



North Shore Free & Low Cost Food Resources

www.tablematters.ca

Send updates to: coordinator@tablematters.ca

GROCERIES:

| | | | | |
|--|--|---|--|--|
| Food Bank at North Shore Neighbourhood House | 225 2nd St E, N. Van | Wednesdays 9am-5:45pm | MUST BE PRE-REGISTERED: email or call 604-876-3601 option 1 | reception@foodbank.bc.ca |
| Harvest Project Emergency Food Bags | St. Catherine's Anglican Church - 1058 Ridgewood Dr, N. Van | Every 2nd & 4th Wed of the month, 2- 3pm | NO PRE-REGISTRATION REQUIRED: a free bag of groceries will be provided | info@harvestproject.org |
| Harvest Project Emergency Food Bags | The Way Church - 690 19th St E, N. Van | Every Tuesday, 12:30-1:30pm | NO PRE-REGISTRATION REQUIRED: a free bag of groceries will be provided | info@harvestproject.org |
| Quest Affordable Groceries | 167 1st St E, N. Van (enter from Lolo Lane) | | PRE-REGISTER: you can get a referral from the Salvation Army on 12th & Lonsdale (between 1-4pm is less busy) | <i>T: 604-566-0110</i> |
| North Shore Women's Centre | 131 2nd St E, N. Van | Tuesdays in back alley at noon | WOMEN only: Bring ID to register. | info@northshorewomen.ca |



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MEAL PROGRAMS:

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|--|---------------------------------|---------------------|---|--|
| St. Andrew's United Church | 1044 St. Georges Ave, N. Van | Wednesdays 1-2pm | Sit-down meal through Loving Spoonful. Cost: \$2 | outreach@st-andrews-united.ca |
| St. Andrew's United Church | 1044 St. Georges Ave, N. Van | Thursdays, 12-1pm | Sit-down meal. FREE | <i>Thursdays, 11:30am - Bread Ministry</i> |
| St Christopher's Anglican Church | 1068 Inglewood Ave, W. Van | Thursdays, 5-6:15pm | Sit-down meal. Cost: \$5 | <i>T: 604-922-5323</i> |
| North Shore Neighbourhood House | NSNH GYM - 225 2nd St E, N. Van | Saturdays, 1-2pm | Bagged lunch. Provided by Highlands United Church. For pick-up | <i>T: 604-987-8138</i> |
| Salvation Army | 105 12th St E, N. Van | Monday thru Friday | MUST BE PRE-REGISTERED 9am-12:30pm & 1-4:30pm | <i>T: 604-988-7225</i> |



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MEAL PROGRAMS FOR SENIORS:

| | | | | |
|--|---|--|---|--|
| Silver Harbour Seniors Activity Centre | 144 22nd St E, N. Van | Monday thru Friday | Prepared meals for pick up or eat in | |
| West Vancouver Seniors Activity Centre | 695 21st St, W. Van | Mon thru Fri, 9am-2pm & Sat/Sun 10am-2pm | Prepared meals for pick up or eat in. | <i>FREE meals available for those in need. Please ask 604-925-7280</i> |
| Parkgate Society at Mary Hunter Hall | Parkgate Community Centre - 3625 Banff Ct, N. Van | Wednesdays 11:30am-1pm | Sit-down meal through Wafaa and cooked by volunteers. Cost: \$9 | |
| St. Agnes Anglican Church | 530 12th St E, N. Van | Every 1st & 3rd Friday of the month | PRE-REGISTER by noon on Tuesday for the Friday lunch. Sit-down meal through Loving Spoonful. Cost: \$15 | <i>T: 604-987-0432</i> |

SENIORS MEALS & GROCERY DELIVERY:

[Meals on Wheels – 604-922-3414](#)

Delivery on Monday, Wednesday, Friday, 11am-1pm

Prepared meals delivered

New clients - please email: northshoremow@telus.net

[Better at Home – North Shore Community Resources](#)

REGISTER: call 211

Pick up and delivery of groceries or prescriptions