

Free Food Programs in Chilliwack

Please note: program details may change between updates to this document.

	Program Name	Program Description	Hosting Organization(s)	Who This is For?	How to Access/Contact
Hamper Pick Up	Starfish Backpack Program	Bi-weekly food hampers for families through the schools	SD33 and Chilliwack Bowls of Hope	Families of school aged children in the Chilliwack School District (elementary to high school)	Through school staff or email Chilliwack Bowls of Hope at admin@chilliwackbowlsofhope.com
	Salvation Army Pantry	Self selection fresh food hamper	Chilliwack Salvation Army	Anyone	Walk in only at 45746 Yale Rd *Daily visits allowed M-F 10am-3:30pm
	Salvation Army Food Bank	Monthly Hamper program	Chilliwack Salvation Army	Anyone	Call for appointments M-F 9am-12pm and 1-4pm Main office 604-792-0001
	Ruth & Naomi's Hamper Program	Dry goods hampers	Ruth & Naomi's Mission	Anyone who cannot attend daily community dinners and has an address	Hampers on Wednesday 12-3pm (2 times per month) Sign-in Required Walk in 46129 Princess Ave
	Free Store Chilliwack	Free food hamper (1 per family)	Free Store Chilliwack & Social Program Development	Anyone, Signup required online (1 hamper every 6 weeks)	Sign-up Friday mornings on Facebook Page or at www.thefreestorecanada.com/get-support Hamper pick up Sat/Sun 11am-12:30pm
	Streams Emergency Food Hamper Program	Emergency hamper assistance to help make ends meet	Streams Foundation Canada	Support for people in need - families, single parents, seniors, new immigrants, natural disaster aid *This is not a weekly/monthly grocery service	Email streamsfoundationcanada@gmail.com or text 778-772-2203 *Based on availability of volunteers and donations
	Cyrus Centre Youth Hampers	Bi-weekly food hampers for youth	Chilliwack Cyrus Centre (satellite location of the Salvation Army Food Bank)	Youth Ages 16 to 24	Walk in to register for the program during resource centre hours 12:30-7:30pm, 7 days/week 45845 Wellington Ave
Baby Supplies Pick Up	Meadow Rose Baby Supplies	Baby food, formula, and any baby supplies	Meadow Rose Society	Children 3 and under, 2 times per month	Walk in Tues-Th, 11am-1pm, or call 604-392-1133 45789 Spadina Ave
Resource Pick Up	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	Contact chilliwackcommunitycupboard@gmail.com or 604-203-9525 Appointment only through website www.communitycupboard.ca 9525 College St (back parking lot)
	Senior Food Program Tydel Foods	Monthly meal pack with free added resources (fruit/vegetables/dry goods) *Meat package paid by clients	Tydel Foods Senior Program	Seniors 60+ struggling with food insecurity	Mon-Sat 9am-5:30pm, 45766 Patten Ave Contact Brigida at brigida@tydelfoods.com or call 604-316-6015 Updates also on Facebook Page

Meal Pick Up	Community Dinner	Dinner Take-Out	Ruth & Naomi's Mission	Anyone with an issued meal card who can't eat in *Prior approval required with ID at Family Centre Reception, M-F; 8am-3pm	Dinner Meal Card Holders 7 days/week 6:30-7pm 46130 Margaret Ave (back door of the shelter kitchen)
	Soup Kitchen	Lunch Dine- In	Chilliwack Salvation Army	Adults only	M-F 12-1pm, walk in only, 45746 Yale Road
Meal Service	Cyrus Centre Youth Meals	Breakfast 9-10am M-F (ages 12-24) Lunch 12:30 everyday (ages 12-18) Dinner 6pm everyday (ages 12-24)	Chilliwack Cyrus Centre	Youth 12-24	7days/week, walk in only 45845 Wellington Ave
	Feeding Futures	Food programs available to students at school	Chilliwack School District 33	Chilliwack School District students	Information available on the website: http://www.sd33.bc.ca/feeding-futures-program Contact Rosanne James, Coordinator of Food Programs at rosanne_james@sd33.bc.ca
	Chilliwack Wellness Centre	Drop in wellness centre Breakfast items 7:30-9am, Lunch 12:30-2pm, Dinner 6-7pm Water/Coffee/Tea/Hot Chocolate	Lookout Housing & Health Society	Anyone 19+ Sign-up shelters (showers and laundry are first-come first-served)	7 days/week, walk in only 45951 Tretheway Ave
	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
Hamper Delivery	Grocery Shopping through Better at Home Program	Online orders placed on seniors behalf, on a weekly basis. *Client is responsible for cost of groceries and delivery fee.	Chilliwack Community Services	Seniors	By appointment Must be registered with the Better At Home Program To register call Sarah at 778-860-5499 *Due to high demand you may be placed on a waitlist
	Senior Grocery Hamper Program	Monthly free groceries to low-income seniors	Chilliwack & District Seniors Resources Society	Seniors	Agency or self referral Email info@cdsrs.ca or call 604-793-9979
Additional Resources	Streams Foundation	Coffee with Seniors (2 times per month), Library Social (1st Saturday of the month), Walk & Talk at Vedder Park (1 time per month), Multicultural and seasonal celebrations (4-5 times per year)	Streams Foundation Canada	Seniors - Coffee events Anyone - free socialization, community building initiatives and multicultural events	Events on Streams Foundation Canada Facebook Page Email streamsfoundationcanada@gmail.com Visit https://www.streamsfoundation.ca/ Text 778-772-2203
	UFV-SUS Food Bank	Food hampers and resources for University Students	UFV Student Wellness & Student Union Society	Students currently enrolled in UFV courses	Register at https://www.ufv.ca/student-wellness/programs/ufv-sus-food-bank/ Email foodbank@ufv.ca Call Student Wellness at 604-504-7441 ext. 4823 *Pick up hampers at UFV Chilliwack (Canada Education Park) campus upon request
	Farmers Market Nutrition Coupon Program	Seasonal coupons to local Farmers Market	Chilliwack Bowls of Hope Society	Families, pregnant individuals, and seniors can apply	Applications in spring 2025 https://chilliwackbowlssofhope.com/bc-nutrition-coupon-program/ Contact admin@chilliwackbowlssofhope.com Located at Downtown Farmers Market (May to October)

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.

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