



## SENIORS BUS

Delta seniors aged 65+ can book free transportation to help access food programs and services in Delta.

Rides are available:

**Monday-Friday between 9:00am-4:00pm**

To register, please call **604-597-4876**

## THANK YOU

The City of Delta extends a sincere thank you to Fraser Health Authority, Delta Food Coalition, North Delta Food Security Group and members of the Delta Poverty Reduction Action Table for their input during the development of this brochure.

Their food programs and services are vital in helping residents achieve food security and we are inspired by their dedication to serving this community.

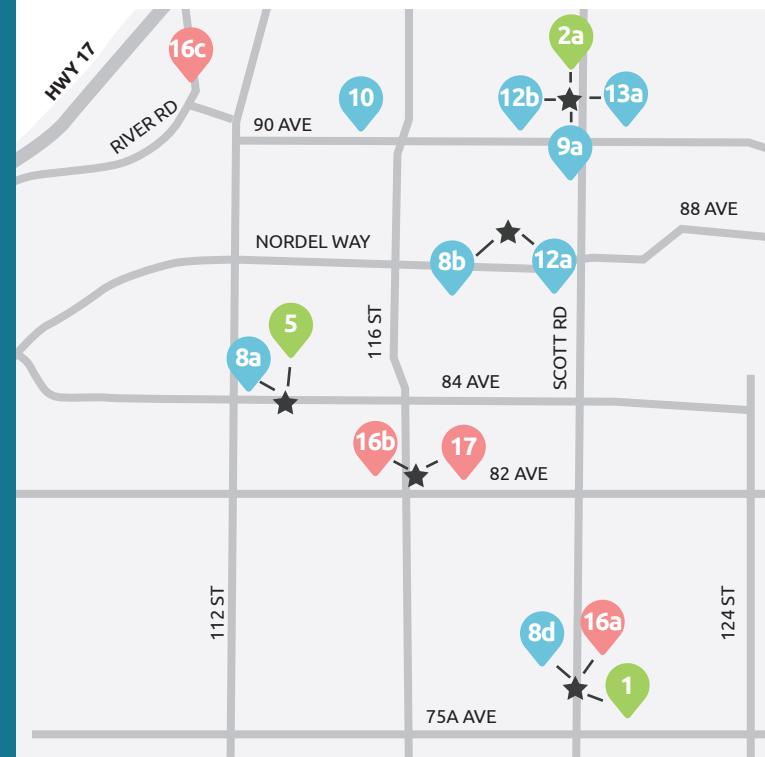
Last updated in December 2025.

Delta

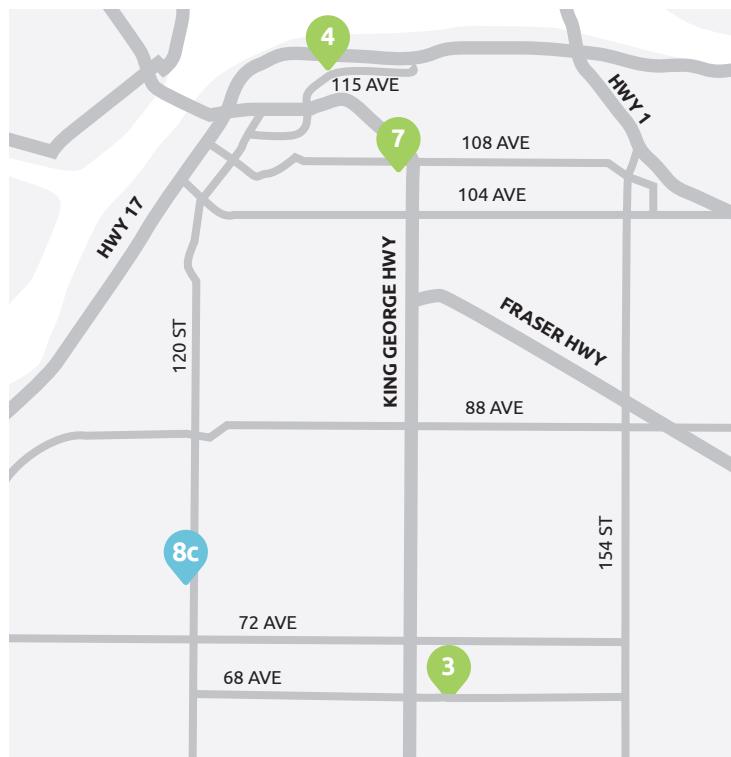


Please scan the QR code for information on other supportive services in Delta.

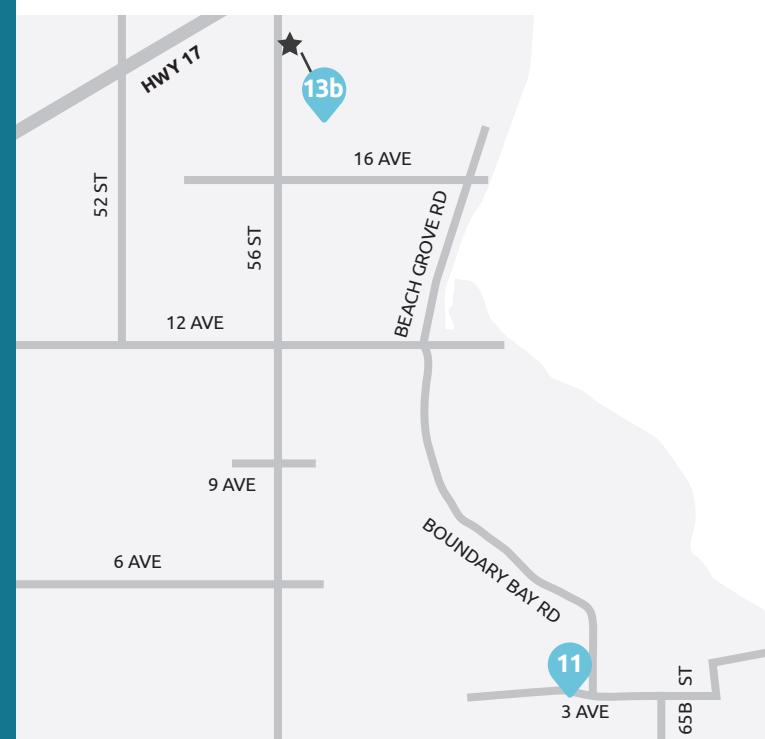
## NORTH DELTA



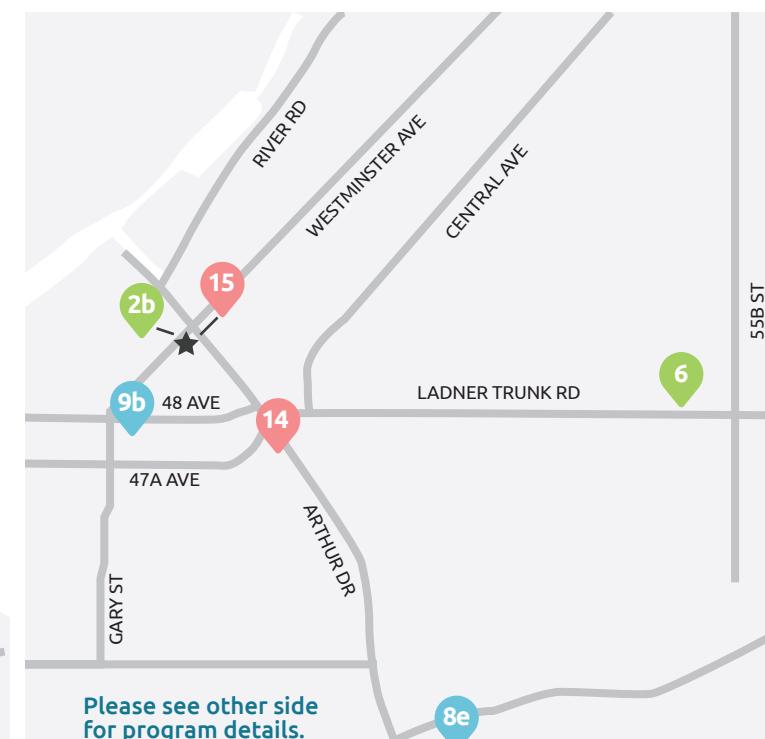
## SURREY



## TSAWWASSEN



## LADNER



# FEEDING DELTA

## COMMUNITY FOOD RESOURCES

Delta

Please see other side for program details.

## FOOD BANKS & FOOD HAMPERS

**1 COMMUNITY HARVEST: CROSSROADS UNITED CHURCH**  
*Free produce. Please bring bags.*  
 First & third Sun: 2pm (Line up starts at 1:30pm)  
 7655 120th St, Delta | 778-593-1043

**2 DELTASSIST COMMUNITY FUND: EMERGENCY FOOD**  
*Free, short term emergency grocery support.*  
 Mon-Fri: 9am-4:30pm  
 a) N. Delta: 9097 120th St, Delta | 604-594-3455  
 b) Ladner: 202-5000 Bridge St, Delta | 604-946-9526

**3 \*GURU NANAK FOOD BANK**  
*Free monthly vegetarian groceries. Please book an appointment to register online at [gnfb.ca](http://gnfb.ca)*  
 Mon-Fri: 1pm-6pm | Sat-Sun: 11am-6pm  
 11188 84 Ave, Delta | 604-580-1313 Ext 1

**4 \*\*MUSLIM FOOD BANK & COMMUNITY SERVICES**  
*Free groceries for residents with vegan & religious dietary needs.*  
 Sat: 7am-10am | 104-12941 - 115 Ave, Surrey  
 1-866-248-3868 | [coordinator@muslimfoodbank.com](mailto:coordinator@muslimfoodbank.com)

**5 \*NORTH DELTA DEPOT: SURREY FOOD BANK**  
*Free bi-weekly groceries. Halal foods available.*  
*Please call to book an appointment for registration.*  
 Every other Tue: 10am-12pm  
 Northside Community Church | 11300 84 Ave, Delta  
 604-581-5443 Ext. 105

**6 \*SOUTH DELTA FOOD BANK**  
*Free weekly groceries. Please register in person during food bank hours.*  
 Wed: 8:30am-11am  
 Lighthouse Church | 5545 Ladner Trunk Rd, Delta  
 604-946-1967 | [southdeltafoodbank@gmail.com](mailto:southdeltafoodbank@gmail.com)

**7 \*\* TINY BUNDLES: SURREY FOOD BANK**  
*Free food and items for pregnant persons or children under 5yrs old.*  
 Wed: 9am-1pm  
 10732 City Pkwy, Surrey | 604-581-5443 Ext. 111

\*Registration is required - call or email for details.  
 \*\*Call for exact dates and hours of operation.  
 Please see other side for program locations.

## OTHER FOOD PROGRAMS

**8 FREE PANTRY ITEMS PROGRAMS**  
*Free pantry items for the community.*  
 Mon-Sun: 24 hrs | [NDsmallpantry@gmail.com](mailto:NDsmallpantry@gmail.com)  
 a) Northside Church | 11300 84th Ave, Delta  
 b) New Hope Church | 11838 88th Ave, Delta  
 c) Sunshine Ridge Baptist Church | 6230 120 St, Surrey  
 d) Crossroads Church | 7655 120 St, Delta  
 The Sharing Cupboard | [Kschierbecker@gmail.com](mailto:Kschierbecker@gmail.com)  
 e) Refuge Church | 5300 44th Ave, Delta

**9 \*DELTASSIST CHRISTMAS HAMPER PROGRAM**  
*Free Christmas hampers for qualified families.*  
 a) North Delta | 9097 120th St, Delta  
 b) Ladner: 202-5000 Bridge St, Delta  
 604-594-3455 | [inquiry@deltaassist.com](mailto:inquiry@deltaassist.com)

**10 \*GROWING AND LEARNING TOGETHER YOUNG MOMS PROGRAM**  
*Free baby supplies, bus tickets, and lunch for young moms.*  
 Thu: 12:20-2:30pm  
 Gibson Elementary School | 11451-90th Ave, Delta  
 604-999-7457 | [rsandhu@bgcbc.ca](mailto:rsandhu@bgcbc.ca)

**11 \*\*EARTHWISE SOCIETY**  
**Delta Food Coalition Harvest Box Program**  
*Free local produce.*  
**Garden Program**  
*Virtual and in person workshops on growing food and sustainable living throughout the year.*  
**Shared Harvest Program**  
*Free gleaned fruit shared with volunteers, participating homeowners and residents.*  
 6400 – 3rd Ave, Delta  
 604-946-9828 | [info@earthwisesociety.bc.ca](mailto:info@earthwisesociety.bc.ca)

**12 FREE BREAD**  
*Donated by Cobs Bread*  
 a)\*\*New Hope Church | Wed: 7:30pm  
 11838 88th Ave, Delta | 604-596-8178  
*Donated by Monte Cristo Bakery*  
 b) \*\*Deltassist | Mon - Fri: 9am-12pm & 1pm-4:30pm  
 9097 120th St, Delta | 604-594-3455  
[inquiry@deltaassist.com](mailto:inquiry@deltaassist.com)

**13 \*STARFISH PACK PROGRAM**  
*Free packs of food every Friday for families identified by school staff. Contact local school for other support programs.*  
 a) North Delta Rotary/Deltassist | 9097 120th St, Delta  
 604-594-3455, ext 121 | [kamd@deltassist.com](mailto:kamd@deltassist.com)  
 b) South Delta Baptist Church | 1988 56th St, Delta  
[mgrierson@southdelta.org](mailto:mgrierson@southdelta.org)

## COMMUNITY MEALS & SNACKS

**14 LADNER COMMUNITY MEAL**  
*Free dinner and dessert. Everyone welcome.*  
 2nd & 3rd Tues of the month: 6pm-7pm  
 All Saints Anglican Church | 4755 Arthur Dr, Delta  
 604-946-8413

**15 THURSDAY TEA TIME**  
*Free coffee, tea and pastries. Everyone welcome.*  
 Thurs: 2pm-4pm  
 Ladner United Church | 4960 48 Ave, Delta  
 604-946-6254

**16 NORTH DELTA COMMUNITY MEAL**  
*Free nutritious dinner. Everyone welcome.*  
*Doors open at 4:30pm.*  
 Fourth Sat: 5pm  
 a) Crossroads United Church | 7655 120 St, Delta  
 778-593-1043  
*\$6.00 warm lunch.*  
 Every second Mon of the month.  
 Closed July & August: 12pm -1:15pm  
 b) St Cuthbert Anglican Church | 11601 82 Ave, Delta  
 604-594-8822  
*Free meals during community events.*  
 c) \*\*Trinity Lutheran Church | 11040 River Rd, Delta  
 604-584-0111

**17 \*HEALTHIEST BABIES POSSIBLE LUNCH CLUB**  
*Free lunch, pre-natal vitamins, grocery store gift cards, and baby clothes for pregnant and new parents.*  
 Every other Fri: 11am-1pm  
 St. Cuthbert's Church | 11601 - 82nd Ave, Delta  
 604-583-1017 | [hbp@options.bc.ca](mailto:hbp@options.bc.ca)

MONDAY	2	3	8	12b	16b	B	C1	D			
TUESDAY	2	3	5	8	12b	14	17	B	C2	D	
WEDNESDAY	2	3	6	7	8	10	12a	12b	B	C1	D
THURSDAY	2	3	8	10	12b	15	B	C2	D		
FRIDAY	2	3	8	12b	13	17	B	C1	D		
SATURDAY	3	4	8	12b	16						
SUNDAY	1	3	8	12b							

Please see corresponding numbers for program details.

## GROCERY & MEAL DELIVERY

**A \*SURREY FOOD BANK: HAMPER TO YOUR HOME**  
*Free hamper delivery for users with verified mobility limitations.*  
 604-581-5443 Ext. 111

**B MEALS ON WHEELS: SURREY/NORTH DELTA**  
*Meal delivery for users with physical limitations, mental illness, immunocompromised or seniors.*  
 Bagged lunch \$5 | Hot meals \$10.50  
 Mon-Fri: 10am-1pm  
 778-590-1433 | [sndmow@gmail.com](mailto:sndmow@gmail.com)

**C MEALS ON WHEELS: LADNER/TSAWWASSEN**  
*Meal delivery to seniors, and those with a disability or illness.*  
 Meals from \$8  
 604-946-9526 | [easdowns@hotmail.com](mailto:easdowns@hotmail.com)  
 1) S. Delta: Mon | Wed | Fri  
 2) Tsawwassen: Tues | Thurs

**D \*BETTER MEALS**  
*Meal delivery for seniors with dietary restrictions.*  
 Meals from \$1.50-\$9 | Minimum order \$30  
 Mon-Fri: 8:30am-3pm | [contact@bettermeals.ca](mailto:contact@bettermeals.ca)  
 604-299-1877 | 1-888-838-1888

**E \*DELTASSIST PHONE SHOPPING FOR SENIORS**  
*Free grocery shopping for seniors or those living with disabilities.*  
 Minimum order of \$35 | 604-946-9526