

## Food Security Resources

<p><b>Quest Food Exchange</b> 13890 104 Ave #4 Surrey, BC V3T 1X2 Tel. (604)588-3476 Web: <a href="https://www.questoutreach.org">https://www.questoutreach.org</a></p>	<p>Access to reduced-cost grocery items for individuals facing economic barriers. By referrals only. For information on how to become a client: <a href="https://www.questoutreach.org/become-a-client/">https://www.questoutreach.org/become-a-client/</a> <b>Hours of Operation:</b> Monday to Friday 9:00 am – 5:45 pm Saturday 9:00 am – 3:45 pm Sunday 12:00 pm – 4:00 pm Closed on Holidays</p>
<p><b>Surrey Food Bank distribution centres:</b>  Tel. (604)581-5443 Web: <a href="https://www.surreyfoodbank.org">https://www.surreyfoodbank.org</a></p> <p><b>Surrey Food Bank (Newton)</b> 13478 78 Ave Unit-1 Surrey, BC V3W 8J6</p> <p><b>Surrey Food Bank (Guildford/Whalley)</b> Cedar Grove Baptist Church 10330 144 St Surrey BC</p> <p><b>Surrey Food Bank (Cloverdale)</b> Hillside Church 5950 179 St Surrey, BC</p>	<p>Free food access. Appointment must be booked to register for the first time. See registration requirements: <a href="https://www.surreyfoodbank.org/programs/registration-requirements/">https://www.surreyfoodbank.org/programs/registration-requirements/</a></p> <p><b>(Newton) Hours of Operation:</b> Mondays- Fridays 9:00 am to 1:00 pm</p> <p><b>(Guildford/Whalley) Hours of Operation:</b> Alternate Wednesdays 10:00 am to 12:00 pm</p> <p><b>(Cloverdale) Hours of Operation:</b> Alternate Tuesdays 10:00 am to 12:00 pm</p>
<p><b>City Reach Club Freedom</b> Nightshift Ministries, 10635 King George Blvd, Surrey, BC V3T 2X6 Tel. (604)953-1114 <a href="https://www.cityreach.org/clubfreedom">https://www.cityreach.org/clubfreedom</a></p>	<p><b>Free meals:</b> Sundays at 11:00 am</p> <p>*Time changes effective March: Doors open at 12:00 pm, Start time at 1:00 pm</p>
<p><b>Fraser Valley Regional Food Bank</b> Cloverdale Community Kitchen 5337 180<sup>th</sup> St, Surrey BC V3S 4K5 Tel. (778)617-3000 Web: <a href="https://www.myck.ca/things-we-do/pages/fraser-valley-regional-food-bank">https://www.myck.ca/things-we-do/pages/fraser-valley-regional-food-bank</a></p>	<p><b>Community meals:</b> Mondays to Fridays at 6:00 pm. <b>Food bank:</b> Registration needed to be added on the waitlist. Send the following information: Full Name, Phone number, and Current address to: <a href="mailto:coordinator@myck.ca">coordinator@myck.ca</a> <b>Hours of Food Distribution</b> for registered guests: Monday, Tuesday, Thursday 11:00 am – 12:30 pm Wednesday 11:00 am – 12:30 pm (Seniors only) Wednesday 5:00 pm – 6:30 pm Thursday 11:00 pm – 12:30 pm Closed on Fridays, weekends, and Holidays</p>

<p><b>Guru Nanak Food Bank Surrey</b>  15299 68 Ave, Unit 101  Surrey, BC V3S 2C1  Tel. (604)580-1313  Website: <a href="https://dukhnivaran.ca/food-bank/">https://dukhnivaran.ca/food-bank/</a></p>	<p>Free grocery. Needs to book appointment.  Online grocery registration:  <a href="https://gnfb.ca/book-appointment/">https://gnfb.ca/book-appointment/</a></p>
<p><b>Muslim Food Bank and Community Services</b>  104- 12941 115 Ave, Surrey, BC V3R 0E2  Tel. 1(866)248-3868  Website: <a href="https://muslimfoodbank.com">https://muslimfoodbank.com</a></p>	<p>Serves Muslims and non-Muslims, primarily refugees and new immigrant families in need. Provides food hampers to those with dietary restrictions (religious, cultural).  To register, email: <a href="mailto:coordinator@muslimfoodbank.com">coordinator@muslimfoodbank.com</a>  <b>Food Hamper Distribution hours:</b>  First &amp; Third Sat of the month from 7:00 am – 10:00 am  (registered clients only)</p>
<p><b>Sources White Rock/ South Surrey</b>  2343 156 St, Surrey, BC V4A 4V5  Tel. (604)531-8168  Website: <a href="https://www.mycck.ca/things-we-do/pages/fraser-valley-regional-food-bank">https://www.mycck.ca/things-we-do/pages/fraser-valley-regional-food-bank</a></p>	<p>Provides community members in need with a minimum of two days worth of food per person per week. All adults (19+) must register in person during distribution hours. Bring proof of address, photo IDs and care cards for each dependent.  To register: <a href="https://www.sourcesbc.ca/our-services/sources-white-rock-south-surrey-food-bank/">https://www.sourcesbc.ca/our-services/sources-white-rock-south-surrey-food-bank/</a>  <b>Hours of Food Distribution:</b>  Tuesday 9:30 am – 3:30 pm  Wednesday 10:00 am – 6:00 pm  Thursday 10:00 am – 2:00 pm</p>
<p><b>Feeding Futures (Surrey Schools)</b>  Tel. (604) 595-5300  <a href="mailto:admin@surreyschools.ca">admin@surreyschools.ca</a></p> <p><b>School Meal Programs:</b>  (Contact School for information)</p> <p><b>Breakfast Clubs:</b>  In partnership with the community funders, the school district offers Breakfast Clubs for students by invitation at selected Inner-City Schools. Community volunteers work with district staff to serve children a simple healthy breakfast of milk, fruit, cheese or yogurt, cereal and toast every morning.</p> <p><b>Lunch Programs:</b>  Provided in some elementary and secondary schools.</p>	<p>The program offers a variety of food: breakfast and lunch program options including on-site food preparation and/or food prepared and distributed in collaboration with external partners to school district sites.</p> <p><u>Breakfast Clubs</u>  Meals are provided to identified students at selected school sites with Breakfast club by invitation.</p> <p><u>Lunch Programs</u>  Lunch programs are offered at the following elementary and secondary schools:  AHP Matthew, Betty Huff, Bear Creek, Bonaccord, Bridgeview, Cedar Hills, Cindrich, Creekside, Forsyth Rd, Georges Vanier, Hjorth Rd, Holly, James Ardiel, KB Woodward, Kennedy Trail, Kirkbride, Lena Shaw, MJ Shannon, Old Yale Rd, Prince Charles, Riverdale, Senator Reid, Simon Cunningham, WE Kinvig, Kwantlen Park, Guildford Park, Queen Elizabeth, Princess Margaret, Frank Hurt, Johnston Heights, LA Matheson.</p>

*This information is provided to newcomer and ELL families seeking settlement support services from the Surrey Schools Welcome Centre. Information contained in this resource was collected from many sources and was current at the time of publication. This resource should not be considered a comprehensive listing of all resources and services available to newcomers. For additional resources and updated information, please see relevant websites and/or refer to information on Canada's settlement program and services here: [www.canada.ca/newcomerservices](http://www.canada.ca/newcomerservices)*

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