



## North Shore Free & Low Cost Food Resources

[www.tablematters.ca](http://www.tablematters.ca)

Send updates to: [coordinator@tablematters.ca](mailto:coordinator@tablematters.ca)

### GROCERIES:

<a href="#">Food Bank at North Shore Neighbourhood House</a>	225 2nd St E, N. Van	Wednesdays 9am-5:45pm	<b>MUST BE PRE-REGISTERED:</b> email or call 604-876-3601 option 1	<a href="mailto:reception@foodbank.bc.ca">reception@foodbank.bc.ca</a>
<a href="#">Harvest Project Emergency Food Bags</a>	<b>St. Andrews United Church</b> - 1044 St. Georges Ave, N. Van	Every Tuesday 10-11am	<b>NO PRE-REGISTRATION REQUIRED:</b> a free bag of groceries will be provided	<a href="mailto:info@harvestproject.org">info@harvestproject.org</a>
<a href="#">Harvest Project Emergency Food Bags</a>	<b>The Way Church</b> - 690 19th St E, N. Van	Every Tuesday, 12:30-1:30pm	<b>NO PRE-REGISTRATION REQUIRED:</b> a free bag of groceries will be provided	<a href="mailto:info@harvestproject.org">info@harvestproject.org</a>
<a href="#">Quest Affordable Groceries</a>	167 1st St E, N. Van (enter from Lolo Lane)		<b>PRE-REGISTER:</b> you can get a referral from the Salvation Army on 12th & Lonsdale (between 1-4pm is less busy)	<i>T: 604-566-0110</i>
<a href="#">North Shore Women's Centre</a>	131 2nd St E, N. Van	Tuesdays in back alley at noon	<b>WOMEN only:</b> Bring ID to register.	<a href="mailto:info@northshorewomen.ca">info@northshorewomen.ca</a>



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### MEAL PROGRAMS:

<a href="#">St. Andrew's United Church</a>	1044 St. Georges Ave, N. Van	Wednesdays 1-2pm	Sit-down meal through Loving Spoonful. <b>Cost: \$2</b>	<a href="mailto:outreach@st-andrews-united.ca">outreach@st-andrews-united.ca</a>
<a href="#">St. Andrew's United Church</a>	1044 St. Georges Ave, N. Van	Thursdays, 12-1pm	Sit-down meal. <b>FREE</b>	<i>Thursdays, 11:30am - Bread Ministry</i>
<a href="#">St. Andrew's United Church</a>	1044 St. Georges Ave, N. Van	Saturday 3:30-5pm	Sit-down meal. <b>FREE monthly</b> dinner. Check schedule for dates.	<a href="#">St Andrews Event Schedule</a>
<a href="#">St Christopher's Anglican Church</a>	1068 Inglewood Ave, W. Van	Thursdays, 5-6:15pm	Sit-down meal. <b>Cost: \$5</b>	<i>T: 604-922-5323</i>
<a href="#">North Shore Neighbourhood House</a>	NSNH GYM - 225 2nd St E, N. Van	Saturdays, 1-2pm	Bagged lunch. Provided by Highlands United Church. <b>For pick-up</b>	<i>T: 604-987-8138</i>
<a href="#">Capilano Community Services Society</a>	1733 Lions Gate Lane - River Room	Tuesdays, 12:30-2pm	Sit-down meal. By donation. <b>Monthly.</b> Check schedule for dates. Limited space, please reserve via email.	<a href="mailto:austin@capservices.ca">austin@capservices.ca</a>
<a href="#">Salvation Army</a>	105 12th St E, N. Van	Monday thru Friday	<b>MUST BE PRE-REGISTERED</b> 9am-12:30pm & 1-4:30pm	<i>T: 604-988-7225</i>



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### MEAL PROGRAMS FOR SENIORS:

<a href="#">Silver Harbour Seniors Activity Centre</a>	144 22nd St E, N. Van	Monday thru Friday	Prepared meals for pick up or eat in	
<a href="#">West Vancouver Seniors Activity Centre</a>	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>
<a href="#">Parkgate Society at Mary Hunter Hall</a>	Parkgate Community Centre - 3625 Banff Ct, N. Van	Wednesdays 11:30am-1pm	Sit-down meal through Wafaa and cooked by volunteers. <b>Cost: \$9</b>	
<a href="#">St. Agnes Anglican Church</a>	530 12th St E, N. Van	Every 1st & 3rd Friday of the month	<b>PRE-REGISTER</b> by noon on Tuesday for the Friday lunch. Sit-down meal through Loving Spoonful. <b>Cost: \$15</b>	<b>T: 604-987-0432</b>

### 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](mailto:northshoremow@telus.net)

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

**REGISTER: call 211**

Pick up and delivery of groceries or prescriptions