

# Low Cost and Free Food Programs in Burnaby/ New West

October 2023



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

## BURNABY – FOODBANKS

### Stride Avenue Elementary School

Wednesdays 2:00pm-3:00pm

- Weekly food hand out for Stride families from the wooden door on the WEST side of the school (by Griffiths AVE).

---

### Quest Not-For-Profit Grocery Market

7753 6<sup>th</sup> St. Burnaby

604-553-0636

[www.questoutreach.org](http://www.questoutreach.org)

- Cost: Varies. Selection of food and household items available at significantly reduced prices.
- Clients must have referral from Stride Avenue Community School. Please talk to Sandhya Krishna if you would like to be referred for a Quest Card.
- Limits on some food items due to low supplies.

Monday - Friday

9am – 5:45pm

Saturday

9am – 3:45pm

Sunday

11am-3pm

---

### Burnaby Neighborhood House

Community Hall (South Burnaby)

5024 Rumble St.

604-307-2945

- Cost: Free

- Register onsite with government ID. (ID is needed for every person in the family)

Wednesdays

1-5pm

---

### Greater Vancouver Food Bank - BURNABY

Main Burnaby Location

8345 Winston St.

604-876-3601

- 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).

- Check the schedule on the website for updates or closures [www.foodbank.bc.ca](http://www.foodbank.bc.ca)

Friday

12-7pm

Saturday

10am-3pm

CLOSED - September 2, 29, 30

CLOSED - October 7, 27, 28

**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.

---

**Don't Go Hungry**  
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.

**Saturdays** 12:30 – 2:00 pm

---

## NEW WESTMINSTER – FOODBANKS

### **Purpose Society Emergency Food Bank (Youth)**

38 Begbie Street,  
New Westminister  
604-526-2522  
Program Supervisor 604 760-3244

**Tuesdays** 2 - 6pm  
**Thursdays** 3 - 7pm

<http://www.purposesociety.org/youth-programs/>

- Cost: Free  
- Description: No questions asked. Emergency food bank providing mostly canned nonperishables and other services for **youth 13-18 years**, available during Youth Clinic Tues/Thurs; 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**

Olivet Baptist Church  
613 Queens Ave  
New Westminister  
604-876-3601  
[www.foodbank.bc.ca](http://www.foodbank.bc.ca)

**Wednesdays** 9:30am – 1:30pm  
Closed social assistance cheque week.  
**CLOSED September 27 and October 25**

- 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 Westminister – not both).  
- Check the schedule on the website for updates or closures [www.foodbank.bc.ca](http://www.foodbank.bc.ca)

---

---

**Salvation Army**

325 - 5th St.  
New Westminster, BC  
604-521-2421  
salvationarmy.ca

- Cost: Free

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

**Fridays** 12pm -1pm to pick-up line number  
1pm-3pm food pick-up

---

**Salvation Army Emergency Food Bank**

**Hours:** See Below

Salvation Army Family Services  
325 – 6<sup>th</sup> 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

---

**Purpose Society**

**Fridays** - 12pm

40 Begbie St., New Westminster  
Phone: 604-526-2522  
Email: [mail@purposesociety.org](mailto: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](mailto:Carolannf@burnabyhomeless.org) or [info@southside.ca](mailto: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](mailto: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.

---

