

Low-Cost and Free Food Programs Operating in Burnaby during Covid-19 Pandemic

Last updated April 7, 2020

Please email jorge.cardenas@bpl.bc.ca to update info

Organization	Status	Program	Cost	Criteria	Contact
Better Meals (Food Delivery) 5742 Beresford Street, Burnaby	Accepting new clients. Delivery on Tuesdays for Burnaby.	A healthy foods service provider that prepares and delivers delicious meals to your door. Accommodates special dietary restrictions. Place your order by phone or online.	Min \$30 order required, 3 course meals cost \$7.50	Focus is on seniors but anyone can order.	http://www.bettermeals.ca/ sam@bettermeals.ca 604-299-1877
Burnaby Meals on Wheels 2055 Rosser Ave, Burnaby	Currently operating and accepting new clients but may be suspending service in the near future. Delivery days Mon/Wed/Fri 11 am -1 pm	Delivers nutritious hot and frozen meals to people living in Burnaby, who are unable for various reasons to prepare meals for themselves.	Low-cost, \$8 per entree	Burnaby residents, including (but not limited to) those who are unable to prepare meals for themselves, have no one to prepare meals for them, have inadequate cooking facilities.	604-299-5754 kim@burnabymeals.ca Print and complete the Information/Registration form - http://burnabymeals.ca/forms/Information-Registration-Form.pdf http://burnabymeals.ca/services/
Citizen Support Services (City of Burnaby) 111-4940 Canada Way	Accepting new customers Increased delivery days: Tuesday/Wednesday/Thursday	Grocery Shop by phone. A volunteer will call to take your order and do your shopping at the Safeway on Willingdon and Hastings St. Pay by credit card or Safeway card.	Free delivery. You just pay for your own groceries.	Burnaby seniors	604-570-3784 or 604-294-7980 https://www.burnaby.ca/Our-City-Hall/City-Departments/Citizen-Support-Services/Services-for-Seniors.html

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Greater Vancouver Food Bank 8345 Winston Street, Burnaby	Tuesday – Friday 10 am to 2 pm Closed April 10, 21, 22, 23, 24	Provides a 2-3 day food supplement. The amount of food you will receive is based on the number of people in your household. The menu of food available changes weekly, and includes a selection of fruits, vegetables, bread, yogurt, canned beans, canned fish, pasta, sauces, canned fruits, rice, and peanut butter. Milk and eggs are available once per month. Bring your own bag.	Free	You need to register as a client. To register, you must have ID, proof of address, proof of low income. Staff can assist you if you do not have ID.	604-876-3601 Reception@foodbank.bc.ca https://foodbank.bc.ca/wp-content/uploads/2020/03/GVFB_locations_30mar-3apr2020_v2.pdf https://foodbank.bc.ca/find-food/locations/
Quest Food Exchange 7753 6th Street, Burnaby	Reduced hours: Monday – Friday 9 am - 3:15 pm	Not-for-profit organization that provides dignified access to a variety of affordable and healthy foods to individuals facing food security challenges in British Columbia. Clients must be referred by a community resource partner (Referring agencies can include health care professional, teacher, lawyer, firefighter, MLA, counsellor, church/religious organization, ministry office, social service agency).	Low-cost	Clients must be either low income, have a disability or on old age pension. Get referring agency to complete a referral form and email it in. Process usually takes a couple of days.	604-553-0636 crp@questoutreach.org http://www.questoutreach.org/contact/locations/
Ryan's Rainbow Emergency Food Outreach Cliff Avenue United Church 1600 Cliff Avenue, Burnaby	Thursdays 11 am - 3 pm	We make food hampers depending on the number of people in the family. If there are kids we need to know the ages and if anyone has any allergies. Delivery is available if needed.	Free	Anyone. Kids and seniors get priority. We ask that the person in need calls our helpline so we can prepare the hamper in advance.	cliffave@shaw.ca Teresa Rasquinha 604-761-4357 (HELP) https://www.cliffavechurch.com/ministries/ryans-rainbow-emergency-food-outreach

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Salvation Army 6125 Nelson Avenue Burnaby	Wednesdays 10 am -12 noon	Emergency Food Bank	Free	Anyone	https://salvationarmy.ca/ 604-437-1521
Southside Community Church 7135 Walker Ave, Burnaby	Monday evenings, Thursday mornings	Monday evening community meal (soup and sandwiches). Often there are groceries available too. 5:45 pm Outreach Resource Centre (Thursday mornings 9:00 - 11:30 am), access to a bagged lunch, clothing, toiletries	Free	Anyone	info@southside.ca 604-259-0170 http://www.southside.ca/ http://burnabyhomeless.org/outreach- resource-centre/
Tonari Gumi Japanese Community Volunteers Association (Meals on Wheels) 101-42 West 8th Ave, Vancouver	Accepting new customers Delivery on Wednesdays for Burnaby	Have partnered with Hi Genki restaurant to deliver meals to seniors who have become homebound due to old age and illness. Japanese style meals on wheels. Max 1 lunch box per week.	\$7	No membership is required to receive these services. Tonari Gumi staff will conduct an assessment to determine eligibility. Call to arrange an assessment.	604.687.2172 services@tonarigumi.ca
Burnaby Neighbourhood House – North & South	Delivery Buying Giving packages at the Neighbourhood House	Get referrals from 211 Shopping and delivering for people who can afford Buying for people who can supplement from the foodbank. Buying and delivering food for people with no resources. Food packages for people who come to the neighbourhood house.	Free for people in need Cost of groceries for those who can pay	Anyone	https://burnabynh.ca/ South House 4460 Beresford St. Burnaby 604-431-0400 North House 4908 Hastings St. Burnaby BC 604-294-5444

Aunt Leah's Place	Monday 12:00-2:00PM Wednesday 3:00-5:00 Friday 12:00-2:00PM Sunday 4.30 PM	Emergency Food Pickup Sunday Dinner and foodbank	Free	Aunt Leah's Society helps prevent children in foster care from becoming homeless, and mothers in need from losing custody of their children	https://auntleahs.org/covid-19-updates/ (604) 525-1204 816 20th Street New Westminster, BC V3M 4W6
Dixon Transition Society	Deliver	Fresh, dry and frozen food delivery Also distributing Pharmacy, household items and health related items Cooking food for transition house clients	Free	Women fleeing violence Burnaby wide	604-433-4191 communityrelations@dixonsociety.ca
Burnaby Youth Hub (Lower Mainland Purpose Society)	Prepared food, food bank available at their location, distribution	Distributing frozen food and dry goods by donation. Limited but looking into expanding services	Free	Focus on youth	evelyn.mcgowan@purposesociety.org; 604.367.7349
Purpose Society	Meals Monday –Thursday 4pm – 5:30pm Food Hampers Friday 10 am Emergency Food Hampers are available upon request	Meals and food to go for pickup at their location in New Westminster	Free	Anyone	https://purposesociety.org/ 604.526.2522 40 Begbie St, New Westminster, BC V3M 3L9 Meals and Food Hampers will be provided behind Purpose Society on Alexander street

Organizations from Food distribution in Burnaby Survey

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Burnaby Public Library

Burnaby Family Life	Deliver	Acquiring food by donation or bulk buy Distributing fresh, frozen and dry foods via van Also distributing pharmacy, household goods and health related items		Anyone (Burnaby wide)	Gillian Turnbull 604 995 9569 gturnbull@burnabyfamilylife.org
Creekside Youth Centre	Deliver, kitchen facilities	Acquiring food by donation		Youth grade 5-12, families in North East Burnaby	604 202 4534 Mark.Frouws@burnaby.ca
ECHO clubhouse	Deliver			Burnaby wide, focus on people with disabilities	604-526-9606 echoclubhouse@cmha.bc.ca
Edmonds Community School	Deliver	Fresh and dry food delivery by donation		South East Burnaby area	604-760-5064
Task Force to end homelessness in Burnaby	Cooking hot meals and sandwiches	Distributing Fresh, dry goods		Anyone with focus on seniors and homeless/under housed community in Southeast Burnaby	604 200-0712. Carolannf@burnabyhomeless.org
MOSAIC	Deliver	Distribute fresh, dry goods and household items		Burnaby wide	info@mosaicbc.org
Burnaby School District		Distribute fresh, dry food and health related items		Southwest Burnaby	julie.tadd@burnabyschools.ca 604-916-1107