

## Meals on Wheels

### Surrey/North Delta

Unit #233 13352  
Old Yale Road Surrey BC V3T 5A4  
Tel: 604-588-6325 [www.sndmow.com](http://www.sndmow.com) [sndmow@telus.net](mailto:sndmow@telus.net)  
Serves the Fraser River to the Langley border and South to 40<sup>th</sup> Ave. All areas of Surrey, Cloverdale and North Delta. Delivers hot meals 5 days a week at noon. \$7.00 regular meal, \$7.50 for a large and \$3 bagged lunch.

### White Rock

PO Box 39587 WR Postal Outlet Surrey BC V4A 0A9  
Tel: 604-541-6325  
Delivers meals Mon, Wed, and Fri in White Rock and South Surrey areas for \$6.00 per meal. Hot meals delivered between 11am and 12:30pm. Service boundaries are 0 Ave – 40<sup>th</sup> Ave and Crescent Beach - 186<sup>th</sup> St.

## Transportation

### BC Bus Pass

Tel: 1-866-866-0800 (Choose option 4, then option 3)  
[www.buspass.gov.bc.ca](http://www.buspass.gov.bc.ca)  
Offers a reduced cost, annual bus pass for low income seniors and clients receiving disability assistance from the Province of British Columbia. 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. To qualify, must be receiving any of following:

- \* Receiving Federal Guaranteed Income Supplement (GIS), or the Federal Allowance, or the Allowance for the Survivor;
- \* 18 – 64 years of age and receiving Income Assistance for Persons with Disabilities from the Province of British Columbia;
- \* 60 – 64 years of age and receiving Income Assistance from the Province of British Columbia;
- \* Over 65 years of age and would qualify for GIS but does not meet the Canadian 10 year residency requirement;
- \* 18 - 64 years of age, living on a First Nations reserve and receiving disability assistance from the band office; or
- 60 – 64 years of age, living on a First Nations reserve and receiving assistance from the band office.

### Better at Home—Newton (formerly CASI)

#1107, 7330 - 137th Street, Surrey, BC, V3W 1A3  
Tel: 604-507-2266 or 604-597-0205, extension 1356 or 1381  
[www.betterathome.ca](http://www.betterathome.ca)  
Provides a wide range of non-medical services to seniors, 65 years and older who want to live independently in their homes. This includes transportation to medical appointments. A small fee for services, a sliding scale ranges from \$2.00 to \$20.00, depending on the service required and income. Newton area only: between 120 to 160<sup>th</sup> Street and 48<sup>th</sup> to 88<sup>th</sup> Ave.

### BC Ferries Discounts

Tel: 1-888-223-3779 [www.bcferries.com](http://www.bcferries.com)  
**Seniors:** B.C. Seniors receive reduced rates on passenger fares on some routes and sailings. To take advantage of this program, 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.  
**People with Disabilities:** Discount fares are available for residents of British Columbia who have a permanent disability (this applies to passenger fares only). To receive them, you must present your BC Ferries Disabled Status Identification (DSI) card when you arrive at the terminal. Call for details.

### Better at Home—Whalley

205-12725 80th Avenue Surrey, BC V3W 3A6  
Tel: 604-512-3870 (Sonia) [www.betterathome.ca](http://www.betterathome.ca)  
[sonia.chaudhary@pics.bc.ca](mailto:sonia.chaudhary@pics.bc.ca)

#206-10090 152<sup>nd</sup> Street, Surrey, BC, V3R 8X8  
Tel: 604-588-6869 (Candy) [candy.tong@success.bc.ca](mailto:candy.tong@success.bc.ca)  
For seniors, 65 years and older and is aimed at helping individuals stay in their homes. Will offer transportation to appointments, light housekeeping and grocery shopping. A small fee for services, on a sliding scale depending on income.

### Concession transit fares

Less expensive transit fares for children 5 to 13 years old, secondary students ages 14 to 19 with a valid [GoCard](#), seniors 65+ with proof of age and [HandyCard](#) holders riding conventional transit.

### Cycling

General city site:  
[www.surrey.ca/city-services/7773.aspx](http://www.surrey.ca/city-services/7773.aspx)  
Map:  
[tinyurl.com/cfaa952](http://tinyurl.com/cfaa952)  
Surrey is continuing to expand its cycling infrastructure throughout the city and there are some great routes existing now.

### Faresaver/Translink passes

For regular transit users these booklets can reduce costs. Can be purchased at authorized Faresaver dealers including Mac's, 7-Eleven, Safeway or London Drugs.

### HandyCard

Tel: 604-953-3000 [tinyurl.com/a8227ty](http://tinyurl.com/a8227ty)  
For transit users with a permanent physical or cognitive disability. If you live within the TransLink service area, HandyCard 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 [tinyurl.com/ajghj82](http://tinyurl.com/ajghj82)  
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 use 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 778-452-2860

### Taxi Saver Program

Tel: 778-452-2860  
TaxiSaver is available for people with permanent disabilities who have a HandyCard. Intended for emergencies or periodic use. Customer pays \$25 per book which gives them \$50 worth of taxi coupons. These are then used to pay for taxi rides.

### Veteran Parking

[www.surrey.ca/city-government/6593.aspx](http://www.surrey.ca/city-government/6593.aspx)  
Vehicles bearing a "veteran" license plate are granted complimentary parking on a year round basis at all City of Surrey on-street parking meters.

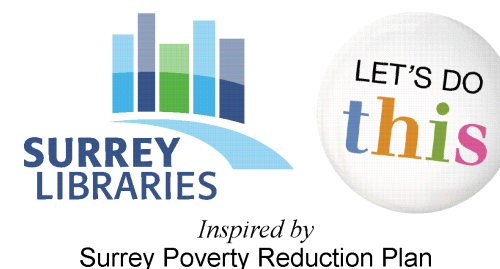
### Looking for services not covered in this brochure?

Please ask at your local library. We are here to help.  
[www.surreylibraries.ca](http://www.surreylibraries.ca) or 604-598-7300.

You can also call 211 for a free, confidential, multilingual information and referral line to a full range of community, social, and government services. Available 24 hours a day, 7 days a week.

Interested in some more resources or information? Ask library staff or check us out on the web here:  
[www.surreylibraries.ca/lowcost](http://www.surreylibraries.ca/lowcost)

If you would like further information or if you spot a change that is needed you can email us at



Updated 13/02/14

## Low Cost and Free

# Food & Transportation



[www.surreylibraries.ca](http://www.surreylibraries.ca)

## Free or Low Cost Meals

### Alexandra Neighbourhood House

2916 McBride Ave. Crescent Beach BC  
Tel: 604-535-0015 [alexhouse.net](http://alexhouse.net)  
[communityprograms@alexhouse.net](mailto:communityprograms@alexhouse.net)  
Monthly lunch offered Sept-June on the first Wednesday of the month. Registration not required but preferred. \$8 for members/ \$10 for non-members.

### Burmese Specific Community Kitchen @ Oak Ave Neighbourhood Hub

12740 – 102 Ave Surrey BC  
Tel: 604-582-7088 [www.oanh.ca](http://www.oanh.ca)  
A monthly program for the Burmese refugee group (Muslim). Learning English and Canadian culture through cooking together.

### Community Dinner

#### @ Oak Ave Neighbourhood Hub

12740 – 102 Ave Surrey BC  
Tel: 604-582-7088 [www.oanh.ca](http://www.oanh.ca)  
Every 2nd Saturday of each month, with support from various community groups, Oak Avenue Neighbourhood Hub hosts a free meal (drop-in) for the community at the Hub. A full meal is served. Doors open at 4:00pm and dinner is served at 4:30pm.

### The Front Room

10667 – 135A St. Surrey BC  
Tel: 604-589-7777 [www.southfraserservices.bc.ca/frontrm.html](http://www.southfraserservices.bc.ca/frontrm.html)  
[frontroom@southfraserservices.bc.ca](mailto:frontroom@southfraserservices.bc.ca)  
Free daily meals are available, along with a number of other services. Dinner every night @ 6PM, breakfast @ 7AM for the first 55 people. 1<sup>st</sup> come first served.

## Food Banks

### Gateway of Hope

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

### Gracepoint Community Church

3487 King George Blvd, Surrey BC  
Tel: 604-538-1825 [gracepoint.ca](mailto:gracepoint.ca)  
Free meals. (Sunday, 5:00pm)

### Kings Banquet Soup Kitchen

15262 Pacific Ave White Rock BC  
Tel: 604-538-2533  
Meals Tuesday 3:45 – 6pm

### Middle Eastern Friendship Centre

13483 108<sup>th</sup> Ave Surrey BC V3T 2K2 (next to Gateway Station)  
Tel: 604-288-5588 [www.mefriendshipcentre.com](http://www.mefriendshipcentre.com)  
Hours: Wednesday to Saturday, 11:00 am to 6:00 pm  
Potluck on the last Wednesday of the month at 5:30pm. Free bread and vegetables on Saturdays.

### Monday Night Café

Pacific Community Church - 5337 180 street Surrey, BC  
Tel: 604-574-1725  
[communitykitchen@cloverdalechurch.ca](mailto:communitykitchen@cloverdalechurch.ca)  
Coffee, refreshments and snacks. Monday nights starting at 6:30pm.

### Multi-Cultural Cooking Club

#### @ Oak Ave Neighbourhood Hub

12740 – 102 Ave Surrey BC  
604-582-7088 [www.oanh.ca](http://www.oanh.ca)  
Every 1st & 3rd Thursday of the month from 10:30-1:30pm. Members of the neighbourhood who enjoy food and cultures cook together.

### NightShift Street Ministries

10635 King George Boulevard, Surrey, BC V3T 2X6  
Tel: 604-953-1114  
Food, clothing, and counselling for people living on the streets, meals from an outreach van at 7 pm-8:30pm year-round, except Christmas Eve. Office hours are 9 am to 5 pm Mon-Fri.

### Salvation Army Community & Family Services

13474 96 Avenue, Surrey, BC V3V 1Y9  
Tel: 778-395-4357  
Open Tues and Wed 9:00am-2:30pm. Emergency assistance for food and clothing, as well as a variety of other services.

### Seniors Drop-in Tea @ Oak Ave Neighbourhood Hub

12740 – 102 Ave Surrey BC  
604-582-7088 [www.oanh.ca](http://www.oanh.ca)  
Every 3rd Wednesday of the Month, 1:00-3:00pm, seniors gather at the hub while enjoying coffee, tea and snacks.

### Seniors Healthy Cooking Club

#### @ Oak Ave Neighbourhood Hub

12740 – 102 Ave Surrey BC  
604-582-7088 [www.oanh.ca](http://www.oanh.ca)  
Every 1<sup>st</sup> and 3<sup>rd</sup> Monday, each month: 10:30am – 1:30pm. 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](http://www.oanh.ca)  
Every 2<sup>nd</sup> and 4<sup>th</sup> Monday, each month: 11:30-1:30pm. Free drop-in lunch for seniors to socialize, enjoy soup and sandwiches.

*\*Interested in more meals like this in your area? The **Seniors' Resource Directory**, has a number of listing for similar lunches in other Surrey neighbourhoods on pages 73-75. The directory is available in all Surrey Libraries branches or online: [tinyurl.com/d2ejpmu](http://tinyurl.com/d2ejpmu)*

### 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.

### The Surrey Urban Mission

10776 King George Blvd. Surrey BC  
Tel: 604-581-5172 [surreyurbanmission.org](http://surreyurbanmission.org) [sums@telus.net](mailto:sums@telus.net)  
Free meals offered on Mon, Wed and Fri noon until 1pm Sat 9 am - 10am. Sun 5 pm-6 pm on the 3<sup>rd</sup> Sunday of the month

### St. John's Presbyterian Church

1480 George Street White Rock BC V4B 4A3  
Tel: (604) 536-9322  
Friday lunch program 11:30am to 1:00pm. Cost: By Donation

## Low Cost Groceries

A couple of tips:

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

For more tips check out:  
[www.mamashealth.com/savemoney/food.asp](http://www.mamashealth.com/savemoney/food.asp)  
[tinyurl.com/cups9hm](http://tinyurl.com/cups9hm)

### Community Gardens

Tel: 604-501-5050 [parksrecculture@surrey.ca](mailto:parksrecculture@surrey.ca)  
[www.surrey.ca/culture-recreation/7108.aspx](http://www.surrey.ca/culture-recreation/7108.aspx)  
The city of Surrey hosts four community gardens in city parks. They are a chance for local people to grow vegetables if they won't have the space at home.

### 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 has a number of support services for those living with HIV.

### God's Little Acre Club

16582 40 Ave Surrey, BC V3S 0L2  
604-375-1172  
On-site market garden that will provide club members with quality, fresh produce well below retail prices (savings of 25-50%). Limited membership, call for details.

### Harvest Boxes

[tinyurl.com/cxjr2bm](http://tinyurl.com/cxjr2bm)  
Fresh, seasonal fruits and vegetables at below supermarket prices. \$8 per box. Information, signup and pickup at your local Surrey recreation centre.

### Middle Eastern Friendship Centre

13483 108<sup>th</sup> Ave Surrey BC V3T 2K2 (next to Gateway Station)  
Tel: 604-288-5588 [www.mefriendshipcentre.com](http://www.mefriendshipcentre.com)  
Hours: Wednesday to Saturday, 11:00 am to 6:00 pm  
Potluck on the last Wednesday of the month at 5:30pm. Free bread and vegetables on Saturdays.

### Quest Food Exchange

1-13890 104th Ave, Surrey, BC V3T 1W9  
Tel: 604-588-3476  
Hours of Operation: 9am-4:15pm Monday-Friday, and 9 am-3:15pm Saturday. 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 Quest's website. Ask at the library if you are having trouble with referrals and we will try to find you a different local partnering agency.

### Muslim Food Bank

Surrey Warehouse: 101 – 11558 132A Street Surrey, B.C. V3R 7S2  
Tel: 778-297-4252 [www.muslimfoodbank.com](http://www.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.

### Salvation Army Church & Community Ministries

13570 – 78th Avenue Surrey BC V3W 8V3  
Tel: 604-541-5801  
Call for an appointment to apply for food bank services. Newton and North Surrey: Monday – Thursday, 9:00am to 12:00 noon  
South Surrey and White Rock: Tuesday and Friday 10:00am to 2:00pm

### Sources – White Rock/South Surrey Food Bank

Unit #5 15515 24<sup>th</sup> Ave Surrey BC V4A 2J4  
Tel: 604-531-8168  
Tuesdays 9:00-6:00pm  
Wed and Thurs 10:00-2:00pm  
Register in person. Must live within White Rock or South Surrey (0 Ave-40<sup>th</sup> Ave and up to 196<sup>th</sup> St.) Bring picture ID and care cards for any dependents and mail from the last 2 months to prove address. Also free store (mostly clothes) and a laundry and shower facility. Donations can also be made during the above hours.

### Surrey Food Bank

10732 City Parkway Surrey BC V3T 4C7  
Tel: 604-581-5443 [www.surreyfoodbank.org](http://www.surreyfoodbank.org)  
Food distribution hours: Monday, Tuesday, Thursday and Friday 9:30 to 1:00 pm. Tiny bundles only: Wednesday 9:00 to 1:00 Every 2<sup>nd</sup> Thursday 6:00-7:00pm (call for dates). Must register (picture ID, proof of address and income, and medical cards for all family members required). Call to setup a registration appointment. Donations can be made at the food bank, most local grocery stores or any Fire hall in Surrey.  
**Also food bank depots in Delta, Newton and Cloverdale. Call for dates and location.**  
Offers **Hamper to Your Home** program for food bank patrons with mobility issues.

### 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 hamper of non-perishable food and household items. Each client must provide the following upon request: Photo ID, ID for each household member or dependant, proof of address and proof of income. Tuesdays and Fridays: 10 a.m. to 12 p.m.