022.

JAM Toonie Lunch @ Salvation Army

15417 Roper Ave White Rock BC
Tel: 604-531-7314
Adults & Seniors Toonie Lunch - Wed. 11am-1pm - \$2.5 donation encouraged.

King's Banquet Soup Kitchen @ Star of the Sea

15262 Pacific Ave White Rock BC
Tel: 604-531-5739
A dining in nutritious dinner on Tuesdays from 4 - 6 pm. Families welcome and provided with special seating. Donations welcomed & appreciated, but not expected.

Maxine Wright Hot Lunch Program

Maxine Wright Place 2 - 13733 92nd Ave. Surrey, B.C. V3V-1H9
Tel: 604-587-3835 maxwright@atira.bc.ca
Daily hot lunch for women who are registered clients. Supports women who are pregnant or who have children under 6 months at the time of intake who are also impacted by substance use and/or violence.

NightShift Street Ministries

Surrey: 10635 King George Boulevard, Surrey, BC V3T 2X6
Langley: 5708 Glover Rd Langley BC
Tel: 604-953-1114 info@NightShiftMinistries.org
Outreach locations in Surrey and Langley include a hot meal and additional support to the community's vulnerable citizens on the street. The meal service is available from 7-8 pm every night of the year in Surrey, and Monday through Thursday evenings in Langley.

Peace Portal Alliance

15128 27B Avenue, Surrey BC www.peaceportalalliance.com
Tel: 604-531-4733
Community dinner every Wednesday at 5:30pm.

Seniors Community Lunches

Tel: 604-531-9400 ext. 207
www.brellasociety.ca/community-lunches-1
There are lunches in most areas of Surrey. You can find the dates and locations by calling the Brella Society. Most are around \$8.

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)
Drop-in services including a nutritious and tasty hot lunch, Tuesday and Thursdays from 11:30 - 1 pm, for women and their children. Also offer laundry and shower facilities by appointment and a wide range of other supports for women.

Surrey Schools Meal Programs

Tel: 604-595-5300
tinyurl.com/w4ppsft
Provide simple nutritious meals to students in need so that they can concentrate on learning. Breakfast Club participation is by invitation so contacting your child's school is the best way to learn more. Lunch Programs are offered in some elementary and secondary schools.

Surrey Urban Mission

10776 King George Blvd. Surrey BC
Tel: 604-581-5172 sumsplace.ca
Breakfast 7 days a week from 8:30-9:30am. Lunch 11:30 - 12:30 pm Mon - Fri. Sunday Dinner is at 5pm. Clothing and pet food give away Mon Wed Friday from 11:30am until 1pm. Support workers available to help with housing, ID and other needs.

Young Families' Stepping Stones Program

Fleetwood Christian Reformed Church 9165 160 St. Surrey
Tel: 604-590-375 www.youngfamilies.ca
Bake muffins to snack on and bring home. Guest speakers from the community on topics such as parenting, budgeting, community resources, relationships, self care and more. Free child minding for your children. Rides available on first come first serve basis.

Low Cost Groceries

A couple of tips:

- Try to buy bulk food.
- Independent are often less pricey for fruits and vegetables

- Buy wholesale for bread and freeze what you do not use

- The library has books on how to save on food costs

Clayton Seed Library

Clayton Community Centre 7155 187A Street Surrey, BC
www.clayton-seed-library.com ClaytonSeedLibrary@gmail.com
Offers a seed exchange at the Clayton Community Garden. Also offer free volunteer led gardening workshops.

Community Gardens

Tel: 604-501-5050 parksrecculture@surrey.ca
tinyurl.com/24xnh89z
The City of Surrey hosts community gardens some 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/or Hep C and in need of nutritional support. Also offers Positive Haven which offers support services for those living with HIV.

Flash Food

www.flashfood.com
Mobile app that lets you browse food that it is close to it's expiry date and is deeply discounted at Real Canadian Superstores. You can buy through the app and then pick up in store. Great deals but items are a day or two from expiry usually.

Grocery Hour @ Oak Avenue

12740 – 102 Ave Surrey BC
Tel: 604-582-7088 www.oanh.ca
Tuesdays at 12:30pm registration, 1pm food distribution. Various food items including fresh vegetables, and fruits might be available depending on what is receive as donations. Grocery items made available with the support and help from local Save-On-Foods store. \$5 minimum donation. Please bring your own bag.

Langley Youth Hub

6275 203rd Street Langley BC
Tel: 604-546-1130 www.langleyyouthhub.com
Non-perishable food and supplies available. Range of services for teens and young adults in Langley. Outreach services. Doctor and counselling services also available.

The Plot

71st Avenue and 137A Street, behind the Newton Arena
Website: theplot.ca
Large community garden run by volunteers. Some free product and Sunday potluck picnics during the growing season. Great chance to learn about growing your own food.

Quest Food Exchange

1-13890 104th Ave, Surrey, BC V3T 1W9
Tel: 604-588-3476 questoutreach.org
Surrey store offers affordable food and household accessories. If you want to get a Quest Card please visit our website.

Surrey Seed Library @ the Ocean Park Library

12854 - 17th Avenue Surrey, BC V4A 1T5
Tel: 604-502-6449 (library) surreyseedlibrary@gmail.com
Offers free access to seeds and supports local gardeners in saving seed. We are a living seed exchange, currently sharing 60 varieties of regionally adapted, open pollinated and self-fertile seed.

Food Banks

Fraser Valley Regional Food Bank

5337 180 Street Surrey, BC
Tel: 778-617-3000 mycck.ca info@mycck.ca
Variety of fresh and packaged food, canned goods and bread. At times there are clothes. Every week there seems to be something new. Call to book an appointment to register. Please bring photo ID and proof of address, proof of income and ID for all dependents at your appointment if you wish to register.

Guru Nanak Food Bank

Unit 101 15299 68 Ave, Surrey BC
Tel: 604-580-1313 gnfb.ca
Full range of East Indian and western groceries for those in need. For Surrey or North Delta residents. Also have a distribution centre in North Delta.

Muslim Food Bank

Surrey Warehouse: 104 – 12941 115 Ave Surrey, BC V3R 0E2
Tel: 1-866-248-3868 www.muslimfoodbank.com
coordinator@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 hamper. Delivery is now available through United Way volunteers. Also offers a range of supports for clients and new refugees to help aid with settlement.