



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



This list is dated October 8, 2020. Please send updates to this list to [Helen.Yeung@vch.ca](mailto:Helen.Yeung@vch.ca). Additional resources: Food asset map on [www.tablematters.ca](http://www.tablematters.ca) & <http://www.vch.ca/public-health/nutrition/food-asset-map>

**Legend:**  Available to everyone  Available to seniors  Free  There is a cost

## Groceries - Assistance

	<b>North Shore Community Resources - Better At Home</b> 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.	Sign up at <a href="http://www.bc211.ca">http://www.bc211.ca</a> or phone 211 <b>Better at Home</b> - 604-982-3313 (Monday to Friday 9:00-4:30pm)
	<b>Harvest Project</b> Coaching, Food support provided through Client Care program by appointment. See website: <a href="https://www.harvestproject.org/">https://www.harvestproject.org/</a>	Now accepting new intakes to Client Care program. Phone enquiries at: 604-983-9488. Email: <a href="mailto:ccm@harvestproject.org">ccm@harvestproject.org</a>

## Groceries - Bags / Hampers for Pick Up

	<b>Food Bank, depot at North Shore Neighbourhood House</b> Bags of groceries for pick-up at 225 East 2 <sup>nd</sup> Street, North Vancouver, <b>1-6pm on Wednesdays</b> .	<a href="https://foodbank.bc.ca/find-food/locations">https://foodbank.bc.ca/find-food/locations</a> To register with Greater Vancouver Food Bank, phone 604-876-3601
	<b>Salvation Army</b> Food hampers for pick-up 105 West 12 <sup>th</sup> Street, North Vancouver.	Must phone to request and make appointment to pick up. <a href="https://northshoresalvationarmy.com">https://northshoresalvationarmy.com</a> or phone 604-988-6040
	<b>North Shore Women's Centre</b> Urgent need for food and toiletries for women.	604-984-6009 <a href="mailto:info@northshorewomen.ca">info@northshorewomen.ca</a> to discuss your situation and arrange pick-up
	<b>Quest Food Program</b> Low cost groceries market. 167 E 1st St. (enter from Lolo lane). <b>Mon &amp; Sat, 9am-3:15pm, Tues- Fri 9am- 5:15pm.</b> (During COVID19, Quest closes one hour early for sanitization)	<b>By referral.</b> <a href="mailto:referral@questoutreach.org">referral@questoutreach.org</a> Market information 604-566-0110 <a href="http://www.questoutreach.org/contact/locations/">http://www.questoutreach.org/contact/locations/</a>

## Prepared Meals for Seniors – Contact and Info to Order Meals

<b>Organization</b>	<b>Contact Info to Order</b>	<b>Pick Up and Delivery Info</b>
<b>Silver Harbour Seniors' Activity Centre</b>	604-980-2474 <a href="http://www.silverharbourcentre.com/">http://www.silverharbourcentre.com/</a> \$10 per meal	Pick up at Silver Harbour Seniors' Activity Centre, 144 East 22 <sup>nd</sup> Street, North Van.
<b>West Van Seniors' Activity Centre</b>	604-925-7280 <a href="http://www.westvancouver.ca/seniors">www.westvancouver.ca/seniors</a> \$6 per meal. Free meals available for people who need them – please ask.	Pick up at West Vancouver Seniors' Activity Centre, 695 21 <sup>st</sup> Street, West Van, 10am-2pm. Free delivery available
<b>Meals on Wheels</b>	604-922-3414 New clients e-mail <a href="mailto:northshoremow@telus.net">northshoremow@telus.net</a> \$8.50 per meal	Delivery on Mondays, Wednesdays, and Fridays, 8:30am to 1:00pm

## 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.	
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">\$</span>	<b>Bagged Lunches to Go</b> Pick Up - No need to pre-order	<u>Salvation Army</u> 105 West 12 <sup>th</sup> St., North Van <b>11am-2pm</b>	<u>Salvation Army</u> 105 West 12 <sup>th</sup> St., North Van <b>11am-2pm</b>	<u>Salvation Army</u> 105 West 12 <sup>th</sup> St., North Van <b>11am-2pm</b>	<u>Salvation Army</u> 105 West 12 <sup>th</sup> St., North Van <b>11am-2pm</b>	<u>Salvation Army</u> 105 West 12 <sup>th</sup> St., North Van <b>11am-2pm</b>	<u>NS Neigh. House</u> 225 East 2 <sup>nd</sup> St. North Van – in rear lane <b>1-2pm</b> Provided by <u>Highlands United Church</u>	
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">\$</span>	<b>Bagged Meals to Go</b> Pick Up No need to pre-order		TUESDAYS <u>North Lonsdale United Church</u> , 3380 Lonsdale. Pick up <b>3-5pm</b> Take home & heat. Provided by <u>Sharing Abundance</u>	WEDS <u>Royal Canadian Legion Branch</u> <u>118, 123 W. 15th St.</u> North Van Pick up <b>12-1pm</b> Bag lunch Provided by <u>Sharing Abundance</u>	THURS <u>St. Andrew's United Church</u> 1044 St. Georges Av, Express Lunch, <b>12-1 pm</b>	FRIDAYS <u>St. Andrew's United Church</u> 1044 St. Georges Av., North Van Meal to go, <b>2-3 pm</b>		
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">\$</span>	<b>Frozen meals</b>	MONDAYS TO FRIDAYS <u>Salvation Army</u> <a href="https://northshoresalvationarmy.com/order-meals/">https://northshoresalvationarmy.com/order-meals/</a> Online ordering. Pick up and delivery options.						
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">\$</span>	<b>Prepared meals</b>	MONDAYS Silver Harbour Centre		WEDS Silver Harbour Centre		FRIDAYS Silver Harbour Centre		
<b>Phone 604-980-2474 for Silver Harbour Seniors' Centre</b> 144 East 22 <sup>nd</sup> Street, North Van								
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">\$</span> & <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">\$</span>	<b>Prepared meals, small grocery, baking</b>	<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>	
<b>Phone 604-925-7280 for West Vancouver Seniors' Activity Centre</b> 695 21 <sup>st</sup> Street, West Van								
<span style="border: 1px solid black; border-radius: 50%; padding: 2px;">\$</span>	<b>Prepared meals</b>	MONDAYS <u>Meals on Wheels</u>		WEDS <u>Meals on Wheels</u>		FRIDAYS <u>Meals on Wheels</u>		
<b>Phone 604-922-3414 for North Shore Meals on Wheels</b>								