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 am – 4 pm

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.

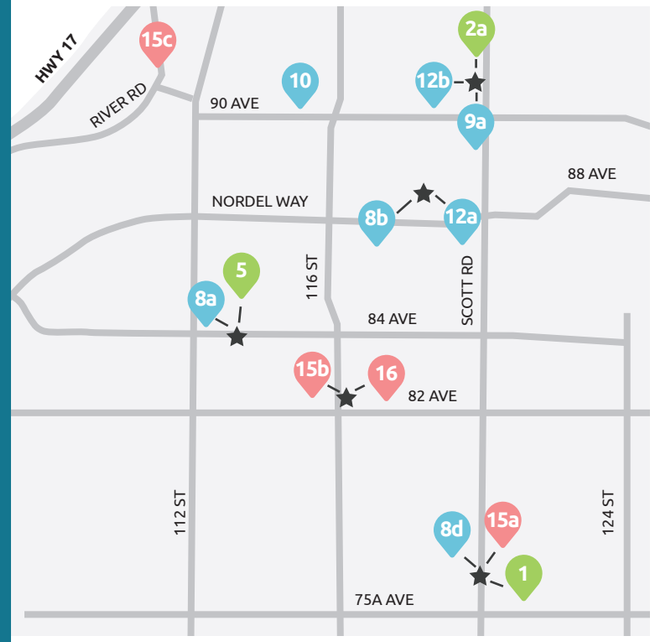
Their food programs and services are vital in helping residents achieve food security and we are inspired by their dedication to serving this community.

Last updated in August 2026.

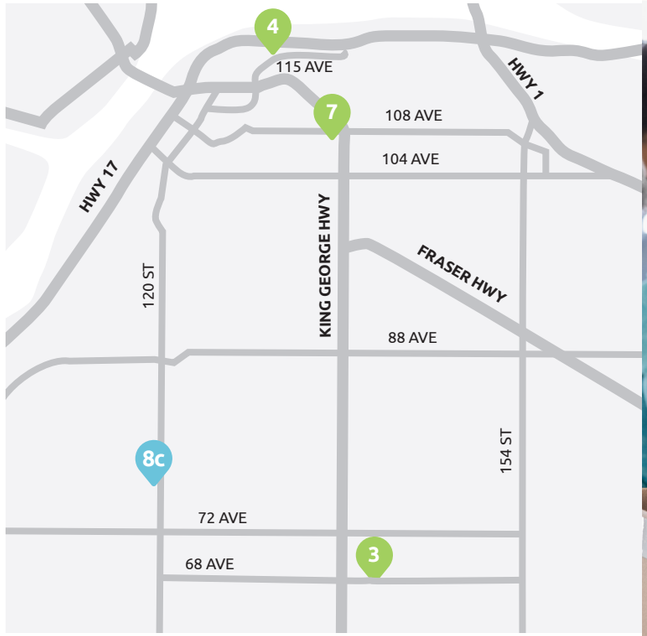
Delta

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

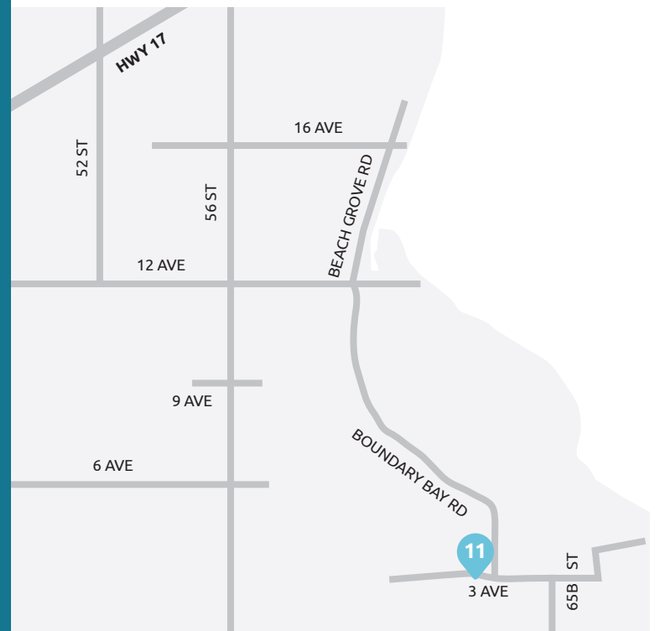
NORTH DELTA



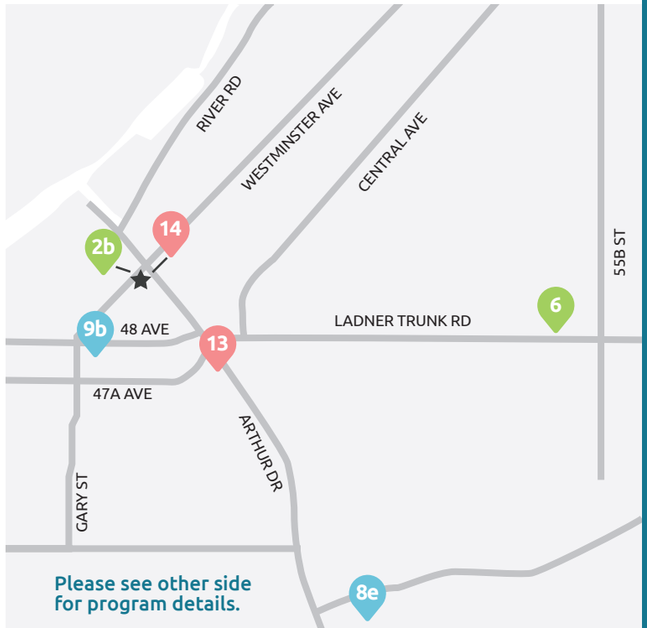
SURREY



TSAWWASSEN



LADNER



Please see other side for program details.



FEEDING DELTA

COMMUNITY FOOD RESOURCES

Delta

FOOD BANKS & FOOD HAMPERS

1 COMMUNITY HARVEST: CROSSROADS UNITED CHURCH
Free produce. Please bring bags.
1st & 3rd Sun: 2 pm (Line up starts at 1:30 pm)
7655 120th St, Delta | 778-593-1043

2 DELTASSIST FAMILY AND COMMUNITY SERVICES SOCIETY: EMERGENCY FOOD PROGRAM - UNHOUSED
Free emergency food program for the unhoused.
Mon – Fri: 9 am – 4:30 pm
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
Mon – Fri: 1 – 6 pm
11760 88 Ave, Delta | 604-580-1313 Ext. 1

4 **MUSLIM FOOD BANK & COMMUNITY SERVICES
Free groceries for residents with vegan & religious dietary needs.
1st & 3rd Sat: 7 – 10 am | 104-12941 115 Ave, Surrey
1-866-248-3868 | 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: 10 am – 12 pm
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: 8:30 – 11 am
Lighthouse Church | 5545 Ladner Trunk Rd, Delta
604-946-1967 | southdeltafoodbank@gmail.com

7 ** TINY BUNDLES: SURREY FOOD BANK
Free food and items for pregnant persons or children under 5yrs old.
Wed: 9 am – 1 pm | 13478 78 Ave, Surrey
604-581-5443 Ext. 102 | registration@surreyfoodbank.org

*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
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
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

10 *GROWING AND LEARNING TOGETHER YOUNG MOMS PROGRAM
Free baby supplies, bus tickets, and lunch for young moms.
Thu: 12:20 – 2:30 pm
Gibson Elementary School | 11451-90th Ave, Delta
604-999-7457 | 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

12 FREE BREAD
Donated by Cobs Bread
a)**New Hope Church | Wed: 7:30 pm
11838 88th Ave, Delta | 604-596-8178
Donated by Monte Cristo Bakery

b) **Deltassist | Mon – Fri: 9 am – 12 pm & 1 – 4:30 pm
9097 120th St, Delta | 604-594-3455
inquiry@deltaassist.com

COMMUNITY MEALS & SNACKS

13 LADNER COMMUNITY MEAL
Free dinner and dessert. Everyone welcome.
Check website for schedule: allsaintsladner.org/Events.
All Saints Anglican Church | 4755 Arthur Dr, Delta
604-946-8413

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

15 NORTH DELTA COMMUNITY MEAL
Free nutritious dinner. Everyone welcome.
Doors open at 4:30 pm.
4th Sat: 5 pm
a) Crossroads United Church | 7655 120 St, Delta
778-593-1043
$6.00 warm lunch.
Every second Mon of the month.
Closed July & August: 12 – 1:15 pm

b) St Cuthbert Anglican Church | 11601 82 Ave, Delta
604-594-8822
Free meals during some community events—contact for more information.

c) **Trinity Lutheran Church | 11040 River Rd, Delta
604-584-0111

16 *HEALTHIEST BABIES POSSIBLE LUNCH CLUB
Free lunch, pre-natal vitamins, grocery store gift cards, and baby clothes for pregnant and new parents.

Must register: visit options.bc.ca/Program/Healthiest-babies-possible to set up appointment.

Every other Fri: 11 am – 1 pm
St. Cuthbert's Church | 11601 82nd Ave, Delta
604-583-1017 | hbp@options.bc.ca

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: 10 am – 1 pm
778-590-1433 | 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
604-833-4623 | mealsonwheels301@gmail.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: 8:30 am – 3 pm | 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 Ext. 114

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

Please see corresponding numbers for program details.