



North Shore Free & Low Cost Food Resources

GROCERIES:

[Foodbank at North Shore Neighbourhood House](#)

225 2nd St E, North Vancouver

Wednesdays, 9 am-6pm

- **MUST BE PRE-REGISTERED:** Email reception@foodbank.bc.ca to book registration appointment, or call 604.876.3601 option 1

[Harvest Project emergency food bags](#)

at St. Catherine's Anglican Church 1058 Ridgewood Drive, North Vancouver

Every second and fourth Wednesday of the month, 2pm-3pm

[Quest](#) Affordable groceries

167 1st St E, North Vancouver (enter from Lolo Lane)

- **PRE-REGISTER** - you can get a referral at the Salvation Army on 12th and Lonsdale. Its best to go there between 1-4 p.m. as they are less busy.

[North Shore Women's Centre](#)

131 2nd St E, North Vancouver

Tuesdays in the back alley at noon.

- Bring ID to register. WOMEN only.

MEAL PROGRAMS:

[St. Andrew's United Church](#)

1044 St. Georges Ave, North Vancouver

Wednesdays, 1-2 pm - sit down meal through Loving Spoonful. Cost: \$2

Thursdays, 12-1pm - sit down meal. Free

- Thursdays 11:30am – Bread Ministry

[St Christopher's Anglican Church](#)

1068 Inglewood Ave West Vancouver

Thursdays, 5-6:15pm – sit down meal. Cost \$5

[North Shore Neighbourhood House](#)

225 2nd St E, North Vancouver

Saturdays, 1-2pm – in the lane behind North Shore Neighbourhood House (below 2nd St. between St. Georges and St. Andrews)

[Salvation Army](#)

105 12th St W, North Vancouver

Monday- Friday 9am-12:30pm, and 1-4:30pm - **MUST BE PRE-REGISTERED**



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SENIORS MEAL PROGRAMS:

[Silver Harbour Seniors Activity Centre](#)

144 22nd St E, North Vancouver

Monday thru Friday,

- Prepared meals for pick up

[West Vancouver Seniors Activity Centre](#)

695 21st St, West Vancouver

Monday thru Friday, 9am-2pm & Saturday/Sunday, 10am-2pm

- Prepared meals for pick up
- Free meals available for those in need, please ask 604-925-7280

[Parkgate Society at Mary Hunter Hall](#)

Parkgate Community Centre – 3625 Banff Court, North Vancouver

Wednesdays, 11:30am-1pm

- Sit down meal through Wafaa and cooked by volunteers. Cost: \$9
- Resumes Jan 8th after the holidays

[St. Agnes Anglican Church](#)

530 12th St E, North Vancouver

Every first and third Friday of the month, 11:30am

- Sit down meal through Loving Spoonful. Cost \$15
- **PRE-REGISTER** by noon on Tuesday for the Friday lunch – call 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 for seniors