



North Shore Free & Low Cost Food Resources October 2025

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	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:

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. Andrew's United Church	1044 St. Georges Ave, N. Van	Saturday 3:30-5pm	Sit-down meal. FREE monthly dinner. Check schedule for dates.	St Andrews Event Schedule
St Christopher's Anglican Church	1068 Inglewood Ave, W. Van	Thursdays, 5:30-6:30pm	Sit-down meal through Loving Spoonful. Cost: \$2	<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>
Capilano Community Services Society	1733 Lions Gate Lane - River Room	Tuesdays, 12:30-2pm	Sit-down meal. By donation. Monthly. Check schedule for dates. Limited space, please reserve via email.	austin@capservices.ca
N. Lonsdale United Church	3308 Lonsdale Ave	Tuesdays, 1-3pm	Frozen meal pick-up through Loving Spoonful Cost: \$2	office@nluc.org
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	T: 604-987-0432

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