

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






This list is dated November 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

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|  &  | <p>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.</p> | <p>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)</p> |
|  | <p>Harvest Project Coaching, Food support provided through Client Care program by appointment. See website: https://www.harvestproject.org/</p> | <p>Now accepting new intakes to Client Care program. Phone enquiries at: 604-983-9488. Email: ccm@harvestproject.org</p> |
|  | <p>Family Services of the North Shore Grocery assistance for registered clients</p> | <p>Contact community@familyservices.bc.ca 604 984 9627</p> |

Groceries - Bags / Hampers for Pick Up



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|  | <p>Food Bank, depot at North Shore Neighbourhood House Bags of groceries for pick-up at 225 East 2nd Street, North Vancouver, 9am-6pm on Wednesdays.</p> | <p>To register with Greater Vancouver Food Bank, phone 604-876-3601. Schedule and closures: https://foodbank.bc.ca/find-food/locations/</p> |
|  | <p>Salvation Army Food hampers for pick-up. 105 West 12th Street, North Vancouver.</p> | <p>Must phone to request and make appointment to pick up. https://northshoresalvationarmy.com or phone 604-988-6040.</p> |
|  | <p>North Shore Women's Centre Urgent need for food and toiletries for women.</p> | <p>604-984-6009 info@northshorewomen.ca to discuss your situation and arrange pick-up https://www.northshorewomen.ca/</p> |
|  | <p>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.</p> | <p>Referral: https://questoutreach.org/access-food Market information 604-566-0110 https://questoutreach.org</p> |
|  | <p>St. Andrews United Church (in partnership with Harvest Project) Emergency groceries Tuesdays 11 am- 1 pm</p> | <p>Drop-in. New clients to fill out client form and show 1 piece of ID with North Shore address."</p> |









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 nsmow@carebc.ca \$8.95-\$5.95 per meal | Delivery on Mondays, Wednesdays, and Fridays, 10am to 1:00pm. No delivery on Statutory holidays |
| 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. |
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|  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 225 East 2nd St. North Van</u> 1-2pm <u>Provided by Highlands United Church</u> | |
|  Sit down meals No need to pre-order | | <u>North Lonsdale United Church,</u> 3380 Lonsdale. Sit down dinner 3-5pm. <u>Provided by Sharing Abundance</u> | <u>Royal Canadian Legion Branch</u> 118, 123 W. 15 th St. North Van Sit-down lunch 12-1pm <u>Provided by Sharing Abundance</u> | <u>St Christopher's Anglican Church</u> 1068 Inglewood Avenue, West Van Sit-down dinner 5.30-6.15 pm <u>Provided by Sharing Abundance</u> | | | |

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|  | Frozen meals | TUESDAY AND THURSDAYS Salvation Army 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 | MONDAY 10am – 1pm <u>Meals on Wheels</u> | | WEDS 10am – 1pm <u>Meals on Wheels</u> |  | FRIDAYS 10am-1pm <u>Meals on Wheels</u> | | | |
| Meals on Wheels Meals are not delivered on Statutory holidays. New clients to email nsmow@carebc.ca Phone 604-922-3414 | | | | | | | | | |
|  | 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 | | TUESDAYS <u>North Lonsdale United Church</u> , 3380 Lonsdale. Take-out dinner 3.00- 5pm <u>Provided by Sharing Abundance</u> | WEDS <u>Royal Canadian Legion Branch 118, 123 W. 15th St. North Van</u> Sit-down lunch 12-1pm <u>Provided by Sharing Abundance</u> | THURSDAYS <u>St Christopher's Anglican Church</u> 1068 Inglewood Avenue, West Van Sit-down dinner 5.30-6.15 pm <u>Provided by Sharing Abundance</u> | 1 ST & 3 RD FRIDAYS <u>St. Agnes Anglican Church</u> , 530 12 th Street East, North Van Sit-down lunch 12 pm <i>Pre-registration required</i> <u>Provided by Sharing Abundance</u> | | | |
| Phone 604 987 0432 Sharing Abundance by noon on Wednesday for Friday lunch | | | | | | | | | |

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|  | <p>Prepared Meal + to go</p> <p>Call to book a spot or drop in</p> | | | <p>WEDS Mollie Nye Hse Soup & Sandwich 11.30 am– 12.30 pm</p> | | | | |
| <p>Phone 604 761 1474 (Angela) Lynn Valley Services, Society 940 Lynn Valley Road, North Van</p> | | | | | | | | |