North Shore Free & Low Cost Food Resources November 2026

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
Quest Affordable Groceries	167 1st St E, N. Van (enter from Lolo Lane)		PRE-REGISTER: www.questoutreach.org/become-a-client/	*T: 604-566-0110*
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
St. Andrew's United Church	1044 St. Georges Ave, N. Van	10-11am Tuesdays	Emergency Food Program	outreach@st-andrews-united.ca

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

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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	*Thursdays, 11:30am - Bread Ministry*
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	*T: 604-922-5323*
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	*T: 604-987-8138*
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
Salvation Army	105 12th St E, N. Van	Mon-Fri 11am-1pm	Bagged lunch. For pick-up	*T: 604-988-7225*

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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 dine 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 dine in.	
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*
Capilano Community Services Society	1733 Lions Gate Lane - River Room	Every Friday 9-10am	Capilano Community Breakfast Program. Limited space, please reserve via email. FREE	austin@capservices.ca