

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

Tuesdays 9:00-6:00pm Wed and Thurs 10:00-2:00pm
Register in person. Must live within White Rock or South Surrey (from 0 Ave to 40 Ave; from 120 St. to 196 St.). Bring picture ID and care cards for any dependents and mail from the last 2 months to prove address. Donations Mon to Fri 8:30-4pm. Mobile delivery services with doctor's note.

Surrey Food Bank

10732 City Parkway Surrey BC V3T 4C7
Tel: 604-581-5443 www.surreyfoodbank.org
Food distribution hours: Monday, Tuesday, Thursday and Friday 9:30am to 1:00 pm. Tiny bundles only: Wednesday 9:00am to 1:00pm. Evening Distribution: Every 2nd Thursday 6:00-7:00pm (call for dates). 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). Seniors 65+ depot; every 2nd Wednesday 1:30pm-3pm. (call for dates). Also have distribution depots in Newton, Cloverdale and North Delta.

Meals on Wheels

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.

White Rock

PO Box 39587 WR Postal Outlet Surrey BC V4A 0A9
Tel: 604-541-6325
www.whiterockmealsonwheels.com/
Delivers meals Mon, Wed, and Fri in White Rock and South Surrey areas for \$6.50 per meal. Hot meals delivered between 11am and 12:30pm. Service area is the Semiahmoo Peninsula area south of 40th Avenue and West of 188th Street.

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

Organic Crops in Pots: How to Grow your Own Vegetables, Fruits, and Herbs by Deborah Schneebeli-Morrell

Transportation

BC Bus Pass

Tel: 1-866-866-0800
www.buspass.gov.bc.ca

Offers a lower cost, annual bus pass for low income seniors and people receiving disability assistance. Valid in communities serviced by BC Transit or TransLink. Valid for the eligible rider and is non-transferable. Handy Dart is not included. Cost is \$45 per year and not prorated. People on disability can opt out of bus pass and get a \$52 per month transportation subsidy instead. To get a pass, you must meet one of these criteria:

- 60 years or older and the spouse of a person with the Person with Disabilities designation and are receiving disability assistance from the Province of British Columbia
- 60 years or older and receiving income assistance from the Province of British Columbia
- 60 years or older, living on a First Nations reserve and getting assistance from the band office
- 65 years or older and qualify for the Guaranteed Income Supplement (GIS) but does not meet the Canadian 10-year residency rule
- Receiving Old Age Security (OAS) and the GIS
- Receiving the federal spousal Allowance
- Receiving the federal Allowance for the Survivor

BC Ferries Discounts

Tel: 1-888-223-3779 www.bcferries.com

Seniors: B.C. Free sailing between Monday-Thursday for seniors on passenger fares on some routes and sailings. Please present your B.C. Services Card, B.C. Gold Care Card (age 65 or greater), or either a valid BC Driver's License, BC Identification Card or Birth Certificate coupled with proof of residency in BC when you arrive at the terminal. Not available for some peak dates and routes (exact days and routes on website).

Better at Home

Tel: 604-536-9348 (Central Intake)
www.betterathome.ca
www.comeshare.ca/our-services/better-at-home/
bhintake@comeshare.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 the central intake number for further details.

Concession transit fares

Less expensive transit fares for HandyCard holders. Also for seniors 65 years and older and youth 14 to 18 years with valid photo identification proving age, and children 5 to 13 years. Children under 5 years ride free when accompanied by an adult (maximum 4 children per adult).

Cycling

General city site: www.surrey.ca/cycling
There are great cycling routes in Surrey and the network continues to expand. You can download a PDF cycling map online or pick one up at most libraries. The MySurrey App also has the cycling map in it.

HandyCard

Tel: 604-953-3680 tinyurl.com/a8227ty
For transit users with a permanent physical or cognitive disability. If you live within the TransLink service area, the orange concession compass card lets you travel for Concession fares on the bus, SkyTrain, SeaBus and West Coast Express. If you're accompanied by someone who assists you they can ride for free. HandyCard can't be used on HandyDart.

HandyDART

Tel: 604-575-6600 (book a trip) 604-953-3680 (sign up)
www.translink.ca/Rider-Guide/Accessible-Transit/HandyDART.aspx
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. To apply, print out the application form from the website and send in or call 604-953-3680.

Taxi Saver Program

Tel: 604-953-3680
TaxiSaver is available for people with permanent disabilities who have a HandyCard. Customer pays \$25 per book which gives them \$50 worth of taxi coupons. These are then used to pay for taxi rides. Must apply. The application has to be signed by a doctor, a nurse, social worker, or therapist and takes 4-6 weeks.

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 bc211.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 on the second Wednesday of the month. \$8 for members/ \$10 for non-members.

Cedar Grove Baptist Community Breakfasts

10330 - 144 Street Surrey, BC V3T 4V3
Tel: 604-581-8933 www.the-grove.net
Breakfast with soup, coffee or tea and bread. Every Monday from 8:30-11:30 am except Stat holidays. Christian ministry service.

Cloverdale Community Kitchen

5337 180 street Surrey, BC
Tel: 604-574-4001 mycck.ca
Three free meals a week. Monday, Wednesday & Friday at 6:30pm. Open to all ages.

Community Dinner @ Star of the Sea

15262 Pacific Ave White Rock BC
Tel: 604-531-4850 www.peninsulaunited.com
Second and fourth Monday of every month. By donation and family friendly. Doors at 4:30pm, meal at 5pm.

Community Dinner @ Oak Ave Neighbourhood Hub

12740 - 102 Ave Surrey BC
Tel: 604-582-7088 www.oanh.ca
Second Saturday of each month. Oak Avenue hosts monthly dinners for neighbours with support from various community groups. All ages, drop-ins welcome. Full meal by donation. Doors open at 4:00pm and dinner is at 4:30pm.

Food Skills for Families @ Diabetes Canada

www.foodskillsforfamilies.ca
Hands-on curriculum that makes healthy eating, grocery shopping and cooking easy, quick and fun. Teaches participants how

to make healthy meals, snacks and beverage choices and gain confidence in the kitchen. Offered at locations throughout BC including Surrey.

Fraser Region Aboriginal Friendship Centre

A101–10095 Whalley Blvd. Surrey BC
 Tel: 604-595-1170 frac.ca
 Offer a range of programs for all ages. Many programs, including the ‘Where We Gather’ cultural nights, have meals or refreshments.

Gateway of Hope

5787 Langley Bypass, Langley
 Tel: 604-514-7375 gatewayofhope.ca info@gatewayofhope.ca
 Lunch: Monday, Wednesday, Friday, Saturday & Sunday at 12:30pm
 Dinner: Tuesday, Thursday at 5:00pm

Gracepoint Community Church

3487 King George Blvd, Surrey BC
 Tel: 604-538-1825 gracepoint.ca
 Sunday Community Dinner: doors at 4:30pm, dinner served at 5pm.

JAM Toonie Lunch @ Salvation Army

15417 Roper Ave White Rock BC
 Tel: 604-531-7314
 Adults & Seniors Toonie Lunch - Wed. 11am-1pm - \$2 donation encouraged.

Johnston Heights Church Community Meals

9612 152nd St. Surrey BC
 Tel: 604-589-3733 hopetoyou.com/community-meal/
 Fresh hot meal and a food hamper. Twice a month at 2pm. Call or check the website for current dates.

King's Banquet Soup Kitchen @ Star of the Sea

15262 Pacific Ave White Rock BC
 Tel: 604-531-5739
 Meals Tuesday 4 – 6pm, doors at 3:45pm.

Langley Youth Hub

6275 203rd Street Langley BC
 Tel: 604-546-1130 www.langlelyouthhub.com
 Free meals for youths ages 12-24, Tuesdays and Thursdays between 2:00 and 6:00PM. Also have a variety of recreation programs for teens, and a range of other programs including LGBTQ2S+ drop in, substance use and mental health care, job seeking, housing and life skills help, and more. Check the website for current calendar and additional programs.

Lunch Club @ Healthiest Babies Possible

#100 - 6846 King George Boulevard Surrey BC
 Tel: 604-583-1017 hbp@options.bc.ca
www.options.bc.ca/program/healthiest-babies-possible
 Individual and group sessions for pregnant and new parents experiencing health or lifestyle challenges, living in Surrey, Delta, or White Rock. Service is free, confidential and lasts from pregnancy until baby is 6 months old. Focuses on pregnancy, breastfeeding, healthy eating, physical health, emotional well-being, and infant care. Also has lunch clubs, pre/post natal yoga, labour and delivery class, South Asian group, and a breastfeeding cafe. Childminding, donated baby clothes, prenatal vitamins, and grocery gift cards provided. Available in multiple languages. Self referrals okay.

Maxxine Wright Hot Lunch Program

Maxxine Wright Place 2 - 13733 92nd Ave. Surrey, B.C. V3V-1H9
 Tel: 604-587-3835 maxxwright@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.

Middle Eastern Friendship Centre

13483 108th Ave Surrey BC V3T 2K2 (next to Gateway Station)
 Tel: 604-288-5588 www.mefriendshipcentre.com
me.friendshipcenter@gmail.com
 Gathering place for people from the Middle East and Africa. Potluck on the last Wednesday of the month: email to be notified of these events. Family lunch Saturdays for \$7-\$9.

Multi-Cultural Community Kitchen @ Oak Ave Neighbourhood Hub

12740 – 102 Ave Surrey BC
 604-582-7088 www.oanh.ca
 Every 2nd & 4th Thursday of the month from 10:30-1:30pm. Members of the neighbourhood who enjoy food and cultures cook together. Registration required.

NightShift Street Ministries

10635 King George Boulevard, Surrey, BC V3T 2X6
 Tel: 604-953-1114, info @ NightShiftMinistries.org
 Free food, clothing and support services every night (7-8:30 pm). Office hours are 9 am to 5 pm Mon-Fri.

Peace Portal Alliance

15128 27B Avenue, Surrey BC www.peaceportalalliance.com
 Tel: 604-531-4733
 Meal by donation, last Wednesday of the month from 12:30pm-2:30pm.

People’s Church

14455 104 Ave Surrey www.peopleschurchsurrey.com/the-table
 Tel: 604-581-3525
 Tuesdays at 6:30pm. Meal with coffee and tea. Christian ministry service. Not offered in the summer.

Seniors Community Lunches

Tel: 604-531-9400 ext. 207
www.comeshare.ca/community-support/community-lunches
 There are currently lunches in most areas of Surrey. You can find the dates and locations by calling the Seniors Come Share Society. Most are around \$8 except Oak Ave which is by donation.

Senior’s Community Kitchen @ Oak Ave Neighbourhood Hub

12740 – 102 Ave Surrey BC
 604-582-7088 www.oanh.ca
 Seniors get together and learn about new food trends and try new healthy recipes. Registration required.

Seniors Luncheon @ Oak Ave Neighbourhood Hub

12740 – 102 Ave Surrey BC
 Tel: 604-582-7088 www.oanh.ca
 Every second and fourth Monday, each month: 11:30-1:00pm, drop-in, by donation, seniors to socialize and connect over lunch. Seniors who want to host, translate or volunteer at the lunch can connect with office staff.

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)
 Hot nutritious lunch: Tues-Fri 12:00 – 1:30 pm for women and children. Also offer laundry and shower facilities by appointment and a wide range of other supports for women. Open Tues - Friday from 10:30-2:30pm for other services like laundry and coffee etc.

Surrey Urban Mission

10776 King George Blvd. Surrey BC
 Tel: 604-581-5172 sumsplace.ca
 Lunch 11:30 - 1 pm Mon - Fri. Breakfast 7 days a week from 8-9:30am except Sat which is 9:00-10:30am. Sunday Dinner is from 4:30 – 6:00 pm. 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.

St. John's Presbyterian Church

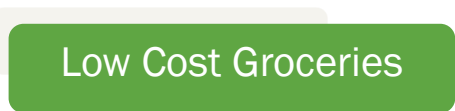
1480 George Street White Rock BC V4B 4A3
 Tel: 604-536-9322
 Friday lunch program 11:00am to 12:45pm by donation.

Third Space Café

Unit #1 1381 George St. White Rock BC
 Tel: 604-385-0822 www.ourthirdspace.com
 Drop-in coffee, chat and snack.

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.



A couple of tips:

- Try to buy bulk food. Many stores called “markets” buy and sell in bulk
- Asian markets are often less pricey for fruits and vegetables
- Large stores with memberships often give special prices to their members
- Try buying as a group to get the case price
- Buy wholesale for bread and freeze what you do not use
- The library has books on how to save on food costs

Community Gardens

Tel: 604-501-5050 parksrecculture@surrey.ca
www.surrey.ca/culture-recreation/7108.aspx
 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.

Cedar Grove Organic Community Garden: 10222 141 Street

Dunsmuir: 2900 Dunsmuir Road

Hazelnut Meadows: 14069 68 Ave Ave.

Holly Park: 10706 - 148 Street

Lionel Courchene Park: 9839 155 St.

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 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 its 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
 Low cost groceries every Tuesday at 11am. Limited supplies. \$2 minimum donation. Please bring your own bag.

The Plot

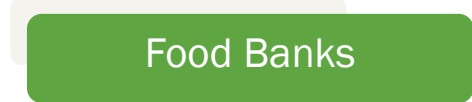
71st Avenue and 137A Street, behind the Newton Arena
 Website: theplot.ca
 Large community garden run by volunteers. Some free product and Sunday potluck picnics during the growing season. Great chance to learn about growing your own food.

Quest Food Exchange

1-13890 104th Ave, Surrey, BC V3T 1W9
 Tel: 604-588-3476
 Hours of Operation: Monday & Saturday 9am-4:15 Tuesdays to Friday 9am-6:15pm. Surrey store offers affordable food and household accessories. Must be referred either by Income Assistance or one of Quest’s 400 different partners which are listed on BC211 website. Ask at the library if you are having trouble with referrals, and we will try to find you a different local partnering agency.

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.



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. Also offers a range of supports for clients and new refugees to help aid with settlement.

Salvation Army Community & Family Services

13474 96 Avenue, Surrey, BC V3V 1Y9
 Tel: 778-395-4357
 Open Tues and Wed 9:30am-2:30pm. Emergency assistance for food and clothing, as well as a variety of other services.