

Program Name	Program Description	Hosting Organization(s)	Who is this for?	How to Access/Contact
General Public				
Community Dinner & Eat-in Meals	Eat-in: Breakfast 7:00-8:00am, Lunch 12-1pm, Dinner 6-7pm. Take-out Dinner: 6:30-7pm (Back door of kitchen with approved meal card).	Ruth & Naomi's Mission	Anyone with an issued meal card and ID.	Meal card requests: Family Centre Front Desk Mon-Fri 8am-3pm. 7 days/week (Back door of the shelter kitchen) 46130 Margaret Avenue 604-795-2322
Free Food Store Chilliwack	Free food hamper (1 hamper per family every 6 weeks)	Free Store Chilliwack & Social Program Development Society	Anyone *Sign-up required online*	Sign up Friday evenings at 6pm on www.thefreestorecanada.com/contact or Facebook Page Hamper pick-up available: Sat/Sun 11am-12:30pm
Ruth & Naomi's Hamper Program	Dry goods hamper (accessed 2x/month)	Ruth & Naomi's Mission (RAN)	Anyone who cannot attend RAN dinners with an address	Walk-in only (Sign-in required), Wed 12-3pm 46129 Princess Avenue 604-795-2322
Salvation Army Food Bank	Monthly hamper program	Chilliwack Salvation Army	Anyone with appointment	Mon – Fri 9:30 am-12 pm & 1-3 pm. Wed 9 am-12 pm & 1-6 pm (After Hours, by appt) 45746 Yale Road 604-792-0001
Salvation Army Pantry	Self-selection fresh food hamper	Chilliwack Salvation Army	Anyone	Walk-in only, Mon, Tues, Thurs, Fri 10 am-3:30 pm. Wed 2-6 pm 45746 Yale Road
Salvation Army Soup Kitchen	Lunch Dine-In	Chilliwack Salvation Army	Adults only 19+	Walk-in only, Mon-Fri 12-1pm 45746 Yale Road
Families				
Better Beginnings Prenatal Nutrition Program	Pregnancy Outreach program providing nutrition support to pregnant people and mothers.	Chilliwack Community Services	Pregnant participants (enrolled during pregnancy; eligible until infant is 6 months old)	Call to 604-701-4940 to register for nutritional support (Must be pregnant) 46361 Yale Road
Baby Supplies	Baby food, formula, baby supplies. (Can be accessed 2x/month)	Meadow Rose Society	Children 3 and under	Walk-in Tues-Thurs, 11am-1pm 45789 Spadina Avenue 604-392-1133
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	www.communitycupboard.ca By appointment only, contact chilliwackcommunitycupboard@gmail.com 9525 College Street (Back parking lot)

Older Adults/Seniors/Elders

Senior meals at Chilliwack General Hospital	Full healthy dinner meal for \$4.99	Retail Food Operations at Fraser Health	Seniors aged 65+	Available Mon-Fri (excluding stat holidays) from 4pm to 5:30pm in the CGH food court Senior Meals Program - Fraser Health
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
Senior Food Program	Monthly meat pack with free added fruit/vegetables/dry goods \$125 meat package required	Community Angels Food & Housing Support Society	Seniors 60+ struggling with food insecurity	Mon-Sat 9am-5:30pm, 45766 Patten Avenue Contact Brigida at brigida@tydelfoods.com Or 604-316-6015 communityangels.ca
Senior Grocery Hamper Program	Monthly free grocery hamper to seniors (3 rd Wednesday of each month)	Chilliwack & District Seniors Resources Society	Low-income seniors (55+) Residents of Chilliwack	Available Mon-Fri from 8am to 3pm Agency or self-referral Email info@cdsrs.ca or call 604-793-9979 9291 Corbould Street

Children/Youth & Students

Cyrus Centre Youth Meals	Breakfast Mon-Fri 8:30am; Lunch 12:30pm; Dinner 6pm (7 days/week); Snacks (as available) Food Hampers (ages 16-24): Satellite location for the Salvation Army Food Bank	Chilliwack Cyrus Centre	Youth 12-24	Walk-in only, 7 days/week 45845 Wellington Avenue 604-795-5773
Starfish Pack	Weekend food hampers for children	Chilliwack Bowls of Hope and SD33	School-aged children in the Chilliwack School District	Please contact your school administrator
UFV-SUS Food Bank	Free Hampers for currently enrolled UFV students	UFV Student Wellness & Experience Office and Student Union Society	UFV students who are enrolled in at least one course during the semester in which they wish to receive a hamper	Student Wellness & Experience Office Phone: 604-854-4528 Food Bank Form: https://www.ufv.ca/student-wellness/programs/ufv-sus-food-bank/
	Breakfast program offered at campuses. Available during Summer, Fall and Winter semesters.			Student Wellness and Experience Lounge 9am-4:30pm General Student Wellness Website: https://www.ufv.ca/student-wellness/

Pets

Zoey's Pawsome Pets Society	Once every calendar month (i.e. 16 th) you can claim pets in your household to get pet food. We require a sign-up form which you will receive after the first contact.	Zoey's Pawsome Pets Society	For pet owners in Chilliwack who are in need. Delivery services available for those unable to drive within 15km of Garrison Save-on-foods.	Zoey's Pawsome Pets Society or Zoey's Pawsome Pets Society Facebook Contact: zoespawsomepets@gmail.com
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Notes:

Several funding partners support these programs. Contact individual programs for details.
Due to rising food costs, some programs will provide food hampers on an as-needed basis a maximum of once per month per household.