



Free Food Programs in Chilliwack

	Program Name	Program Description	Hosting Organization(s)	Who this is for?	How to access/contact
Hamper Pick Up	Starfish Backpack Program	Bi-weekly food hampers for families through the schools	SD33 and Chilliwack Bowls of Hope	Families of school aged children in the Chilliwack School District (elementary to high school)	Through school staff or email Jane - janeullyot@gmail.com
	Salvation Army Pantry	Self selection fresh food hamper	Chilliwack Salvation Army	Anyone	Walk in only @ 45746 Yale Rd *Daily visits allowed M-F 10-12/1-3:30
	Salvation Army Food Bank	Monthly Hamper program	Chilliwack Salvation Army	Anyone	Call for appointments M-F 9-12/1-4 Main office 604-792-0001
	Food Closet	Basic dry food items up to 6x per calendar year	Sardis Community Church	Sardis Residents only	Walk in 45625 South Sumas Rd M-Th 8:30-2:00 or call Main Office 604-858-7191
	Ruth & Naomi's Hamper Program	Dry goods hampers	Ruth & Naomi's Mission	Anyone who cannot attend daily community dinners and has an address	Hampers on Wednesday 12-3pm Walk in 46129 Princess Ave - 7 days/week 6-7pm
	Free Store Chilliwack	Free food hamper (1 per family)	Free Store Chilliwack & Social Program Development	Anyone, Signup required online (1 hamper every 3-5 weeks)	Sign-up Friday mornings on Facebook Page or at www.thefreestorecanada.com/get-support Hamper pick up Sat/Sun 11-12:30
	Cyrus Centre Youth Hampers	Bi-weekly food hampers for youth	Chilliwack Cyrus Centre (satellite location of the Salvation Army Food Bank)	Youth Ages 16 to 24	Walk in to register for the program during resource centre hours, 12-8pm 7 days/week 45845 Wellington Ave
Baby Supplies Pick Up	Basic for Babies	Baby formula and diapers *limited supply when available	Sardis Doorway for Mothers and Children	Infant & toddlers up to 6 times per calendar year living in Sardis region	Call or email Karin 604-819-6556 sardisdoorway@gmail.com
	Meadow Rose Baby Supplies	Baby food, formula, and any baby supplies	Meadow Rose Society	Children 3 and under, 2 times per month	Walk in 45789 Spadina Ave T/W/Th 11-1 or call 604-392-1133
Resource Pick Up	Chilliwack Community Cupboard	Food, clothing, and other household items at no charge	Chilliwack Community Cupboard Society	Chilliwack families with children under the age of 19	Contact chilliwackcommunitycupboard@gmail.com or 604-203-9525. Appointment only through their Facebook page Thurs 9:30-11:30. Location 9525 College St. (back parking lot).
	Senior Food Program Tydel Foods	Monthly meal pack with free added resources (fruit/vegetables/dry goods) *Meat package paid by clients	Tydel Foods Senior Program	Seniors 60+ struggling with Food Insecurity	Open Daily Mon-Sat 9-5:30 Contact Brigida - brigida@tydelfoods.com or call at 604-316-6015 Updates also on Facebook Page
	Little Food Bank	A small, low barrier free-standing structure, items donated by local residents *take items if you need to; leave some items if you can	Local Yarrow Residents	Anyone in Yarrow Area	Accessible 24/7 in Yarrow Pioneer Park 4390 Kehler St, Chilliwack, BC V2R 5E4
Meal Pick Up	Community Dinner	Dinner Take-Out	Ruth & Naomi's Mission	Anyone	Registration not required. Walk in only 46130 Margaret Ave 7 days/week 6-7pm
	Soup Kitchen	Lunch Dine- In	Chilliwack Salvation Army	Adults only	Walk in only 45746 Yale Road M-F 12-1pm

Meal Service	Cyrus Centre Youth Meals	Breakfast 9-10am M-F Lunch 12:30 everyday Dinner 6pm everyday	Chilliwack Cyrus Centre	Youth 12-24	Walk in only 45845 Wellington Ave 7days/week
	Feeding Futures	Food programs available to students at school	Chilliwack School District 33 in partnership with Chilliwack Bowls of Hope	Chilliwack School District students	Contact Rosanne James, Coordinator of Food Programs, rosanne_james@sd33.bc.ca
	Chilliwack Wellness Centre	Drop in wellness centre Breakfast items 7:30-9am, Lunch 1-2pm, Snacks 5pm, Coffee/Tea/Hot Chocolate *Dog meal available	Pacific Community Resources Society	Anyone	Walk in only 45951 Tretheway Ave 7 days/week
	Cherish Seniors Program	Free weekly bread delivery	The Cherish Project	Low income seniors living in downtown Chilliwack	Email office@cherishproject.ca or call 604-391-0083
Hamper Delivery	Grocery Shopping through Better at Home Program	Online orders placed on seniors behalf, on a weekly basis. *Client responsible for cost of groceries and delivery fee.	Chilliwack Community Services	Seniors	By appointment, must be registered with Better At Home Program. To register call Sarah at 778-860-5499
	Senior Grocery Hamper Program	Monthly free groceries to low income seniors	Chilliwack & District Seniors Resources Society	Seniors	Agency or self referral. Email Corinna info@cdrs.ca or call 604-793-9979
Additional Resources	Streams Foundation	Coffee with Seniors, Multicultural celebrations & Events	Streams Foundation Canada	Weekly Seniors Coffee, Anyone for Multicultural events	Events on Streams Foundation Canada Facebook Page, email streamsfoundationcanada@gmail.com, or visit https://www.streamsfoundation.ca/ or call 778-772-2203
	UFV Food Bank	Resources for University Students	UFV Student Life & Student Union Society	Students enrolled in UFV courses	Register at https://www.ufv.ca/student-wellness/programs/ufv-sus-food-bank/ , call Student Union Society at 604-504-7441 ext. 4823, or email studentwellness@ufv.ca
	Farmers Market Nutrition Coupon Program	Seasonal coupons to local Farmers Market	Chilliwack Bowls of Hope Society & Downtown Chilliwack Community Market	Anyone can apply	Applications in spring 2024 https://chilliwackbowlsofhope.com/bc-nutrition-coupon-program/ Contact admin@chilliwackbowlsofhope.com Located at Downtown Farmers Market (May to October)

Notes

There are multiple funding partners supporting these programs, please contact individual programs for more details.

In response to the continued rise in food costs some programs will provide food hampers on a as need basis with a max of once per month per household.

Please be aware that programs details are subject to change.

You can find a digital copy of this resource by scanning the QR code.

