

Food Programmes

Vancouver at the top Burnaby at the bottom and so on

This list is continually growing

Emergency meal program map:

<https://vancouver.ca/files/cov/emergency-meal-program-map.pdf>

Free and low cost meals Vancouver

<https://vancouver.ca/people-programs/free-and-low-cost-resources.aspx>

Community fridge program

<https://cityhallwatch.wordpress.com/2021/12/17/community-fridge-and-pantry-locations-in-vancouver/>

Vancouver free and low cost food map

<https://vancouver.ca/files/cov/emergency-meal-program-map.pdf>

Really recommend the following 5 programs! They are easy to register for. And provide healthy meals or ingredients as opposed to just canned food

Ceder cottage \$10 fresh food program

<https://cedarcottagefoodnetwork.com/2022/08/17/produce-bag-pickup-program-update/>

BC Framers Market Nutrition Coupons Program

\$27 worth of coupons please to use that only participating BC Farmers markets

<https://bcfarmersmarket.org/coupon-program/how-it-works/>

Sunset Community Center Food Bank

<https://mysunset.net/sunset-food-bank/>

Unique get-together society Food hamper

About: Our inclusive Food delivery program helps racialized and marginalized individuals, including people with disabilities, seniors, and families who may not have easy access to get to food bank facilities. We offer food hampers with the ability for clients to customize their order per dietary restrictions and/or cultural

considerations, also the needs of children and teenagers. We offer food hamper delivery on the weekends, delivered to your door, free of charge!

Website: <https://www.uniquegettogethersociety.com/foodhamper>

Register:

https://docs.google.com/forms/d/e/1FAIpQLSePunVHjLRRZPPhjJldMHRpmYut4sscWw_bhqxCIFX7T9eyjHA/viewform?pli=1&pli=1

Too good to go App

This app is available on the Google Play store and the Apple store, What it's basically done is taking the food that is mandated to be thrown out at the end of the day but it's still entirely fresh or edible. While there is a lot of pizza and things like that, there are grocery stores and I have picked up \$30 worth of groceries for \$10 and it was all fresh. Just search what you're looking for in your location! But do keep in mind that there are pickup times and no drop offs.

https://www.toogoodtogo.com/en-ca?utm_medium=search&utm_source=google&utm_campaign=ca_en_b2b_paid_marketing_search_google_performance_max&utm_content=search_themes+custom_audience&gad_source=1&gclid=Cj0KCQjwytS-BhCKARIsAMGJyzqhC_Kms_FkWxhiEI-IXPAiKExt03p_wbZZnxMzA3afeq7czkug9cEaAv-VEALw_wcB

Lower mainland free and low cost food map (from Burnaby to aldergrove):

<http://burnabyfoodfirst.blogspot.ca/p/free-low-cost-food-resources.html>

If you are on disability scroll down to find everything from transit, to education, to tax aid, job postings, housing, accommodations at this site:
<https://disabilityalliancebc.org/lower-mainland-free-and-low-cost-food-map/>

Food for Families

The programme offers a free nutritious food bank for low-income households in East Vancouver and Port Coquitlam; government-issued photo ID is required for first-time clients. Vancouver hours are from 4 pm to 5:15 pm Tuesdays for senior households, 5:30 pm to 6:30 pm Tuesdays for all other individuals and families, and 11 am to 12 pm Thursdays for individuals and families at The Warehouse; wheelchair accessible.

Physical address: 2650 Slocan Street, Vancouver, BC V5M 4E9

Phone: 604-254-CITY (604-254-2489)

Breakfast Connect

They provide hot breakfast and referrals to community resources from 9 am to 10 am Fridays. **Free Food Market** distributes recovered and donated food items from 9 am to 10 am Wednesdays. **Nourishing Hope Marketplace** allows individuals to choose the food they receive that suit their dietary restrictions and needs; by appointment.

Christmas Connect Luncheon provides a holiday meal; gift bags are available for seniors and singles. Also holds an annual Thanksgiving Turkey giveaway. **Healthy Eating Community Kitchen** courses offer food skills training from 12 noon to 2:30 Thursdays for six weeks; registration required. **Emergency Food Hampers** are available to low-income families with children living in Vancouver or Burnaby; by appointment only, registration required. New clients must present ID, proof of income, and proof of address. Also provides **Christmas Hampers**.

Physical address: 3213 Fraser Street, Vancouver, V5V 4B8 BC

Phone: 604-872-7676

Collingwood Community Fridge and Pantry

Provides a fridge, freezer, and dry goods pantry with low-barrier, 24-hour daily access for Renfrew Collingwood residents. Accepts donations of fresh, frozen, or non-perishable foods, as well as pet food and personal hygiene products including diapers, toothpaste, menstrual products, and personal protective equipment (PPE). Does not accept donations of raw meat, seafood, alcohol, home meals, or partly consumed foods. The fridge is stocked by staff and volunteers on Tuesday and Thursday afternoons, and on Saturdays if extra food is available. Food is provided in partnership with CityReach Care Society and ReFood Food Rescue Foundation. Funded in part by United Way British Columbia (UWBC).

Physical address: 5288 Joyce Street, Vancouver, V5R 6C9 BC

Neighbourhood Pantry

provides groceries to low-income individuals and families in the Hastings Sunrise area.

Multicultural Food Skills Exchange offers cooking and nutrition workshops for community members. **Kids in the Kitchen** is a drop-in parent-child cooking program for

families with children up to age six. The **Gardeners' Hangout** is a seasonal social group where members share gardening tips and exchange seeds. Also offers an annual Christmas hamper program for families who face barriers to food security.

Physical address: 2131 Renfrew Street, Vancouver, V5M 4M5 BC

Phone: 604-251-1225

Food Hamper Programme (highly recommend, and would recommend getting a ride or driving if possible because the hampers are huge)

Provides a free weekly hamper program where families or individuals ages 16 and up can pick up fresh produce, dried goods, and household goods weekly at Sunset Community Centre. Patrons can register online, in-person, or over the phone, weekly to be a part of the program. Pickup schedule is between 9:15 am and 1 pm Saturdays; four pickup timeslots available per day. Registrants are encouraged to be a part of the Leisure Access Program (see separate listing for details). Offered in partnership with the Greater Vancouver Food Bank.

Physical address: Sunset Community Centre, Vancouver, V5X 0A1 BC

Phone: 604-718-6505

Little Mountain Riley Park (LM-RP) Neighbourhood Food Network (NFN)

is a grassroots network of community members, businesses, and organizations that ensures local residents have access to healthy food through programs such as the **Riley Park Community Garden (RPG)** and through the **Yard Garden Harvest Project**; offered in partnership with UBC Farm Practicum Program, with excess produce donated to the **Food Hub Program**. Food grown is part of the weekly **Food Distribution Program** which includes delivery of food hampers on a quarterly basis and meals to seniors as well as grocery gift cards for families. The **Riley Park Farmers Market Donation Station** is a place where community members and farmers donate money and produce for the food distribution program on a monthly basis.

Physical address: 3981 Main Street, Vancouver, V5V 3P3 BC

Phone: 604-879-7104

Cheap Markets

Quest market:

[website](#)

Quest Outreach Society exists to disrupt the cycle of food insecurity through access to healthy and affordable food that is sourced sustainably. By bridging the gap between food banks and traditional grocery stores, Quest provides a grocery experience based on principles of dignity, access and sustainability.

Application: [referral process](#)

Please note you need a nurse, outreach worker, social worker or something or that married to do the referral. You cannot self refer

City of Burnaby food security:

<https://www.burnaby.ca/services-and-payments/seniors-and-family-support/food-security>

Links within above link:

[Food and meals directory](#) about: Burnaby Public Library produces a full, current list of food and meal services in Burnaby, complete with contact information for each organization that provides these services:

community meals

food banks

groceries

food delivery (free) / food delivery (paid)

[Burnaby and new west food assest map](#)

About: This interactive map shows all food and meal services offered by non-profit organizations at low or no cost.

[Burnaby community garderns](#)

About: Burnaby's working gardens are managed by non-profit community groups. They provide an important service to communities by giving residents an opportunity to get involved in growing food and share their experience and knowledge—all while building a welcoming, safe community.

[Urban agriculture](#)

Burnaby has a proud farming history that spans 160 years. It currently offers two urban agriculture programs

[Apiculture](#): This brochure is the City's guide to keeping bees in Burnaby.

[Artisan Farmer's Markets](#): The City partners with Artisan Farmer's Market to offer a weekly market at Burnaby City Hall from May to October (every Saturday, 9 am-2 pm).

[How to garden without a garden](#) (awesome guide!)