# 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 <a href="mailto:coordinator@tablematters.ca">coordinator@tablematters.ca</a>. Additional resources: Food asset map on <a href="mailto:https://tablematters.ca/food-providers/">https://tablematters.ca/food-providers/</a> and <a href="mailto:https://tablematters.ca/food-providers/">https://tablematters.ca/food-providers/</a> and <a href="mailto:https://tablematters.ca/food-providers/">https://tablematters.ca/food-providers/</a> and <a href="https://tablematters.ca/food-providers/">https://tablematters.ca/food-providers/</a> and <a href="https://tablematters.ca/food-providers/">https://tablematters.ca/

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

#### **Groceries - Assistance**

6	(2	North Shore Community Resources - Better At Home	Sign up at http://www.bc211.ca or		
0	<b>3</b>	Volunteer grocery shopping and prescription pick up (client pays	phone 211. <b>Better at Home</b> - 604-982-		
	&	the cost) and free delivery service for seniors. Free delivery of	3313 or 604-982-3321 (Monday to		
<b>\$</b>	\$)	prepared meals with advance notice.	Friday 9:00-4:30pm)		
(8)		Harvest Project	Now accepting new intakes to Client		
(\$)	*	Coaching, Food support provided through Client Care program by	Care program. Phone enquiries at: 604-		
		appointment. See website: <a href="https://www.harvestproject.org/">https://www.harvestproject.org/</a>	983-9488. Email:		
			ccm@harvestproject.org		

### Groceries - Bags / Hampers for Pick Up

Г		Food Pank, donot at North Chara Naighbourhood House	To register with Creater Vancouver Food Bank		
-	(\$)	Food Bank, depot at North Shore Neighbourhood House	To register with Greater Vancouver Food Bank,		
	$\overline{}$	Bags of groceries for pick-up at 225 East 2 <sup>nd</sup> Street, North	phone 604-876-3601. Schedule and closures:		
		Vancouver, <b>9am-6pm on Wednesdays.</b>	https://foodbank.bc.ca/find-food/locations/		
	)	Salvation Army	Must phone to request and make appointment to		
	(2)	Food hampers for pick-up.	pick up. <a href="https://northshoresalvationarmy.com">https://northshoresalvationarmy.com</a> or		
	<b>(</b>	105 West 12 <sup>th</sup> Street, North Vancouver.	phone 604-988-6040.		
		North Shore Women's Centre	604-984-6009 info@northshorewomen.ca to		
(	(2)	Urgent need for food and toiletries for women.	discuss your situation and arrange pick-up		
	9		https://www.northshorewomen.ca/		
	(\$)	Quest Food Program	Referral: https://questoutreach.org/access-food		
	(4)	Low cost groceries market. 167 E 1st St. (enter from Lolo	Market information 604-566-0110		
		lane). Mon – Friday 9am – 5:45pm, Saturday 9am –	https://questoutreach.org		
		<b>3:45pm.</b> (During COVID19, Quest closes one hour early			
		for sanitization). Closed on statutory holidays.			
		St. Andrews United Church (in partnership with Harvest	Drop-in. New clients to fill out client form and		
		Project)	show ID/or mail with North Shore address.		
		Emergency groceries <b>Tuesdays 11 am- 1 pm</b>			

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

Organization	Contact Info to Order	Pick Up and Delivery Info
Silver Harbour	604-980-2474	Pick up at Silver Harbour Seniors' Activity Centre,
Seniors'	http://www.silverharbourcentre.com/	144 East 22 <sup>nd</sup> Street, North Van.
<b>Activity Centre</b>	\$10 per meal	
West Van	604-925-7280 www.westvancouver.ca/seniors	Pick up at West Vancouver Seniors' Activity
Seniors'	\$6 per meal. Free meals available for people	Centre, 695 21 <sup>st</sup> Street, West Van, Mon-Fri: 9 am
<b>Activity Centre</b>	who need them – please ask.	– 2pm. Saturday + Sunday: 10am – 2pm.
-	·	Free delivery on Tues, Thurs, Sat (minimum \$25
		purchase) – call between 9 am – 10 am.

Meals on<br/>Wheels604-922-3414<br/>New clients e-mail northshoremow@telus.net<br/>\$8.50 per mealDelivery on Mondays, Wednesdays, and Fridays,<br/>11am to 1:00pm

## Prepared Meals – Weekly Availability / Schedule

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

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	Meal	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
	Type							
\$	Bagged Lunches to Go Pick Up - No need to pre- order	Salvation Army 105 West 12 <sup>th</sup> St., North Van 9am- 12:30pm, and 1-4:30pm	Salvation Army 105 West 12 <sup>th</sup> St., North Van 9am- 12:30pm, and 1-4:30pm	Salvation Army 105 West 12 <sup>th</sup> St., North Van 9am- 12:30pm, and 1-4:30pm	Salvation Army 105 West 12 <sup>th</sup> St., North Van 9am- 12:30pm, and 1-4:30pm	Salvation Army 105 West 12 <sup>th</sup> St., North Van 9am- 12:30pm, and 1-4:30pm	NS Neigh. House 225 East 2 <sup>nd</sup> St. North Van – in rear lane 1-2pm Provided by Highlands United Church	
(\$)	Bagged Meals to Go Pick Up No need to pre- order		1st, 3rd and 4th TUESDAYS North Lonsdale United Church, 3380 Lonsdale. Pick up 3-5pm. Take home & heat. Provided by Sharing Abundance				SATURDAYS Highlands United Church, lane behind NSNH below 2 <sup>nd</sup> Street between St. Georges and St. Andrews	
\$	Frozen meals	TUESDAY AND THURSDAYS  Salvation Army https://northshoresalvationarmy.com/order-meals/ Online ordering. Pick-up and delivery options. Free delivery if ordering 5 meals.						
\$	Prepared meals	MONDAYS Silver Harbour Centre	TUESDAYS Silver Harbour Centre	WEDS Silver Harbour Centre	THURSDAYS Silver Harbour Centre	FRIDAYS Silver Harbour Centre		
	Phone 604-980-2474 for Silver Harbour Seniors' Centre 144 East 22 <sup>nd</sup> Street, North Van							
\$ & \$	Prepared meals, small grocery, baking	West Van Seniors' Activity Centre	West Van Seniors' Activity Centre	West Van Seniors' Activity Centre	West Van Seniors' Activity Centre	West Van Seniors' Activity Centre	West Van Seniors' Activity Centre	West Van Seniors' Activity Centre

	Phone 604-925-7280 for West Vancouver Seniors' Activity Centre 695 21st Street, West Van							
	Prepared	MONDAYS		WEDS		FRIDAYS		
(\$)	meals	Meals on		Meals on		Meals on		
$\Psi$		<u>Wheels</u>		<u>Wheels</u>		<u>Wheels</u>		
		Pho	ne 604-922-3	414 for North	Shore Meals	on Wheels		
(8)	Prepared				THURSDAYS			
(A)	meals +				St. Andrew's			
	bread				<u>United</u>			
					Church 1044			
					St. Georges,			
					Lunch,			
				_	12-1 pm			
	ı	St. Andr		<b>hurch,</b> 1044 S	t Georges Ave		1	
(\$)			2 <sup>nd</sup>	WEDS		1 <sup>ST</sup> & 3 <sup>RD</sup>		
•			TUESDAYS	<u>Royal</u>		FRIDAYS		
<b>\$</b>			<u>North</u>	<u>Canadian</u>		St. Agnes		
(\$)			<u>Lonsdale</u>	<u>Legion</u>		<u>Anglican</u>		
			<u>United</u>	<u>Branch</u>		Church,		
			<u>Church</u> ,	<u>118</u> , 123		530 12 <sup>th</sup>		
			3380	W. 15 <sup>th</sup> St.		Street East,		
			Lonsdale.	North Van		North Van		
			5.30 pm	Soup &		12 pm		
				Sandwich		Pre-		
			<u>Provided by</u>	12-1pm		registration		
			Sharing			required		
			<u>Abundance</u>	<u>Provided</u>		Provided by		
				by Sharing		Sharing Abundance		
				Abundance				
	Phone 604 987 0432 Sharing Abundance by noon on Wednesday for Friday lunch							