

Low Cost and Free Food Programs in Burnaby/ New West

June 2023 – Summer Hours



To register bring proof of address, proof of income source and care cards for every family member.

BURNABY – FOODBANKS

Quest Not-For-Profit Grocery Market

7753 6th St. Burnaby

604-553-0636

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 school, not-for-profit association, government office, health practitioner, or church. Have limits for food due to low supplies.

Monday – Friday - 9:00 – 5:45pm

Saturday – 9:00 – 3:45pm

Sunday – 11:00 – 3:00pm

Society to End Homelessness

Southside Neighborhood Church

(across the street from Tommy Douglas Library)

7135 Walker Ave.

604-259-0170

Tuesdays 3:30- 5:00pm

Closed social assistance cheque week.

Burnaby Neighborhood House

Community Hall (South Burnaby)

5024 Rumble St.

604-307-2945

- Cost: Free

- To register bring BC ID for every family member before pick-up

- Cost: Free

- Register onsite with government ID.

Wednesdays 1:00-5:00pm

Greater Vancouver Food Bank - BURNABY

Main Burnaby Location

8345 Winston St.

604-876-3601

foodbank@foodbank.ca

- Cost: Free

- Description: 2-3 day food supplies provided for families in need.

Families may only receive food from ONE Greater Vancouver Food Bank site per week (Burnaby or New Westminster – not both).

Friday 12pm-7pm

Saturday 10am-3pm

Closed social assistance cheque week

Don't Go Hungry

Saturdays 12:30 – 2:00 pm

Trinity Presbyterian Church (Formerly Gordon Presbyterian Church)

7457 Edmonds St

604-836-8400

Dontgohungry.ca

- Cost: Free

- Description: Free grocery hampers for families in need. Families need to register on site.

NEW WESTMINSTER – FOODBANKS

Purpose Society Emergency Food Bank (Youth)

Tuesdays 2 -6pm

38 Begbie Street,

Thursdays 3-7pm

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; 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.

Greater Vancouver Food Bank – NEW WESTMINSTER

Wednesday 9:30am – 1:30am

Olivet Baptist Church

Closed social assistance cheque week.

613 Queens Ave

New Westminster

604-876-3601

www.foodbank.bc.ca

- 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)

NOTE – Families may only receive food from ONE Greater Vancouver Food Bank site per week (Burnaby or New Westminister – not both).

Salvation Army

Fridays 12pm -1pm to pick-up line number

325 - 5th St.

1pm-3pm food pick-up

New Westminister, BC

604-521-2421

salvationarmy.ca

- Cost: Free

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

Salvation Army Emergency Food Bank

Hours: See Below

Salvation Army Family Services
325 – 6th 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. Call to make an appointment for registration prior to service.

- Mondays – New West & Tri-Cities residents 12:30-2:00pm
 - Wednesdays – Everyone 12:00-1:00pm
 - Friday – Burnaby residents 12:30-2:00pm
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Purpose Society

Fridays - 12pm

40 Begbie St., New Westminster
Phone: 604-526-2522
Email: mail@purposesociety.org

- Food hampers are available for families. Contact Purpose Society to register. Bagged groceries are available on Fridays at 12pm from the side door on Alexander Street.

Community Meals

Society to End Homelessness - Outreach Resource Centre

Southside Neighborhood Church (Across from Tommy Douglas Library)
7135 Walker Avenue, Burnaby
Phone: 604-200-0712 or 604-259-0170
Email: Carolannf@burnabyhomeless.org or info@southside.ca

- Wednesdays 5:30pm-6:15pm Community Meal

- Thursdays 9am – 11:30am services include: opportunity to meet outreach workers and nurse practitioner.

Outreach Resource Centre Pop-Up - Jubilee Avenue

Parking stalls on Jubilee Avenue near Bonsor Skate Park and Imperial Street
Phone: 604-200-0712 or 604-259-0170
Email: Carolannf@burnabyhomeless.org

- Run by volunteers from the Task Force to End Homelessness in Burnaby. Services include: a hot meal, opportunity to meet Outreach workers, food bank pre-packed bags, and harm reduction kits. Open on Wednesdays from 9:30am to 11am.
