

Where to Access Free and Low-cost Groceries and Prepared Meals on the North Shore





This list is dated January 2023. Please send updates to this list to coordinator@tablematters.ca. Additional resources: Food asset map on <https://tablematters.ca/food-providers/> and <http://www.vch.ca/public-health/nutrition/food-asset-map>

Legend:  Available to everyone  Available to seniors  Free  There is a cost

Groceries - Assistance

 & 	North Shore Community Resources - Better At Home Volunteer grocery shopping and prescription pick up (client pays the cost) and free delivery service for seniors. Free delivery of prepared meals with advance notice.	Sign up at http://www.bc211.ca or phone 211. Better at Home - 604-982-3313 or 604-982-3321 (Monday to Friday 9:00-4:30pm)
	Harvest Project Coaching, Food support provided through Client Care program by appointment. See website: https://www.harvestproject.org/	Now accepting new intakes to Client Care program. Phone enquiries at: 604-983-9488. Email: ccm@harvestproject.org

Groceries - Bags / Hampers for Pick Up

	Food Bank, depot at North Shore Neighbourhood House Bags of groceries for pick-up at 225 East 2 nd Street, North Vancouver, 9am-6pm on Wednesdays.	To register with Greater Vancouver Food Bank, phone 604-876-3601. Schedule and closures: https://foodbank.bc.ca/find-food/locations/
	Salvation Army Food hampers for pick-up. 105 West 12 th Street, North Vancouver.	Must phone to request and make appointment to pick up. https://northshoresalvationarmy.com or phone 604-988-6040.
	North Shore Women's Centre Urgent need for food and toiletries for women.	604-984-6009 info@northshorewomen.ca to discuss your situation and arrange pick-up https://www.northshorewomen.ca/
	Quest Food Program Low cost groceries market. 167 E 1st St. (enter from Lolo lane). Mon – Friday 9am – 5:45pm, Saturday 9am – 3:45pm. (During COVID19, Quest closes one hour early for sanitization). Closed on statutory holidays.	Referral: https://questoutreach.org/access-food Market information 604-566-0110 https://questoutreach.org
	St. Andrews United Church (in partnership with Harvest Project) Emergency groceries Tuesdays 11 am- 1 pm	Drop-in. New clients to fill out client form and show 1 piece of ID with North Shore address."

Prepared Meals for Seniors – Contact and Info to Order Meals






Organization	Contact Info to Order	Pick Up and Delivery Info
Silver Harbour Seniors' Activity Centre	604-980-2474 http://www.silverharbourcentre.com/ \$10 per meal	Pick up at Silver Harbour Seniors' Activity Centre, 144 East 22 nd Street, North Van.
West Van Seniors' Activity Centre	604-925-7280 www.westvancouver.ca/seniors \$6 per meal. Free meals available for people who need them – please ask.	Pick up at West Vancouver Seniors' Activity Centre, 695 21 st Street, West Van, Mon-Fri: 9 am – 2pm. Saturday + Sunday: 10am – 2pm. Free delivery on Tues, Thurs, Sat (minimum \$25 purchase) – call between 9 am – 10 am.

Meals on Wheels	604-922-3414 New clients e-mail northshoremow@telus.net \$8.50 per meal	Delivery on Mondays, Wednesdays, and Fridays, 11am to 1:00pm
Better Meals	604 299 1877 www.bettermeals.ca Meals vary in price, small subsidy available on request	Order by 2pm Tuesday for delivery on Thursdays, or pick up in South Burnaby with sufficient notice

Prepared Meals – Weekly Availability / Schedule

Legend: Available to everyone Available to seniors Ⓢ Free Ⓢ There is a cost

Meal Type	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
Ⓢ Bagged Lunches to Go Pick Up - No need to pre-order	<u>Salvation Army</u> 105 West 12 th St., North Van 9am-12:30pm, and 1-4:30pm	<u>Salvation Army</u> 105 West 12 th St., North Van 9am-12:30pm, and 1-4:30pm	<u>Salvation Army</u> 105 West 12 th St., North Van 9am-12:30pm, and 1-4:30pm	<u>Salvation Army</u> 105 West 12 th St., North Van 9am-12:30pm, and 1-4:30pm	<u>Salvation Army</u> 105 West 12 th St., North Van 9am-12:30pm, and 1-4:30pm	<u>NS Neigh. House</u> 225 East 2 nd St. North Van – in rear lane 1-2pm <u>Provided by Highlands United Church</u>	
Ⓢ Bagged Meals to Go Pick Up No need to pre-order		1 st , 3 rd and 4 th TUESDAYS <u>North Lonsdale United Church</u> , 3380 Lonsdale. Pick up 3-5pm . Take home & heat. <u>Provided by Sharing Abundance</u>				SATURDAYS <u>Highlands United Church</u> , lane behind NSNH below 2 nd Street between St. Georges and St. Andrews	
Ⓢ Frozen meals	TUESDAY AND THURSDAYS <u>Salvation Army</u> https://northshoresalvationarmy.com/order-meals/ Online ordering. Pick-up and delivery options. Free delivery if ordering 5 meals.						
Ⓢ Prepared meals	MONDAYS Silver Harbour Centre	TUESDAYS Silver Harbour Centre	WEDS Silver Harbour Centre	THURSDAYS Silver Harbour Centre	FRIDAYS Silver Harbour Centre		
Phone 604-980-2474 for Silver Harbour Seniors' Centre 144 East 22nd Street, North Van							

	Prepared meals, small grocery, baking	<u>West Van Seniors' Activity Centre</u>	<u>West Van Seniors' Activity Centre</u>	<u>West Van Seniors' Activity Centre</u>	<u>West Van Seniors' Activity Centre</u>	<u>West Van Seniors' Activity Centre</u>	<u>West Van Seniors' Activity Centre</u>	<u>West Van Seniors' Activity Centre</u>
Phone 604-925-7280 for West Vancouver Seniors' Activity Centre 695 21st Street, West Van								
	Prepared meals	MONDAYS <u>Meals on Wheels</u>		WEDS <u>Meals on Wheels</u>		FRIDAYS <u>Meals on Wheels</u>		
Phone 604-922-3414 for North Shore Meals on Wheels								
	Prepared meals + bread				THURSDAYS <u>St. Andrew's United Church</u> 1044 St. Georges, Lunch, 12-1 pm			
St. Andrews United Church, 1044 St Georges Avenue, North Van								
	Prepared Meals		2 nd TUESDAYS <u>North Lonsdale United Church</u> , 3380 Lonsdale. 5.30 pm <u>Provided by Sharing Abundance</u>	WEDS <u>Royal Canadian Legion Branch</u> <u>118, 123 W. 15th St.</u> North Van Soup & Sandwich 12-1pm <u>Provided by Sharing Abundance</u>		1 ST & 3 RD FRIDAYS <u>St. Agnes Anglican Church</u> , 530 12 th Street East, North Van 12 pm Pre-registration required <u>Provided by Sharing Abundance</u>		
Phone 604 987 0432 Sharing Abundance by noon on Wednesday for Friday lunch								
	Prepared Meal + to go Call to book a spot or drop in			WEDS Mollie Nye Hse Soup & Sandwich 11.30 am-12.30 pm				
Phone 604 761 1474 (Angela) Lynn Valley Services, Society 940 Lynn Valley Road, North Van								