

# Community Food Security Resources

Note: The Government of BC considers grocery stores, convenience stores, farmers' markets, food banks, community kitchens, and voluntary and community service providers essential services during the COVID-19 pandemic

## British Columbia

Organization	Mission and Services	Website	Status
<b>Quest Food Exchange</b>	Quest Food Exchange is a non-profit that provides affordable and health food options to people in BC that are experiencing food security challenges, at roughly a third of retail cost. For clients to be eligible for the program, they must be either low income, on disability or be on old-age pension; they must have local partnering contact; and complete an online form.	<a href="http://www.questoutreach.org/">http://www.questoutreach.org/</a>	<p>Quest Food Exchange locations remain open. We encourage our clients to allow the first hour of each day to our more vulnerable shoppers, those over 60 and with physical disabilities.</p> <p>We have imposed physical distancing in accordance with provincial guidelines. To prevent the spread of COVID-19, we ask all staff, management, volunteers and clients to not come into the office or any market if you are experiencing the below symptoms:</p> <ul style="list-style-type: none"> <li>Difficulty breathing</li> <li>Feeling tired</li> <li>Fever or high temperature</li> <li>Cold, cough or sore throat</li> </ul> <p>For safety and under the advice of the BC Health Authority, please adhere to the following:</p> <ul style="list-style-type: none"> <li>Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand</li> <li>Avoid touching your eyes, nose, and mouth with unwashed hands</li> <li>Avoid close contact with people who are sick</li> <li>Stay home when you are sick</li> <li>Cover your cough or sneeze with a tissue, then immediately throw the tissue in the garbage and wash your hands</li> <li>If you don't have a tissue, sneeze or cough into your sleeve or arm</li> <li>Clean and disinfect frequently touched objects and surfaces</li> </ul>

<b>Farmers' Market Nutrition and Coupon Program (FMNCP)</b>	The FMNCP began as a pilot project in 2007, operating through each of the six regional health authorities, and began receiving Ministry of Health funding in 2012. The program has been in full operation since 2015 and provides healthy, local and fresh food to over 12,000 families in B.C. Coupons can be obtained through local community partners, such as neighbourhood houses, food banks, and family services organisations, all listed by geographic region on the BC Association of Farmers' Markets website.	<a href="https://bcfarmersmarket.org/coupon-program/how-it-works/">https://bcfarmersmarket.org/coupon-program/how-it-works/</a>	Farmers' markets being declared an essential service; winter markets are still operating.
<b>Provincial Nutrition Benefits Program</b>	The BC Ministry of Social Development & Poverty Reduction provides income assistance to individuals who are unemployed. The Provincial Nutrition Benefits Program ensures nutritional supplements (including infant formula), diet supplements, monthly nutritional supplements, tube feed supplements, and natal supplements are available to support food security for eligible citizens.	<a href="https://www.healthlinkbc.ca/healthy-eating/nutrition-benefits-programs">https://www.healthlinkbc.ca/healthy-eating/nutrition-benefits-programs</a>	Available

## Vancouver

Organization	Mission and Services	Website	Status
<b>Association of Neighbourhood Houses of British Columbia and other Neighbourhood Houses</b>	The Association of Neighbourhood Houses of BC (ANHBC) is made up of 7 neighbourhood houses and one outdoors centre, all of which are located in Vancouver, except Alexandra Neighbourhood House which is located in Surrey. There are other neighbourhood houses in Vancouver, such as Collingwood Neighbourhood House, Downtown Eastside Neighbourhood House, and Little Mountain Neighbourhood House. Neighbourhood houses offer a wide variety of programs, including food security-related programming like cooking and food preparation workshops, free, pay-what-you-can and low-cost meals, and community produce markets.	<a href="https://anhbc.org/">https://anhbc.org/</a>	Neighbourhood houses in Vancouver have closed to in-person services, and staff may be available via email or phone. Please visit individual neighbourhood house websites (available on the ANHBC website) for more details on each response and available services.
<b>Greater Vancouver Food Bank</b>	The GVFB distribute an estimated 3.5 million pounds of food every year. According to the GVFB website, they provide assistance to over 27,500 people every week, and of those, 22 percent are children and 22 percent are seniors (Greater Vancouver Food Bank, n.d.). The GVFB was established in 1982 as a temporary relief program but has significantly grown over the past thirty years (Greater Vancouver Food Bank, n.d.)	<a href="https://foodbank.bc.ca/">https://foodbank.bc.ca/</a>	The GVFB will remain open with adjustments to services due to food distribution location closures. Please read the statement here: <a href="https://foodbank.bc.ca/find-food/locations/">https://foodbank.bc.ca/find-food/locations/</a>

<p><b>Vancouver Farmers' Markets</b></p>	<p>Vancouver Farmers' Markets is an organisation that supports the operation of six farmers' markets, two being year-round, across the City of Vancouver. While many of the markets operate on Saturdays and Sundays (without both of those days featuring a year-round market), there are also markets during weekdays. Each of the markets feature local and organic produce, artisanal food products, and prepared food vendors. Vancouver Farmers' Markets' Fresh to Families Fund is an expansion project of the BC Farmers Market Nutrition Coupon Program. The program provides recipients with fresh food direct from partner farms and producers. Low-income, newly arrived refugees and at-risk expectant mothers are eligible for this program.</p>	<p><a href="https://eatlocal.org/">https://eatlocal.org/</a></p>	<p>Farmers markets have been designated an essential service during the COVID-19 pandemic by the Province of British Columbia. As Vancouver Farmers Markets continue to operate as access points for fresh food during the pandemic, maintaining the safety of our community is our utmost priority.</p>
<p><b>Vancouver Neighbourhood Food Networks</b></p>	<p>There are 15 Vancouver Neighbourhood Food Networks (VNFN) in Vancouver. VNFN are a network of community organisations dedicated to supporting food security in all neighbourhoods across the city, particularly for community members struggling economically. Through their programming, each food network aims to break down barriers that prevent people from accessing nutritious, affordable, and preferable food. Some of the programs offered by the various networks involved in the VNFN include: drop-in meal programs and workshop series, bulk buying clubs, mobile produce markets, emergency food access, community gardens, school gardens, and more. The VNFN have created the Vancouver Food Asset Map that outlines different places in the city that residents can grow, prepare, share, buy, receive or learn about food, for free or for an affordable price.</p>	<p><a href="http://vancouverfoodnetworks.com/">http://vancouverfoodnetworks.com/</a></p>	<p>Many neighbourhood food networks remain open. Please visit their individual websites (available through the VNFN webpage) for more information.</p>
<p><b>Community Gardens</b></p>	<p>The City of Vancouver has over 110 community gardens in city parks, schools or on private property, which are operated by local community groups. Membership fees vary but can be free and many have policies that allow fees to be waived for low-income individuals or paid in installments. The City of Vancouver includes an interactive map of all the community gardens in the city on their website, as well as a data portal to learn more about each individual garden and how to add your name to a waitlist. Waitlist times around the city vary based on location.</p>	<p><a href="https://vancouver.ca/people-programs/community-gardens.aspx">https://vancouver.ca/people-programs/community-gardens.aspx</a></p>	<p>Community gardens in Vancouver remain open.</p>
<p><b>Saige Community Food Bank</b></p>	<p>The Saige Community Food bank is a food bank that provides a no barrier safe space for transgender and gender non-conforming or queer individuals to access healthy food, as well as support from their LGBTQ2+ peers and allies. It is also open to any individuals in need of food, or that cannot access government food banks because of barriers such as ID, lack of housing, income or other specifics needed to be accepted.</p>	<p><a href="https://saigecommunityfoodbank.com/">https://saigecommunityfoodbank.com/</a></p>	<p>Delivery service only after May 8th. Delivery requests can be made through a hyperlinked form on our website.</p> <p>Keep your distance from each other and our volunteers. Take your bag and leave – no socializing or hanging out. Keep hands in pockets – no touching faces, tables, people! WASH all produce and remove outer packages from foods. WASH hands before eating anything afterwards.</p>

	<p>This food bank offers fresh produce and baked goods, among various other donations including clothing, toiletries, books and more.</p>		<p>Event is outside – follow pathway along right side of building to the school area in back under shelter.          No trading of ANY items with staff or attendees.          Be kind and patient with volunteers and each other – we are all under stress and Saige is trying to keep our services going with limited staff.          Keep us safe and yourself! Assume you are infected and take precautions not to spread it</p>
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## Burnaby

Organization	Mission and Services	Website	Status
<p><b>Burnaby Food First</b></p>	<p>Burnaby Food First is a non-profit group that offers programs and resources such as: food preparation and healthy eating workshops, sharing backyards, a gardening portal, local food resources information, and a community asset map (a map and printable flyer with a list of meal programs and food at free or low cost in the Lower Mainland).</p>	<p><a href="http://burnabyfoodfirst.blogspot.com/">http://burnabyfoodfirst.blogspot.com/</a></p>	<p>Unknown</p>
<p><b>Burnaby Artisans Farmers' Market</b></p>	<p>The only current farmers' market in Burnaby operates out of the North Parking Lot at City Hall every Saturday year-round except during the Christmas season. The market features organic and traditional produce, craft vendors, and prepared food vendors. It is operated by Artisan Farmers Markets Society.</p>	<p><a href="https://www.artisanmarkets.ca/our-markets/burnaby-artisan-farmers-market/">https://www.artisanmarkets.ca/our-markets/burnaby-artisan-farmers-market/</a></p>	<p>We are happy to tell you Burnaby Farmers' Market will reopen this weekend (April 18, 2020)!          The market will operate as an essential service, similar to how grocery stores are, in an open-air, modified food-first market format! (more below)          Reopening the markets, in the time of COVID-19 means added health guidelines!          Farmers' Markets at this time are required to follow new health guidelines. Most of the guidelines can be found on this BC CDC webpage.          Principles to Keep in Mind:          1 – Hygiene          Hand sanitizer and wash stations will be provided. Vendors will be using a combination of masks, gloves and cashless transactions with a preference for "tap" (contactless payments).          2 – Physical Distancing          This includes, lining up at least two meters apart, entering when allowed by attendants and maintaining distance within the market. At vendor stalls, you must line up at least 2 metres apart and maintain the distance from the vendor during the transaction process. Only touch products you are buying.          3 – No Hanging Around</p>

			<p>Once in the market, you'll be asked to shop in one direction, from the entrance to the exit. Once you have made your purchases, we ask that you exit the market in order to allow others to shop.</p> <p>Signs with additional details will be posted at the market.</p> <p>Please note that reusable shopping bags will not be allowed in the market at this time.</p>
<p><b>Burnaby Neighbourhood House</b></p>	<p>Burnaby Neighbourhood House (BNH) is a non-profit with two locations, one in North Burnaby and another in South Burnaby. BNH offers community garden plots at the BARAGA and Sharing Cultures Nights where an affordable meal with differing cultural themes is served. They also participate in the inter-community agency network committee called Food First Committee.</p>	<p><a href="https://burnabyinh.ca/">https://burnabyinh.ca/</a></p>	<p>South and North Food Hubs</p> <p>With funding from the United Way Local Love campaign we are now the South and North Food Hubs for Burnaby.</p> <p>This includes coordination for food security issues for Burnaby residents who are experiencing food insecurity.</p> <p>Supporting individuals and families who have loss of employment and/or are low income with food hampers and grocery gift cards</p> <p>Supporting low income seniors with prepared meals and food hampers</p> <p>Grocery shopping and free delivery for Burnaby residents who are unable to get out</p> <p>Coordinating response in Burnaby for Food Sourcing, storage facilities, transportation and volunteer management relating to Food security issues</p> <p>All food pick-ups at the South and North Food Hubs will be by appointment only. Burnaby residents and service providers please contact us for more information on available food resources</p> <p>South Food Hub — for South Burnaby residents — 604-307-2945 – <a href="mailto:southfoodhub@burnabyinh.ca">southfoodhub@burnabyinh.ca</a></p> <p>Food pick-up appointments will be on Wednesdays from 2:00 pm to 7:00 pm and Thursdays from 11:00 am to 4:00 pm.</p> <p>North House — for North Burnaby Residents — 604-294-5444 – <a href="mailto:northfoodhub@burnabyinh.ca">northfoodhub@burnabyinh.ca</a></p> <p>Food pick-up appointments will be on Tuesdays from 11:00 am to 4:00 pm.</p>
<p><b>Community Gardens</b></p>	<p>Burnaby has several community gardens throughout the city, most notably, the Burnaby and Region Allotment Gardens Association (BARAGA) in South Burnaby, western Canada's largest allotment garden. The gardens were established by the City of Burnaby, but collectively run and administered by various local non-profit groups. They grow vegetables, berries and flowers. The annual fee is more expensive than most community gardens in Vancouver and Surrey; however, members can waive their clean-up fees at the end of the growing season if they clean up the plot themselves.</p>	<p><a href="http://baraga.ca/">http://baraga.ca/</a></p>	<p>BARAGA Board of Directors meetings are still occurring virtually. Regarding work parties, the following was posted: Stay tuned for updates on upcoming work parties for the 2021 gardening season. We can't wait to get to get started!</p>

Organization/ Program	Mission and Services	Website	Location/Contact
<b>Surrey/White Rock Food Action Coalition</b>	The Surrey/White Rock Food Action Coalition is a group of citizens, agencies and other leaders in collaborative food security that works to provide food security for all residents of Surrey focusing on: income, food literacy, access, and food distribution. They provide a wide variety of different food security resources on their website.	<a href="http://surreywhiterockfoodactioncoalition.ca/">http://surreywhiterockfoodactioncoalition.ca/</a>	Unknown
<b>DIVERSEcity Community Kitchen Program and Community Garden Program</b>	DIVERSEcity is a community non-profit organisation that offers two food security-related programs. The Community Kitchen helps residents learn cooking skills, including how to cook Canadian and multicultural healthy food, visit grocery stores and learn about local community food supports for low-income families. The Community Garden Program provides plots to (mainly) new immigrant, refugee and low-income families at one of two community gardens in Surrey, teaching participants how to grow healthy food organically, and also offers events for social connection.	<a href="https://www.dcrs.ca/">https://www.dcrs.ca/</a>	New programs were launched, including a variety of emergency food security programs to fund critical food access and food hampers to support vulnerable community members during the pandemic, with funding from Community Food Centres Canada, Shaw Communications, Breakfast Club of Canada, United Way and Surrey Cares Foundation.
<b>Community Gardens</b>	There are nine community gardens on City of Surrey park land, and several others on private land. Surrey is also home to the PLOT, which is on city land adjacent to the Surrey Newton Bus Loop that provides an organic sharing garden that is free to anyone in the community. The PLOT is home to Gro-Carts, an initiative started by two SFU undergraduate students and aims to support citizens in Surrey Centre in accessing fresh and affordable food, when it would otherwise be a challenge to do so for financial or geographic reasons.	<a href="https://www.surrey.ca/culture-recreation/7108.aspx">https://www.surrey.ca/culture-recreation/7108.aspx</a>	There is no mention of community garden closure on City lands in the statement by the City of Surrey: <a href="https://www.surrey.ca/city-government/30805.aspx">https://www.surrey.ca/city-government/30805.aspx</a>
<b>Sources Community Resource Society</b>	SOURCES is a community non-profit group operating in Surrey, White Rock, Delta, Langley, and Prince George. They offer four main food security services: SOURCES Langley Food Bank, SOURCES White Rock/South Surrey Food Bank, SOURCES Food Hub and SOURCES Volunteer Services Shop-by-Phone program. The food banks provide community members with two days' worth of food per person per week, and offers classes, workshops and other food preparation-related resources. SOURCES Food Hub provides education and training on food waste reduction and redistributes recovered and harvested foods to community agencies in Surrey. The Shop-by-Phone program allows the delivery of meals to residents with disabilities, injuries or illnesses that make obtaining food difficult.	<a href="https://www.sourcesbc.ca/">https://www.sourcesbc.ca/</a>	It has been over two months since the COVID-19 pandemic changed everything. Our staff have taken significant measures to modify the way we work and interact with clients and community, so that we can continue to provide our essential social services while keeping all of us healthy, safe and well. I am extremely proud of the way our team rose to meet the challenges of COVID-19. Across our 20+ locations and 60+ programs throughout British Columbia, the creativity and resilience shown by our team have resulted in minimal service disruptions as we sought to innovate new ways of connecting with and serving the individuals and families who depend on us. As we enter Phase 2 of our Province's COVID-19 response, and approach it with some relief and optimism, we must remain cautious. At SOURCES, all programs and locations have their own customized COVID-19 Prevention Plan that lays out the policies, guidelines and procedures in place to

reduce the risk of COVID-19 transmission. These plans are posted on site per the order of the Provincial Health Officer and WorkSafeBC. Below are some points that apply to all programs and locations:

**WHAT SOURCES IS DOING FOR YOU**

Modifying service delivery methods and hours to reduce risk and anxiety  
Offering remote (e.g. phone or video conferencing) appointments when possible

Limiting the number of staff on location to ensure a safe physical distance

Attending work only if healthy and not symptomatic

Accommodating staff to work from home to minimize service disruption

Installing signage with reminders to wash hands, maintain distance, etc.

Placing floor markers to ensure minimum distance is adhered to

Establishing maximum occupancy limits for all locations

Enhancing sanitation and frequency of cleaning by our Concierge Team and by staff (e.g. disinfecting common touchpoints before and after use by a visitor)

Wearing Personal Protective Equipment when needed

Posting regular updates on our COVID-19 response publicly and online

**WHAT SOURCES IS ASKING OF YOU**

Before visiting any of our offices or locations, please phone, email or otherwise contact that office or location in advance to confirm their availability and check their procedures. If possible, make an appointment (drop-in visits are not recommended)

Do not visit if you are symptomatic (stay home if you are sick)

If you are symptomatic and must visit, wear a face mask

Read and adhere to posted signage

Maintain a physical distance of 6 ft or 2 m

Sanitize hands upon entry

Wash hands as often as necessary

Practice respiratory hygiene

In general, our programs remain open to provide direct and in-person, or modified (e.g. telephone, video conferencing) services to clients, with some exceptions. Please note that response times may be longer than normal, as we limit the number of staff in offices to allow for physical distancing and allow more time in the work day to disinfect common touchpoints more frequently.

<p><b>Farmers' Markets</b></p>	<p>Surrey is home to three different farmers' markets, held in the May to October period. The Surrey Urban Farmers Market is hosted outside the Surrey Civic Plaza behind City Hall every Saturday, June through October. The Clayton Community Farmer's Market takes place in the Clayton Heights Secondary School parking lot on select Sundays from May to October. It features products from local farmers, crafters and artisans, as well food trucks. Cloverdale Market Days features a mix of over 100 local artisans, retailers and farmers' market vendors, operating five times each summer from May through September.</p>	<p><a href="https://www.surrey.ca/business-economic-development/14185.aspx">https://www.surrey.ca/business-economic-development/14185.aspx</a>  <a href="https://surreymarket.org/">https://surreymarket.org/</a></p>	<p>On the Surrey Urban Farmers Market Facebook, there is a statement about the recent declaration of farmers' markets as an essential service. A link is provided to the BC Association of Farmers Markets update page on COVID-19: <a href="https://bcfarmersmarket.org/bcafms-update-on-covid-19/">https://bcfarmersmarket.org/bcafms-update-on-covid-19/</a></p>
<p><b>Surrey Food Bank</b></p>	<p>The Surrey Food Bank provides nutritious food to families across Surrey and North Delta in a respectful dignified manner, with the goal of connecting clients to community services to help them become self-sufficient.</p>	<p><a href="https://www.surreyfoodbank.org/">https://www.surreyfoodbank.org/</a></p>	<p>The Surrey Food Bank remains open with some adjustments to services. Please read all March 2020 updates here: <a href="https://www.surreyfoodbank.org/news/">https://www.surreyfoodbank.org/news/</a></p>