

## Low Cost and Free Food Programs in Burnaby/ New West

Provide food and emergency hampers. To register bring: proof of address, proof of income source and care cards for every family member.

October 2021

<b><u>Greater Vancouver Food Bank</u></b>	Tuesday	Wednesday	Thursday	Friday
<b>Hours:</b>	3:00-7:00	10:00-2:00	10:00-2:00	10-2pm
<b><u>Main Burnaby location</u></b>	at 8345	at 8345	at 8345	at 8345
604-876-3601; foodbank@foodbank.ca	Winston St.	Winston St.	Winston St.	Winston St.

- **Cost: Free**
- **Description:** 2 day food supplies provided for families in need.

<b><u>Don't Go Hungry</u></b>	<b>Hours:</b> Saturdays 12:30 – 2:00 pm
<i>Gordon Presbyterian Church</i>	
7457 Edmonds St., Burnaby	
604-836-8400; Dontgohungry.ca	

- **Cost:** Free
- **Description:** Free grocery hampers for families in need.

<b><u>Burnaby Neighbourhood House, Community Hall (South Burnaby)</u></b>	<b>Hours:</b> Thursdays 2:00 – 7:00pm
5024 Rumble St., Burnaby	
604-307-2945	

- **Cost:** Free
- **Description:** To register bring BC ID for every family member before pick-up day.

<b><u>Southside Church Food Bank</u></b>	<b>Hours:</b> Mondays 4:00- 5:30pm
<i>(across the street from Tommy Douglas Library)</i>	
7135 Walker Ave., Burnaby	
604-259-0170	

- **Cost:** Free

<b><u>Salvation Army Emergency Food Bank</u></b>	<b>Hours:</b> See Below
Salvation Army Family Services	
325 – 6 <sup>th</sup> St. New Westminster	
604-521-2421; salvationarmy.ca	

- **Cost:** Free
- **Description:** Emergency food provided, preferable if clients can bring their own bag. Must bring ID to register first time they come. Clients come at noon to get a number, then come back at 1pm to shop. **MONDAYS** and **WEDNESDAYS** are for **New West and Tricities** clients; **FRIDAYS** are for **Burnaby** clients. On Wed. have more produce.

**Salvation Army****Hours:** Fridays 12pm -1pm to pick-up number, 1pm-3pm food pick-up

325 - 5th St., New Westminster

604-521-242; salvationarmy.ca

- **Cost:** Free
- **Description:** To register bring BC ID for every family member before pick-up day.

**Youth Clinic/Youth Source at****Hours:** Tues. 2-6pm & Thursdays 3-7pm**Purpose Society Emergency Food Bank**

38 Begbie Street, New Westminster

604-526-2522; Program Supervisor 604 760-3244

<http://www.purposesociety.org/youth-programs/>

- **Cost:** Free
- **Description:** No questions asked. Emergency food bank providing mostly canned non-perishables and other services for youth 13-18 years, available during Youth Clinic Tues/Thurs; No ID or Medical Service Plan (MSP) required. For more extensive food bank needs, we recommend registering with Stride with Purpose (if eligible) or Salvation Army.

**GVF Bank**

Olivet Baptist Church

613 Queens Ave

New Westminster

604-876-3601

[www.foodbank.bc.ca](http://www.foodbank.bc.ca)**Hours:** Thursday 10:30-10:45am-

Priority Mobility 10:45-11:15am

Families (children under 6)

11:15-11:45am

Seniors (55+) 11:45-12:30pm All

other members

- **Cost:** Free
- **Description:** Grocery Program/Kitchen Program/Literacy/Capacity Building. 2-3 day food supplies provided for families in need. Clients are required to provide identification for themselves and for every family member (i.e. birth certificate, Care Card and proof of residence). Prefer if clients are able to bring their own bag. Have a volunteer who speaks fluent Arabic. Includes Hospitality Project by New Westminister Family Place - resources and supports for families and children; New West Farmers Market discounted local produce (see below under Farmers Markets)

**Grocery Market****Hours:** *Temporarily Closed - Please call to check if open*

Quest Not-For-Profit

7753 6th St., Burnaby

604-553-0636

[www.questoutreach.org](http://www.questoutreach.org)

- **Cost:** Varies, no taxes
- **Description:** 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.