

COVID-19 Community Resources: Delta

Food Security

Food Banks

North Delta Food Bank (Deltassist) **604-594-3455** for emergency food services. Superstore gift cards provided to those in need. South Delta Food Bank **604-946-1967**. Operating on Wednesdays. Deliveries possible for those unable to come in person. Surrey/North Delta Food Bank distributes food every 2nd Tues 10am-12pm at Northside Community Church. Register on-site on Tues or online <https://www.surreyfoodbank.org/programs/registration-requirements/>.

United Way Community Builder*

Call Yvette Henry **604-818-3179** for grocery shopping, a friendly phone call, and other help. Email yvetteh@uwlm.ca.

Muslim Food Bank and Community Services Society

Call **1-866-248-3868** [email aspire@muslimfoodbank.com] for a **one-time delivery** to seniors or vulnerable clients of any cultural background. Clients must provide a name, phone contact, and address for delivery. <https://www.muslimfoodbank.com/covid19-assistance/>

Sikh Awareness Foundation

Call **604-572-5577** for Indian restaurant food delivery to single mothers, seniors and those affected by domestic violence.

Gurdwara Dukh Nivaran Sahib

Call or text **604-780-2573** or **604-537-1440** for free grocery delivery of non-perishable vegetarian items (delivery to most Fraser Health communities).

OPTIONS/Delta Club House

Call **604-375-7773** for grocery shopping/delivery to supported housing, clubhouse clients and those experiencing mental illness.

Students and Families of School District 37

Call your school's principal for delivery of free groceries available to low-income students of School District 37.

Northside Community Church and Mamas for Mamas

Call **604-991-7676**, the "Babv Depot" for formula, diapers, etc. delivered to families in need. Email community@wearenorthside.com.

Support in Multiple Languages

Diversity call **604-597-0205** or **PICS** call **604-596-7722** or **Deltassist** call **604-594-3455**.

Seniors

Deltassist

Call **604-594-3455** for grocery shopping and delivery to housebound seniors who are housebound. Email inquiry@deltassist.com.

Nourishing Neighbours Program (City of Delta)

Call **604-943-0155 ext 262** for meal delivery for members of KinVillage Community Centre, Kennedy Seniors Centre or McKee Seniors Centre.

Financial Support

Sources Advocacy, Housing and Prevention Services and Rent Bank

Call **604-596-2311** for financial housing assistance including a one-time crisis loan of up to \$1,200/single and \$1,600/family. www.sourcesbc.ca/our-services/sources-rent-bank

Health Support

Surrey/North Delta Division of Family Practice

If you have a family doctor call their office for an appointment by phone or video.

Division of Family Practice (South Delta)

If you have a family doctor and need care, call their office for a telehealth appointment by phone or video. If you have COVID-19 symptom visit the assessment site at 4470 Clarence Taylor Way in Ladner.

Deltassist Counselling Services

Call **604-594-3455** for family, seniors, and substance use counselling (services available in Punjabi). <http://deltassist.com/counselling>

Resource Compiled: May 2020

* The Community Builders are a United Way of the Lower Mainland (UWLM) COVID-19 response initiative. The contact person indicated will triage needs by connecting with local resources or by directly responding to the need. The Community Builder positions were designed especially for people who might not have access to or knowledge of many resources. They can also connect people to language resources including the Punjabi speaking UWLM Community Builder staff member.