

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

This list is dated January 2023. Please send updates to this list to [coordinator@tablematters.ca](mailto:coordinator@tablematters.ca). Additional resources: Food asset map on <https://tablematters.ca/food-providers/> and <http://www.vch.ca/public-health/nutrition/food-asset-map>

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

## Groceries - Assistance

 & 	<p><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.</p>	<p>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 or 604-982-3321 (Monday to Friday 9:00-4:30pm)</p>
	<p><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></p>	<p>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></p>

## Groceries - Bags / Hampers for Pick Up


	<p><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>9am-6pm on Wednesdays.</b></p>	<p>To register with Greater Vancouver Food Bank, phone 604-876-3601. Schedule and closures: <a href="https://foodbank.bc.ca/find-food/locations/">https://foodbank.bc.ca/find-food/locations/</a></p>
	<p><b>Salvation Army</b> Food hampers for pick-up. 105 West 12<sup>th</sup> Street, North Vancouver.</p>	<p>Must phone to request and make appointment to pick up. <a href="https://northshoresalvationarmy.com">https://northshoresalvationarmy.com</a> or phone 604-988-6040.</p>
	<p><b>North Shore Women's Centre</b> Urgent need for food and toiletries for women.</p>	<p>604-984-6009 <a href="mailto:info@northshorewomen.ca">info@northshorewomen.ca</a> to discuss your situation and arrange pick-up <a href="https://www.northshorewomen.ca/">https://www.northshorewomen.ca/</a></p>
	<p><b>Quest Food Program</b> Low cost groceries market. 167 E 1st St. (enter from Lolo lane). <b>Mon – Friday 9am – 5:45pm, Saturday 9am – 3:45pm.</b> (During COVID19, Quest closes one hour early for sanitization). Closed on statutory holidays.</p>	<p>Referral: <a href="https://questoutreach.org/access-food">https://questoutreach.org/access-food</a> Market information 604-566-0110 <a href="https://questoutreach.org">https://questoutreach.org</a></p>
	<p><b>St. Andrews United Church (in partnership with Harvest Project)</b> Emergency groceries <b>Tuesdays 11 am- 1 pm</b></p>	<p>Drop-in. New clients to fill out client form and show ID/or mail with North Shore address.</p>

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


Organization	Contact Info to Order	Pick Up and Delivery Info
<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.	<b>Pick up</b> at West Vancouver Seniors' Activity Centre, 695 21 <sup>st</sup> Street, West Van, Mon-Fri: 9 am – 2pm. Saturday + Sunday: 10am – 2pm. <b>Free delivery</b> on Tues, Thurs, Sat (minimum \$25 purchase) – call between 9 am – 10 am.



**Phone 604-925-7280 for West Vancouver Seniors' Activity Centre 695 21<sup>st</sup> Street, West Van**

	<b>Prepared meals</b>	MONDAYS <u>Meals on Wheels</u>		WEDS <u>Meals on Wheels</u>		FRIDAYS <u>Meals on Wheels</u>		
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**Phone 604-922-3414 for North Shore Meals on Wheels**

	<b>Prepared meals + bread</b>				THURSDAYS <u>St. Andrew's United Church</u> 1044 St. Georges, Lunch, <b>12-1 pm</b>			
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**St. Andrews United Church, 1044 St Georges Avenue, North Van**

 & 			2 <sup>nd</sup> TUESDAYS <u>North Lonsdale United Church</u> , 3380 Lonsdale. <b>5.30 pm</b>  <u>Provided by Sharing Abundance</u>	WEDS <u>Royal Canadian Legion Branch</u> <u>118, 123 W. 15<sup>th</sup> St.</u> North Van Soup & Sandwich <b>12-1pm</b>  <u>Provided by Sharing Abundance</u>		1 <sup>ST</sup> & 3 <sup>RD</sup> FRIDAYS <u>St. Agnes Anglican Church</u> , 530 12 <sup>th</sup> Street East, North Van <b>12 pm</b> Pre-registration required <u>Provided by Sharing Abundance</u>		
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**Phone 604 987 0432 Sharing Abundance by noon on Wednesday for Friday lunch**